



January 2019

SUN	MON	TUE	WED	THU	FRI	SAT
<p><u>UCITY LIBRARY GROUP</u></p> <p>Family & Friends Opioid Support</p> <p>- for adult supporters & family of those who with substance/ opiate use disorder</p> <p>- located at 6701 Delmar Blvd.</p>	<p><u>OFFSITE MON GROUP</u></p> <p>Building Healthy Relationships</p> <p>- open to all (18+)</p> <p>- SUD/ OUD* focus</p> <p>- located offsite at Mission: St. Louis 3108 North Grand</p>	<p>1</p> <p>NEW YEAR'S DAY CLOSED</p>	<p>2</p> <p><u>Wellness Group</u> 11:00 AM</p> <p><u>Opiate/Substance Use Support Group</u> 1:00 PM</p>	<p>3</p> <p><u>Peer Support Group</u> 11:00 AM</p> <p><u>Games/Activities</u> 1:00 PM</p> <p><u>Family & Friends Opioid Support</u> 5:30PM - <u>UCITY LIBRARY</u></p>	<p>4</p> <p><u>Recovery Group</u> 11:00 AM</p> <p><u>Anger Management</u> 12:30 PM</p>	<p>5</p>
<p>6</p> <p><u>Church of Truth Inc</u> 9:00 AM</p> <p><i>This is a community partnership, not a STLEC program.</i></p>	<p>7</p> <p><u>Recovery Group</u> 11:00 AM</p> <p><u>Art Group</u> 1:00 PM</p> <p><u>Building Healthy Relationships</u> 3:30 PM - <u>OFFSITE</u></p>	<p>8</p> <p><u>Co-Occurring Group</u> 11:00 AM</p> <p><u>Peer Support Group</u> 1:00 PM</p>	<p>9</p> <p><u>Wellness Group</u> 11:00 AM</p> <p><u>Opiate/Substance Use Support Group</u> 1:00 PM</p>	<p>10</p> <p><u>Peer Support Group</u> 11:00 AM</p> <p><u>Games/Activities</u> 1:00 PM</p>	<p>11</p> <p><u>Recovery Group</u> 11:00 AM</p> <p><u>Anger Management</u> 12:30 PM</p>	<p>12</p>
<p>13</p> <p><u>Church of Truth Inc</u> 9:00 AM</p> <p><i>This is a community partnership, not a STLEC program.</i></p>	<p>14</p> <p><u>Recovery Group</u> 11:00 AM</p> <p><u>Art Group</u> 1:00 PM</p> <p><u>Building Healthy Relationships</u> 3:30 PM - <u>OFFSITE</u></p>	<p>15</p> <p><u>Co-Occurring Group</u> 11:00 AM</p> <p><u>Peer Support Group</u> 1:00 PM</p>	<p>16</p> <p><u>Wellness Group</u> 11:00 AM</p> <p><u>Opiate/Substance Use Support Group</u> 1:00 PM</p>	<p>17</p> <p><u>Peer Support Group</u> 11:00 AM</p> <p><u>Games/Activities</u> 1:00 PM</p> <p><u>Family & Friends Opioid Support</u> 5:30PM - <u>UCITY LIBRARY</u></p>	<p>18</p> <p><u>Recovery Group</u> 11:00 AM</p> <p><u>Anger Management</u> 12:30 PM</p>	<p>19</p>
<p>20</p> <p><u>Church of Truth Inc</u> 9:00 AM</p> <p><i>This is a community partnership, not a STLEC program.</i></p>	<p>21</p> <p><u>Recovery Group</u> 11:00 AM</p> <p><u>Art Group</u> 1:00 PM</p> <p><u>Building Healthy Relationships</u> 3:30 PM - <u>OFFSITE</u></p>	<p>22</p> <p><u>Co-Occurring Group</u> 11:00 AM</p> <p><u>Peer Support Group</u> 1:00 PM</p>	<p>23</p> <p><u>Wellness Group</u> 11:00 AM</p> <p><u>Opiate/Substance Use Support Group</u> 1:00 PM</p>	<p>24</p> <p><u>Peer Support Group</u> 11:00 AM</p> <p><u>Games/Activities</u> 1:00 PM</p>	<p>25</p> <p><u>Recovery Group</u> 11:00 AM</p> <p><u>Anger Management</u> 12:30 PM</p>	<p>26</p> <p><u>Opioid Overdose Education & Naloxone Distribution Training</u> 11:00 AM</p>
<p>27</p> <p><u>Church of Truth Inc</u> 9:00 AM</p> <p><i>This is a community partnership, not a STLEC program.</i></p>	<p>28</p> <p><u>Recovery Group</u> 11:00 AM</p> <p><u>Art Group</u> 1:00 PM</p> <p><u>Building Healthy Relationships</u> 3:30 PM - <u>OFFSITE</u></p>	<p>29</p> <p><u>Co-Occurring Group</u> 11:00 AM</p> <p><u>Peer Support Group</u> 1:00 PM</p>	<p>30</p> <p><u>Wellness Group</u> 11:00 AM</p> <p><u>Opiate/Substance Use Support Group</u> 1:00 PM</p>	<p>31</p> <p><u>Peer Support Group</u> 11:00 AM</p> <p><u>Games/Activities</u> 1:00 PM</p>		

Hours of operation:
9:00 AM - 3:00 PM
Seven days a week

St. Louis Empowerment Center

Opening doors to recovery every day

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Phone: 314-652-6100
Fax: 314-652-6103
dbsaempowerment.org

*SUD: substance use disorder

*OUD: opioid use disorder