

Alaska Women's Recovery Project  
 Gathering Place for Women  
 Recovery Community Center

May 2012  
 Activity Schedule

All activities held at 505 W. Northern Lights, Ste. 102 unless otherwise noted.

Call (907) 729-5190 for more information or to become involved.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>*Peer Leadership Planning Meeting. 5:30-7:p.m.</p> <p>Call 729-5090 to become involved</p> <p>*Second and Fourth Mondays of the month.</p>	<p>Wellness Walk 11:15 a.m.-12 p.m.</p> <p>Recovery Support Gathering (Clothing closet following the gathering) 12-1 p.m.</p> <p>Yoga with Beth Schuerman 6-7 p.m.</p>	<p>Recovery Support Gathering 11 a.m.-12 p.m. Location: Alaska Mental Health Consumer's Web 1248 Gamble St.</p> <p>Young Women's Teen Recovery Support Gathering 4-4:45 p.m.</p>	<p>Stress Reduction and Relaxation 12-1 p.m.</p> <p>Moms with young children Play Group (infant to five years) 1-2 p.m.</p> <p>Domestic Violence and Sexual Assault Awareness Self Help Group (Clothing closet following the gathering) 3-4:30 p.m.</p>	<p>Wellness Walk 5:15-6 p.m.</p> <p>Recovery Support Gathering (Clothing closet following the gathering) 6-7 p.m.</p>

**Open**

Mon. 12 - 5 p.m.  
 Tue., Wed., Thurs., 10 a.m. - 4 p.m.  
 Fri. 12 - 7 p.m.  
 AWRP has an open resource room available during regular business hours with computer and internet access.

**May's Featured Event**

Container Gardening  
 Come to Create your "Salad in a Pot"  
 Sat., May 19  
 1 p.m.