



Foundations: A Place for Education & Recovery
 116 Cleveland Avenue N.W.; Suite 200; Canton, Ohio 44702
 Telephone: (330) 454-2888
 Website: FoundationsCanton.org Email: Information@FoundationsCanton.org

Online Class & Group Schedule (May, 2022)

		Monday	Tuesday	Wednesday	Thursday	Friday
		Meeting ID 933-261-185	Meeting ID 597-790-471	Meeting ID 323-566-308	Meeting ID 812-546-123	Meeting ID 984-879-706
Time Start	Time End					
10:00 AM	10:45AM	Peer Support Group	Dealing with Stigma	Codependency	DRA Meeting	Apps for Recovery
11:00AM	11:45PM	Grief Group	Team Building Games	Healthy Connections	Self-Advocacy	Peer Support Class
12:00 PM	1:00 PM				Social Hour (In Person Only)	
1:00 PM	1:45 PM	Uno Expressions	DRA Discussion	Mental Health Jeopardy	Recipes for MH	Self Esteem
2:00 PM	2:45 PM	Self- Discovery	Art	PTSD Group	Creative Writing	Independent Living
3:00 PM	3:45 PM	Mindfulness	All About Emotions	Health & Wellness	Inspiration for Recovery	Coping Skills
4:00 PM	4:45 PM	Recovery Stories	LGBTQ+ Group	Alanon/ACA	Recovery Games	Community Resources
Key				To attend using video: Use or Copy & Paste the meeting link (You must download the ZOOM application on your computer or SmartPhone) To attend via phone: Dial (929) 205-6099 when prompted enter the Meeting ID		
ACA: Adult Children of Alcoholics						
PTSD: Post Traumatic Stress Disorder						
MH: Mental Health						
DRA: Dual Recovery Anonymous						
LGBTQ: Lesbian Gay Bisexual Transgender Queer						