

March 2023

Day calendar of events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
		1	2
		10 –10:45 MIND OVER MOOD/ SHERI 11-11:45 LIFE SKILLS/ BRYNN 11-2 Cleveland Police Museum 1-1:45 Jeopardy 2-2:45 Book Club	10 –10:45 ADDICTIONS /SHERI 11-11:45 RELATIONSHIPS/ BRYNN 1-1:45 Bingo 2-2:45 Art
6	7	8	9
10-10:45 KENS GROUP/ BRYNN 11-11:45 CALM GROUP/ SHERI 1-2:30 Membership Meeting	10 –10:45 SOCIAL SKILL/BRYNN 11 – 11:45 AWARE/SHERI 1-1:45 Healthy Living 2-2:45 Newsletter Meeting	10 –10:45 MIND OVER MOOD/ SHERI 11-11:45 LIFE SKILLS/ BRYNN 11-3 Sugar Buzz Candy Store 1-1:45 Music On A Mission 2-2:45 Journaling Club	10 –10:45 ADDICTIONS /SHERI 11-11:45 RELATIONSHIPS/ BRYNN 1-1:45 Leadership Committee 1-1:45 Cooking Class 2-2:45 Art
13	14	15	16
10-10:45 KENS GROUP/ BRYNN 11-11:45 CALM GROUP/ SHERI 11-2 Cleveland Money Museum 1-1:45 Outreach Committee 2-2:45 Anger Management	10 –10:45 SOCIAL SKILL/BRYNN 11 – 11:45 AWARE/SHERI 1-1:45 Healthy Living 2-2:45 Art	10 – 10:45 MIND OVER MOOD/SHERI 11-11:45 LIFE SKILLS/ BRYNN 1-1:45 Match the Trigger to Coping Skill 2-2:45 Book Club	10 - 10:45 ADDICTIONS /SHERI 11-11:45 RELATIONSHIPS/ BRYNN 1-3 St Patrick's Day Party
20	21	22	23
10-10:45 KENS GROUP/BRYNN 11-11:45 CALM GROUP/SHERI 11-3 LCCC Track for Fitness 1-1:45 PTSD Support Group 2-2:45 Women's Group	10 – 10:45 SOCIAL SKILLS /BRYNN 11-11:45 AWARE /SHERI 1-1:45 Healthy Living 2-2:45 Sundae Bar	10 – 10:45 MIND OVER MOOD/SHERI 11-11:45 LIFE SKILLS/BRYNN 1-1:45 Special Events Committee 2-2:45 Journaling Club	10 – 10:45 ADDICTIONS /SHERI 11-11:45 RELATIONSHIPS/ BRYNN 1-1:45 Bingo 2-2:45 Art
27	28	29	30
10-10:45 KENS GROUP/BRYNN 11-11:45 CALM GROUP/SHERI 1-2:45 Crocheting With Kristine	10 – 10:45 SOCIAL SKILLS /BRYNN 11-11:45 AWARE /SHERI 1-1:45 Healthy Living 2-2:45 Art	10 – 10:45 MIND OVER MOOD/SHERI 11-11:45 LIFE SKILLS/ BRYNN 1-1:45 How to Cope with OCD 2-2:45 Book Club	10 – 10:45 ADDICTIONS /SHERI 11-11:45 RELATIONSHIPS/ BRYNN 1-3 Movie In Lobby

Expectations of Gathering Hope House Members

All members and employees follow the same set of expectations. As a member of Gathering Hope House there are certain expectations of my actions and behaviors.

- I will show courtesy, respect and consideration to everyone, treating others with the same respect, kindness and equality I wish to be treated
- I will demonstrate concerns for others, for their feelings and their need to feel supported in their recovery
- I will exercise patience and tolerance with others; this refers to political, religious, sexual orientation and other differences people may have
- I will utilize a respectful tone of voice and courteous words in all my requests of members and staff, not yelling, swearing or using threatening language
- If I am experiencing a crisis, I will contact my case manager or call the **mobile crisis hotline (ESS) 800-888-6161**. I understand Gathering Hope House are my peers, not mental health clinicians and are limited in what they can offer me during a crisis

I will take responsibility for:

- **Managing my own behavior** (my words, actions, choices) at all times. I will respect and follow the established guidelines concerning disruptive behaviors, group guidelines and all other policies of GHH, including the Member Manual
- **Respecting all member and staff boundaries**, especially when it comes to touching, hugging or grabbing others. I will ask before I try and hug or touch another person at Gathering Hope House, I understand there may be consequences for these behaviors
- **Communication** – to use care and consideration in my words, refraining from those which may be hurtful or demeaning. When conflicts arise, I will do my best to solve them directly and assertively, and will only go to staff after I have tried to resolve the problem myself. I will not bring other members into any conflicts I may have out of respect for their wellbeing.
- **Supplying my own needs** – I will refrain from asking members or staff for rides, money, cigarettes or other items. I am responsible for taking care of my own needs. Gathering Hope ensures members this is a safe place and members deserve to be free from harassment of any kind
- **Cleaning up after myself** – I will dispose of my own trash; I will treat all areas including bathrooms at GHH with respect and not leave a mess. If I need cleaning supplies to help me clean up, I will ask a staff member
- **Attendance** – I will try and be as active as possible, calling to cancel transportation or attendance in advance. I understand there are certain benefits of participating in activities and groups such as free meals, transportation and attending community outings, and **these are not guaranteed without participating in GHH programs**