

MARCH 2023



Wishing Wellness Center

24 Church St. Cortland, NY 13045

Phone: (607) 756-5992

Hours: M,T,TH,F: 8:30a-4:00 pm

Wed: 8:30a-6:30p

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Open by appointment only	2 Open Engagement Hours: 10am-12pm 1pm-3pm	3 	4 
5	6 	7 Open Engagement Hours: 10am-12pm 1pm-3pm	8 Open Engagement Hours 1:30pm-5:30pm	9 Open Engagement Hours: 10am-12pm 1pm-3pm	10 Cortland Library 10am-12pm 	11 
12 	13 Cortland Library 1pm-3pm 	14 Open Engagement Hours: 10am-12pm 1pm-3pm	15 Open Engagement Hours 1:30pm-5:30pm	16 Open Engagement Hours: 10am-12pm St. Patty's Day celebration 1p-3p	17 	18 
19 	20 Plants 1p-3p 	21 Open Engagement Hours: 10am-12pm 1pm-3pm	22 Open Engagement Hours 1:30pm-5:30pm	23 Open Engagement Hours: 10am-12pm 1pm-3pm	24 Agency Closed for training	25
26	27 Garden Clean-up 1pm-3pm	28 Open Engagement Hours: 10am-12pm 1pm-3pm	29 Open Engagement Hours 1:30pm-5:30pm	30 Closed for Staff Day	31 Movie Day 130pm-330pm	 peer support



Did you know? Peers have a Facebook page!! Look for us at “Peer Support Services”. Our monthly calendars along with any updates will be posted. Join the group and help share our page!

Peers will be at Cortland Free Library on Friday 3/10 from 10am-12pm & Monday 3/13 from 1pm-3pm. Stop by to learn about our services and see how we can help you on your recovery path.

Join Peer staff on Thursday 3/16 for our St. Patrick’s Day celebration! Refreshments will be provided! Remember to wear green!!!



Finally, Spring is in the air!!! Stop by on Monday 3/20 between 1pm-3pm to start the season off right with some seed planting. All needed supplies will be provided & you can take with you whatever you plant!



Monday 3/27 join the peers to clean up the garden and get it ready for spring planting!!

Want to learn how you could potentially save a life? Stop by or call to schedule an appointment to be trained for Narcan. After a brief training you will be supplied with your own kit.

Did you know? The Wellness Center has an emergency Narcan mailbox on the Library side of the building, that is always fully stocked and accessible if needed!



The Wellness Center is also a partner with NY Matters which connects people in need to MOUD services. Stop in for more information!

