



Rainbow Heights Club




Effective April 24, 2019

We Are Open:

Mon-Fri

12:30-7:30

# Group Schedule: Spring 2019

<b>TIME</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
12:30PM	<b>Open Socialization</b>	<b>Open Socialization</b>	<b>Open Socialization</b>	<b>Open Socialization</b>	<b>Open Socialization</b>
2:00PM	<b>Harm Reduction</b>	<b>Life Skills Discussion (Wellness &amp; Recovery Action Plan)</b>	<b>SEXUALITY GROUP</b>	<b>Relationships</b>	<b>Self Acceptance</b>
3:00PM	<i>Trans/Gender Explorers</i>	<b>Coping</b>	LGBT Stakeholders mental health advocacy meeting <b>Too Much Group</b> (Too much drinking, too much sex, too much eating, etc)	<b>Guest Speaker Workshop</b>	<b>Community Meeting</b> /Consumer Advisory Board Meeting (2 <sup>nd</sup> Friday)
4:00PM-5:05 PM	<b>DINNER &amp; CLEANUP</b>	<b>DINNER &amp; CLEANUP</b>	<b>DINNER &amp; CLEANUP</b>	<b>DINNER &amp; CLEANUP</b>	<b>DINNER &amp; CLEANUP</b>
5:15 PM	<b>Creative Art Lab</b>	<b>KARAOKE</b> till 6:45 	<b>BINGO!</b> 1 <sup>st</sup> , 3 <sup>rd</sup> and 5 <sup>th</sup>	<b>MOVIE NIGHT!</b> (Check Schedule For Details) 	<b>Budgeting and Money Management</b>
6:10PM	<b>Everyone is an Artist</b>		<b>Everyone is an Artist</b> 5:15-7PM, 2 <sup>nd</sup> and 4 <sup>th</sup> 6-7PM 1 <sup>st</sup> , 3 <sup>rd</sup> and 5 <sup>th</sup>		 Rainbow Moonlight Karaoke Lounge (starts at 6:00 PM)
7:00PM	<b>Open Socialization</b>	<b>Open Socialization</b>	<b>Open Socialization</b>	<b>Open Socialization</b>	<b>Open Socialization</b>
7:30PM	<b>CLOSED</b>	<b>CLOSED</b>	<b>CLOSED</b>	<b>CLOSED</b>	<b>CLOSED</b>