







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



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
 Women to Women NEW Group Each Monday from 3-4 pm	 Sign up for Thanksgiving Meal by Nov. 17 → \$1 Deposit Required	1 12:30 Yoga with Kavika ----- 1:45 Peer Support Group WRAP 3-4	2 1:00 D.R.A. ----- 2:30 Peer Support Group	3 12:30 Mindfulness Group ----- 2:00 Peer Support Group	4 12:30 Peer Support Group ----- 2:00 DRA ----- 3:00 p.m. Coffeehouse: Karaoke, open mike	
5 Open 1:30-5:00 ----- 2:30 DRA ----- Fellowship	6 12:15 Yoga with Kavika 1:30 Peer Support Group ----- Women 2 Women 3-4 Peer to Peer 3:00-4:00	7 1:00 D.R.A. ----- 2:30 Peer Support Group	8 12:30 Yoga with Kavika ----- 1:45 Peer Support Group WRAP 3-4	9 1:00 D.R.A. ----- 2:30 Peer Support Group	10 Happy November Birthdays!  ----- 12:30 Mindfulness Group ----- 2:00 Peer Support Group	11 10:30 Bipolar Group ----- 12:30 Peer Support Group ----- 2:00 DRA ----- 3:00 p.m. Coffeehouse: Karaoke, open mike
12 Open 1:30-5:00 ----- 2:30 DRA ----- Fellowship	13 12:15 Yoga with Kavika 1:30 Vet Support Group ----- Women 2 Women 3-4 Peer to Peer 3:00-4:00	14 1:00 D.R.A. ----- 2:30 Peer Support Group	15 24th Anniversary Celebration! 12-2 pm  2:30 Peer Support Group	16 1:00 D.R.A. ----- 2:30 Peer Support Group	17 Last Day to Register for Thanksgiving Dinner \$1 Pre-Registration Required see staff ----- 12:30 Mindfulness Group ----- 2:00 Peer Support Group ----- 3:15 Craft	18 12:30 Peer Support Group ----- 2:00 DRA ----- 3:00 p.m. Coffeehouse: Karaoke, open mike
19 Open 1:30-5:00 ----- 2:30 DRA ----- Fellowship	20 12:15 Yoga with Kavika 1:30 Peer Support Group ----- Women 2 Women 3-4 Peer to Peer 3:00-4:00	21 1:00 D.R.A. ----- 2:30 Peer Support Group	22 12:30 Yoga with Kavika ----- 1:45 Peer Support Group WRAP 3-4	23  HAPPY THANKSGIVING! Dinner 1-3 For pre-registered guests only Center Closes at 4:00	24 12:30 Mindfulness Group ----- 2:00 Peer Support Group ----- 3:15 Bingo	25 12:30 Peer Support Group ----- 2:00 DRA ----- 3:00 p.m. Coffeehouse: Karaoke, open mike
26 Open 1:30-5:00 ----- 2:30 DRA ----- Fellowship	27 12:15 Yoga with Kavika 1:30 Peer Support Group ----- Women 2 Women 3-4 Peer to Peer 3:00-4:00	28 Board Meeting 1:00 ----- 1:00 D.R.A. ----- 2:30 Peer Support Group	29 12:30 Yoga with Kavika ----- 1:45 Peer Support Group WRAP 3-4	30 1:00 D.R.A. ----- 2:30 Peer Support Group	 24th Anniversary Celebration! Join us for food & fun!! November 15 12-2 pm	Like us on FaceBook  On Our Own of Roanoke Valley