






August 2017

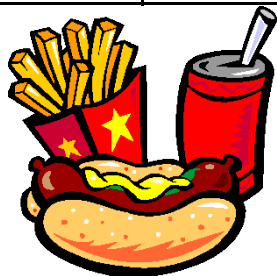
CARTA

Oklahoma Citizen Advocates for Recovery and Transformation Association

2808 NW 31st Oklahoma City, OK 73112

405-848-7555 www.ocarta.org Friendline-405-436-4083 Crisis Line-405-812-4580

Monday 9am-9pm	Tuesday 9am-9pm	Wednesday 9am-9pm	Thursday 9am-9pm	Friday 9am-9pm	Saturday 1pm-9pm	Sunday
 Recovery Walk Sept. 9th 9am-2pm  Washington Park	1 10-Co-Dependency 12-Peer Support 3pm-DBSA 7pm-Anger Mgmt. 8pm-Schizophrenics Anonymous	2 10-Healing Hearts 12-Peer Support 3-RSS Training 515-Seeking Safety	3 11-Stretch & Flex 12-Peer Support 130-REAL 230-Art Class 330-Job Club 4-TNT Mtg.	4 11-Anger Mgmt. 12-Peer Support 530-Movie Night	5 130-WRAP 3pm-Peer Support	6
7	8	9	10	11	12	13
12-Peer Support 115-Parenting 130-Stretch & Flex 3pm-Art Class 6pm-Strengthening Families	10-Co-Dependency 12-Peer Support 3pm-DBSA 7pm-Anger Mgmt. 8pm-Schizophrenics Anonymous	10-Healing Hearts 12-Peer Support 3-RSS Training 515-Seeking Safety	11-Stretch & Flex 12-Peer Support 130-REAL 230-Art Class 330-Job Club 4-TNT Mtg.	11-Anger Mgmt. 12-Peer Support 530-Movie Night	130-WRAP 3pm-Peer Mtg.	
14	15	16	17	18	19	20
12-Peer Support 115-Parenting 130-Stretch & Flex 3pm-Art Class 6pm-Strengthening Families	10-Co-Dependency 12-Peer Support 3pm-DBSA 7pm-Anger Mgmt. 8pm-Schizophrenics Anonymous	10-Healing Hearts 11-2 Bowl's of Hope 	11-Stretch & Flex 12-Peer Support 130-REAL 230-Art Class 330-Job Club 4-TNT Mtg.	11-Anger Mgmt. 12-Peer Support 530-Movie Night	130-WRAP 3pm-Peer Support 10-12 Sprinklers in the Park Mandatory for ALL Participants	
21/28	22/29	23/30	24/31	25	26	27
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Sprinklers in the Park

10am-Noon

August 19th



Mandatory for ALL Participants get with your Recovery Coach!