



Center of Hope

Upcoming Events



Christmas Party Dec.20th 11:00-1:00



Friday 1st, 15, 29th



Friday Dec. 8th, 22nd



Photo group Dec1st, 15th, 29th @ 3:00

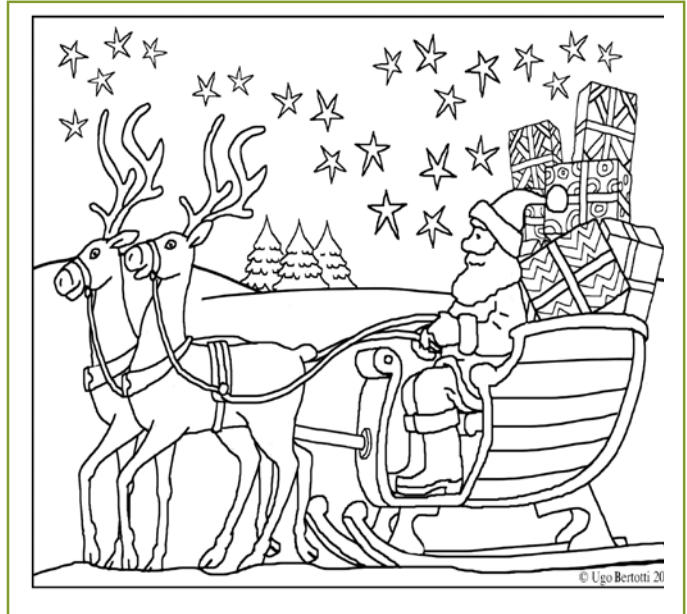
Groups

Mondays: Mood Mindfulness- 10:30
Anger Management- 1:00

Tuesdays: Kick Your Addiction- 10:30
PTSD (trauma) group- 1:00

Wednesdays: Craft group- 10:30
Mountains and Valleys Bipolar support group-
1:00

Thursdays: Self -esteem group- 10:30
Art group- 1:00
Job Skills group- 3:00



Words to Live By

"Christmas is not as much
about opening our presents
as opening our hearts."

- Janice Maeditere

Christmas

Peer Peek



Lisa Sisco has been attending at the FMHCG for about a year and a half. She is a recovering addict who has been clean for 15 months. Lisa has also been diagnosed with PTSD and Depression for 20 years. Her hobbies include coloring, photography, playing euchre, and spending time with her granddaughter...Payden. Lisa's favorite animals are elephants and owls. Her favorite food is pork chops, cobb salad and anything chocolate. Lisa's favorite song is "I will Rise Up" by Andra Day.

STAFF SPOTLIGHT



Kortney Hewitt has been a Certified peer support at FMHCG for a year and a half. She was diagnosed with Dysthymic disorder, Anxiety, and panic disorder for 18 years. Kortney can be found playing video games, pokemon., coloring or playing basketball in her spare time. Kortney has a dog named Chip, a cat named Willow, Jack the rabbit and lots of fish. Her favorite food is chocolate pie. Kortney loves Chip Esten.

Creative Corner

Misty Sanders



**WE WILL BE CLOSED
ON THE 25th, 26th,
and Jan. 1st.**

Membership Details

To have first priority to dinners etc. you must be a member. Membership fees are as follows:

1 month - \$1.00

1 year - \$10.00 and receive a free t-shirt.

Please see Melissa Erwin for details and to pay your fees.



Hours of Operation: Monday-Friday 9am-5pm
Location: 1663 E. Main Street, Lancaster, Ohio 43130
Contact Us: 740.654.0477 | www.fmhcg.org

Proud Member of
Fairfield County
ADAMH
Mental Health & Recovery Matter
NETWORK of CARE