



Bridges Community Center

Peer Support, Advocacy and Empowerment for Adults Recovering with Mental Illness.

SEPTEMBER 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
NEW GROUP "Hearts & Minds" Mondays @ 10	1 10-ADD/ADHD SUPPORT 11-ANXIETY & PANIC 12-DEPRESSION SUPPORT 1-	2 10-AUTISM SUPPORT 11-CREATIVE WRITING 12-THE FAMILY TABLE 1-BIPOLAR 2-TREATMENT COURT 2:30-TRAUMA RECOVERY	3 10-SKILLS 4 LIFE 11-MENS GROUP 12-BPD & DID SUPPORT 1-CHAIR YOGA 2:30-RELATION RECOVERY 4 WOMEN	4 9-MOVIE 11-ART 12-WALKING GROUP 1-SOBEROKEE
7 CLOSED	8 10-ADD/ADHD SUPPORT 11-ANXIETY & PANIC 12-DEPRESSION SUPPORT 1-	9 10-AUTISM SUPPORT 11-CREATIVE WRITING 12-TBA 1-BIPOLAR 2-TREATMENT COURT 2:30-TRAUMA RECOVERY	10 10-SKILLS 4 LIFE 11-MENS GROUP 12-BPD & DID SUPPORT 1-CHAIR YOGA 2:30-RELATION RECOVERY 4 WOMEN	11 9-MOVIE 11-ART 12-WALKING GROUP 1-SOBEROKEE
14 9-WALKING GROUP 10-HEARTS & MINDS 11-WOMENS GROUP 12-SCHIZOPHRENIA SUPPORT 1-SMART	15 10-ADD/ADHD SUPPORT 11-ANXIETY & PANIC 12-DEPRESSION SUPPORT 1-	16 10-AUTISM SUPPORT 11-CREATIVE WRITING 12-THE FAMILY TABLE 1-BIPOLAR 2-TREATMENT COURT 2:30-TRAUMA RECOVERY	17 10-SKILLS 4 LIFE 11-MENS GROUP 12-BPD & DID SUPPORT 1-CHAIR YOGA 2:30-RELATION RECOVERY 4 WOMEN	18 9-MOVIE 11-ART 12-WALKING GROUP 1-SOBEROKEE VIVENT 12-2
21 9-WALKING GROUP 10-HEARTS & MINDS 11-WOMENS GROUP 12-SCHIZOPHRENIA SUPPORT 1-SMART	22 10-ADD/ADHD SUPPORT 11-ANXIETY & PANIC 12-DEPRESSION SUPPORT 1-	23 10-AUTISM SUPPORT 11-CREATIVE WRITING 12-TBA 1-BIPOLAR 2-TREATMENT COURT 2:30-TRAUMA RECOVERY	24 10-SKILLS 4 LIFE 11-MENS GROUP 12-BPD & DID SUPPORT 1-CHAIR YOGA 2:30-RELATION RECOVERY 4 WOMEN	25 9-MOVIE 11-ART 12-WALKING GROUP 1-SOBEROKEE
28 9-WALKING GROUP 10-HEARTS & MINDS 11-WOMENS GROUP 12-SCHIZOPHRENIA SUPPORT 1-SMART	29 10-ADD/ADHD SUPPORT 11-ANXIETY & PANIC 12-DEPRESSION SUPPORT 1-	30 10-AUTISM SUPPORT 11-CREATIVE WRITING 12-OPEN MIC 1-BIPOLAR 2-TREATMENT COURT 2:30-TRAUMA RECOVERY	DOMINIC FROM PATH VISITS THE 1ST & 3RD WEDNESDAY AT 9AM HE CAN ANSWER QUESTIONS ABOUT HOMELESS SERVICES	NEW GROUPS "The Family Table" 1st & 3rd Wednesday 12 "LGBTQ+" 2nd & 4th Wednesday @12

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