



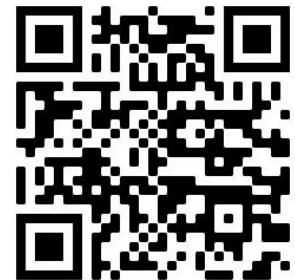
Drop-In Groups Online

Starting November 16th all the services you enjoy at the Drop-In Center will be available to all members on-line Via LifeSize. Join Peers in groups and one on one support from 9:30 A.M. to 3:00 P.M. , Monday thru Friday.

	Monday	Tuesday	Wednesday	Thursday	Friday			
9:30 A.M.	Drop-In with Darnell on LifeSize	1 on 1 with a peer on Phone or Lifesize	Drop-In with Darnell on LifeSize	Drop-In with Darnell on LifeSize	Drop-in with Darnell			
10:00 A.M.								
10:30 A.M.	BREAK	BREAK	BREAK	BREAK				
11:00 A.M.	Mindfulness/Meditation with Shannon on LifeSize	1 on 1 with Peer on Phone or Lifesize	1 on 1 With Peer on the Phone and LifeSize	Stretching/ Yoga With Shannon	Mindfulness/Meditation with Shannon on LifeSize	1 on 1 With a Peer on the Phone and LifeSize	Stretching/Yoga With Shannon	Sewing With Lisa
11:30 A.M.	BREAK	BREAK	BREAK	BREAK	BREAK			
12:00 A.M.	Lunch and Laughs with Darnell on LifeSize	Lunch and Laughs with Shannon on LifeSize	Lunch and Laughs with Shannon on LifeSize	Lunch and Laughs with Shannon on LifeSize	Lunch and Laughs with Ashley			
12:30 A.M.								
1:00 P.M.	All Recovery Meeting With Ashley	Craft-Time With Lisa	Recovery Journaling	1 on 1 with Peer on Phone or Lifesize	Cooking with Darnell and Ahsley	S.M.A.R.T. Recovery With Ashely		
1:30 P.M.								
	BREAK	BREAK	BREAK	BREAK				
2:00 P.M.	Baking with Shannon on LifeSize	EPIC With Ashley	Art with Shannon on LifeSize	Believe it or Not! Recovery Discussion with Lisa and Ashley				
2:30 P.M.								

How it works:

- 1) You must have a phone, tablet, or computer with the capability of hosting video and audio.
- 2) This link will take you to the Recovery Solutions Online room on LifeSize, <https://call.lifesizecloud.com/6358399> or hold your camera up to this QR code and an option to be directed to a page, click that page and once you are given the passcode you can enter the Center Online.
- 3) Follow us on Facebook or our Daily Email list for updates!
- 4) Log on and have fun!





Peer Support 1 on 1

Need some one on one peer support? We are here for you too.
The best way to contact us would be for you to email us, call us, or text 719-563-7393 be sure to include your name and contact information.

We have limited time that we will be able to spend one on one with you, our schedule is listed above and our appointments will be first come first serve.

Lisa Ochoa

LisaO@Health.Solutions

Phone: 719-251-3124

LifeSize:

<https://call.lifesizecloud.com/5018911>

Shannon Brooks

ShannonB@Health.Solutions

Phone: 719-251-2657

LifeSize:

<https://call.lifesizecloud.com/1261640>

Darnell Brown

DarnellB@Health.Solutions

Phone: 719-251-3546

LifeSize:

<https://call.lifesizecloud.com/1100782>

Ashley Warner

AshleyW@Health.Solutions

Phone: 719-251-2319

LifeSize:

<https://call.lifesizecloud.com/2893103>

All Health Solutions clients are invited to participate in the Recovery Solutions Online services. If you are not a Health Solutions Client, we still invite you to join us. To get started please contact the Peer Specialists listed above.

Those experiencing a behavioral health emergency can be seen 24/7/365 at Health Solutions Crisis Living Room Located at 1310 Chinook Lane in Pueblo. Colorado Crisis Hotline is also a resource for behavioral health emergencies and can be accessed by calling [1.844.493.8255](tel:18444938255) or by texting "TALK" to 38255



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844-493-TALK (8255)
OR TEXT TALK TO 38255