




**On Our Own
Of Roanoke Valley**
12-5pm Monday-Saturday
Open Sundays 1:30 - 5:00pm



2017

429 Elm Ave., SW,
Roanoke, VA 24016
Come fellowship with us!
540-362-0061
Email: info@rvonourown.com
www.onourownroanoke.org

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Bipolar Support Group Will meet Saturday July 8	Attention Yoga Students There will be no Yoga classes from July 17-July 26 		Like us on <i>FaceBook</i>  <i>On Our Own of Roanoke Valley</i>			1 <hr/> 2:00 DRA 3:00 p.m. Coffeehouse: Karaoke, open mike
2 Open 1:30-5:00 2:30 DRA Fellowship	3 12:15 Yoga with Kavika 1:30 Vets' Support Group	4 No Groups Today July 4 th Potluck/Picnic 1-3  Closing at 4 today	5 12:30 Yoga with Kavika 1:45 Peer Support Group	6 1:00 D.R.A. 2:30 Peer Support Group	7 Happy July Birthdays!  12:30 Mindfulness Group 2:00 Peer Support Group	8 10:30 am Bipolar Support Group 12:30 Peer Support Group 2:00 DRA 3:00 p.m. Coffeehouse: Karaoke, open mike
9 Open 1:30-5:00 2:30 DRA Fellowship	10 12:15 Yoga with Kavika 1:30 Peer Support Group	11 1:00 D.R.A. 2:30 Peer Support Group	12 12:30 Yoga with Kavika 1:45 Peer Support Group	13 1:00 D.R.A. 2:30 Peer Support Group	14 2:00 Peer Support Group	15 12:30 Peer Support Group 2:00 DRA 3:00 p.m. Coffeehouse: Karaoke, open mike
16 Open 1:30-5:00 2:30 DRA Fellowship	17 1:30 Peer Support Group	18 1:00 D.R.A. 2:30 Peer Support Group	19 1:45 Peer Support Group	20 1:00 D.R.A. 2:30 Peer Support Group	21 2:00 Peer Support Group 3:15 Bingo	22 12:30 Peer Support Group 2:00 DRA 3:00 p.m. Coffeehouse: Karaoke, open mike
23/30 Open 1:30-5:00 2:30 DRA Fellowship	24 1:30 Peer Support Group No Yoga 31 12:15 Yoga with Kavika 1:30 Peer Support Group	25 1:00 D.R.A. 2:30 Peer Support Group	26 1:45 Peer Support Group	27 1:00 D.R.A. 2:30 Peer Support Group	28 2:00 Peer Support Group Craft 3:15	29 12:30 Peer Support Group 2:00 DRA 3:00 p.m. Coffeehouse: Karaoke, open mike