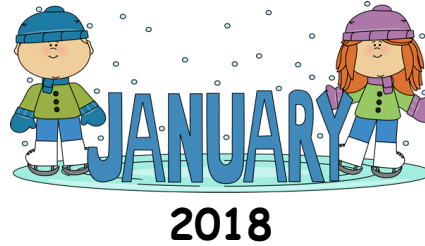





**On Our Own
Of Roanoke Valley**
12-5pm Monday-Saturday
Open Sundays 1:30 - 5:00pm



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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>1</p> <p>Happy New Year!</p> <p>1:30 Peer Support Group</p> <p>Women 2 Women 3-4</p>	<p>2</p> <p>1:00 D.R.A.</p> <p>2:30 Peer Support Group</p>	<p>3</p> <p>12:30 Yoga with Kavika</p> <p>1:45 Peer Support Group</p>	<p>4</p> <p>1:00 D.R.A.</p> <p>2:30 Peer Support Group</p>	<p>5</p> <p>12:30 Mindfulness Group</p> <p>2:00 Peer Support Group</p>	<p>6</p> <p>12:30 Peer Support Group</p> <p>2:00 DRA</p> <p>3:00 p.m. <i>Coffeehouse</i>: Karaoke, open mike</p>
<p>7</p> <p>Open 1:30-5:00</p> <p>2:30 DRA</p> <p>Fellowship</p>	<p>8</p> <p>12:15 Yoga with Kavika</p> <p>1:30 Peer Support Group</p> <p>Women 2 Women 3-4</p>	<p>9</p> <p>1:00 D.R.A.</p> <p>2:30 Peer Support Group</p>	<p>10</p> <p>12:30 Yoga with Kavika</p> <p>1:45 Peer Support Group</p> <p>WRAP 3-4</p>	<p>11</p> <p>1:00 D.R.A.</p> <p>2:30 Peer Support Group</p>	<p>12</p> <p>Happy January Birthdays! 🎂</p> <p>12:30 Mindfulness Group</p> <p>2:00 Peer Support Group</p>	<p>13</p> <p>10:30 Bipolar Group</p> <p>12:30 Peer Support Group</p> <p>2:00 DRA</p> <p>3:00 p.m. <i>Coffeehouse</i>: Karaoke, open mike</p>
<p>14</p> <p>Open 1:30-5:00</p> <p>2:30 DRA</p> <p>Fellowship</p>	<p>15</p> <p>12:15 Yoga with Kavika</p> <p>1:30 Vet Support Group</p> <p>Women 2 Women 3-4</p>	<p>16</p> <p>Board Meeting 1:00</p> <p>1:00 D.R.A.</p> <p>2:30 Peer Support Group</p>	<p>17</p> <p>12:30 Yoga with Kavika</p> <p>1:45 Peer Support Group</p> <p>WRAP 3-4</p>	<p>18</p> <p>1:00 D.R.A.</p> <p>2:30 Peer Support Group</p>	<p>19</p> <p>12:30 Mindfulness Group</p> <p>2:00 Peer Support Group</p> <p>3:15 Craft</p>	<p>20</p> <p>12:30 Peer Support Group</p> <p>2:00 DRA</p> <p>3:00 p.m. <i>Coffeehouse</i>: Karaoke, open mike</p>
<p>21</p> <p>Open 1:30-5:00</p> <p>2:30 DRA</p> <p>Fellowship</p>	<p>22</p> <p>12:15 Yoga with Kavika</p> <p>1:30 Peer Support Group</p> <p>Women 2 Women 3-4</p>	<p>23</p> <p>1:00 D.R.A.</p> <p>2:30 Peer Support Group</p>	<p>24</p> <p>12:30 Yoga with Kavika</p> <p>1:45 Peer Support Group</p> <p>WRAP 3-4</p>	<p>25</p> <p>1:00 D.R.A.</p> <p>2:30 Peer Support Group</p>	<p>26</p> <p>12:30 Mindfulness Group</p> <p>2:00 Peer Support Group</p> <p>3:15 Bingo</p>	<p>27</p> <p>12:30 Peer Support Group</p> <p>2:00 DRA</p> <p>3:00 p.m. <i>Coffeehouse</i>: Karaoke, open mike</p>
<p>28</p> <p>Open 1:30-5:00</p> <p>2:30 DRA</p> <p>Fellowship</p>	<p>29</p> <p>12:15 Yoga with Kavika</p> <p>1:30 Peer Support Group</p> <p>Women 2 Women 3-4</p>	<p>30</p> <p>1:00 D.R.A.</p> <p>2:30 Peer Support Group</p>	<p>31</p> <p>12:30 Yoga with Kavika</p> <p>1:45 Peer Support Group</p> <p>WRAP 3-4</p>		 <p>WRAP Begins January 10, Sign up Today!!</p>	