



# May 2019

May 2019						
SUN	MON	TUE	WED	THU	FRI	SAT
<p><b>UCITY LIBRARY GROUP</b></p> <p><b>Family &amp; Friends Opioid Support</b></p> <p>- for adult supporters &amp; family of those who with substance/ opiate use disorder</p> <p>- located at <b>6701 Delmar Blvd.</b></p>	<p><b>OFFSITE MON GROUP</b></p> <p><b>Building Healthy Relationships</b></p> <p>- open to all (18+)</p> <p>- <b>SUD/ OUD*</b> focus</p> <p>- located offsite at <b>Mission: St. Louis 3108 North Grand</b></p>		<p><b>1</b></p> <p><b>Wellness Group</b> 11:00 AM</p> <p><b>Opiate/Substance Use Support Group</b> 1:00 PM</p>	<p><b>2</b></p> <p><b>Peer Support Group</b> 11:00 AM</p> <p><b>Games/Activities</b> 1:00 PM</p> <p><b>Family &amp; Friends Opioid Support</b> 5:30PM - <b>UCITY LIBRARY</b></p>	<p><b>3</b></p> <p><b>Recovery Group</b> 11:00 AM</p> <p><b>Anger Management</b> 12:30 PM</p>	<b>4</b>
<p><b>5</b></p> <p><b>Church of Truth Inc</b> 9:00 AM</p> <p><i>This is a community partnership, not a STLEC program.</i></p>	<p><b>6</b></p> <p><b>Recovery Group</b> 11:00 AM</p> <p><b>Art Group</b> 1:00 PM</p> <p><b>Building Healthy Relationships</b> 3:30 PM - <b>OFFSITE</b></p>	<p><b>7</b></p> <p><b>Co-Occurring Group</b> 11:00 AM</p> <p><b>Peer Support Group</b> 1:00 PM</p>	<p><b>8</b></p> <p><b>Wellness Group</b> 11:00 AM</p> <p><b>Opiate/Substance Use Support Group</b> 1:00 PM</p>	<p><b>9</b></p> <p><b>Peer Support Group</b> 11:00 AM</p> <p><b>Games/Activities</b> 1:00 PM</p> <p><b>Family &amp; Friends Opioid Support</b> 5:30PM - <b>UCITY LIBRARY</b></p>	<p><b>10</b></p> <p><b>Recovery Group</b> 11:00 AM</p> <p><b>Anger Management</b> 12:30 PM</p>	<b>11</b>
<p><b>12</b></p> <p><b>Church of Truth Inc</b> 9:00 AM</p> <p><i>This is a community partnership, not a STLEC program.</i></p>	<p><b>13</b></p> <p><b>Recovery Group</b> 11:00 AM</p> <p><b>Art Group</b> 1:00 PM</p> <p><b>Building Healthy Relationships</b> 3:30 PM - <b>OFFSITE</b></p>	<p><b>14</b></p> <p><b>Co-Occurring Group</b> 11:00 AM</p> <p><b>Peer Support Group</b> 1:00 PM</p>	<p><b>15</b></p> <p><b>Wellness Group</b> 11:00 AM</p> <p><b>Opiate/Substance Use Support Group</b> 1:00 PM</p>	<p><b>16</b></p> <p><b>Peer Support Group</b> 11:00 AM</p> <p><b>Games/Activities</b> 1:00 PM</p> <p><b>Family &amp; Friends Opioid Support</b> 5:30PM - <b>UCITY LIBRARY</b></p>	<p><b>17</b></p> <p><b>Recovery Group</b> 11:00 AM</p> <p><b>Anger Management</b> 12:30 PM</p>	<b>18</b>
<p><b>19</b></p> <p><b>Church of Truth Inc</b> 9:00 AM</p> <p><i>This is a community partnership, not a STLEC program.</i></p>	<p><b>20</b></p> <p><b>Recovery Group</b> 11:00 AM</p> <p><b>Art Group</b> 1:00 PM</p> <p><b>Building Healthy Relationships</b> 3:30 PM - <b>OFFSITE</b></p>	<p><b>21</b></p> <p><b>Co-Occurring Group</b> 11:00 AM</p> <p><b>Peer Support Group</b> 1:00 PM</p>	<p><b>22</b></p> <p><b>Wellness Group</b> 11:00 AM</p> <p><b>Opiate/Substance Use Support Group</b> 1:00 PM</p>	<p><b>23</b></p> <p><b>Peer Support Group</b> 11:00 AM</p> <p><b>Games/Activities</b> 1:00 PM</p> <p><b>Family &amp; Friends Opioid Support</b> 5:30PM - <b>UCITY LIBRARY</b></p>	<p><b>24</b></p> <p><b>Recovery Group</b> 11:00 AM</p> <p><b>Anger Management</b> 12:30 PM</p>	<p><b>25</b></p> <p><b>Opioid Overdose Education &amp; Naloxone Distribution Training</b> 11:00 AM</p>
<p><b>26</b></p> <p><b>Church of Truth Inc</b> 9:00 AM</p> <p><i>This is a community partnership, not a STLEC program.</i></p>	<p><b>27</b></p> <p><b>Recovery Group</b> 11:00 AM</p> <p><b>Art Group</b> 1:00 PM</p> <p><b>Building Healthy Relationships</b> 3:30 PM - <b>OFFSITE</b></p>	<p><b>28</b></p> <p><b>Co-Occurring Group</b> 11:00 AM</p> <p><b>Peer Support Group</b> 1:00 PM</p>	<p><b>29</b></p> <p><b>Wellness Group</b> 11:00 AM</p> <p><b>Opiate/Substance Use Support Group</b> 1:00 PM</p>	<p><b>30</b></p> <p><b>Peer Support Group</b> 11:00 AM</p> <p><b>Games/Activities</b> 1:00 PM</p> <p><b>Family &amp; Friends Opioid Support</b> 5:30PM - <b>UCITY LIBRARY</b></p>	<p><b>31</b></p> <p><b>Recovery Group</b> 11:00 AM</p> <p><b>Anger Management</b> 12:30 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