

FEBRUARY 2023



CARING FOR OUR COMMUNITY ONE PERSON AT A TIME

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

By phone or Appointment Only

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Open Engagement Hours 1:30pm-5:30pm	2 Open Engagement Hours: 10am-12pm 1pm-3pm	3 	4
5 	6 Loaves n Fishes 10am-12pm	7 Open Engagement Hours: 10am-12pm 1pm-3pm	8 12pm-1pm Open Engagement Hours 1:30pm-5:30pm	9 Open Engagement Hours: 10am-12pm 1pm-3pm	10 Cortland Library 9am-11am YOU MATTER.	11 <i>Positive Mind Positive Vibes Positive Life</i>
12 	13 Cortland Library 1pm-3pm 	14 **Closed 8am-1pm Open Engagement Hours: 1pm-3pm 	15 Open Engagement Hours 1:30pm-5:30pm	16 Open Engagement Hours: 10am-12pm 1pm-3pm	17 Movie Day 130pm-330pm 	18 LOVE YOURSELF FIRST
19 	20 AGENCY CLOSED *President's Day*	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 130pm-330pm 	25
26 	27 	28 Open Engagement Hours: 10am-12pm 1pm-3pm				

Happy Valentine's Day



Come in out of the cold and warm up with a fresh cup of coffee anytime during our open engagement hours. Peer services will be expanding our hours this month. On Wednesday's The Wellness Center will be open until 5:30pm!

Peers will be at Cortland Free Library on Friday 2/10 from 9am-11am & Monday 2/13 from 1pm-3pm, we will also be at Loaves and Fishes on 2/6 from 10am-12pm, and at TC3 2/8 from 12pm-1pm. Stop by to learn about our services and see how we can help you on your recovery path.

Join Peer staff on Friday 2/17 from 130pm-330pm to watch a movie together! Popcorn will be provided!!



Friday February 10th is "You Matter Day". Tell someone they matter today and that they are appreciated!
Spreading kindness can help prevent suicide.



Want to learn how you could potentially save a life? Stop by 2/24 between 130p-330p to complete a brief Narcan training and leave with your own kit, or call us to schedule an appointment to get trained!

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!

