

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



**2018**

429 Elm Ave., SW,  
Roanoke, VA 24016  
Come fellowship with us!  
540-362-0061  
Email: [info@rvonourown.com](mailto:info@rvonourown.com)  
[www.onourownroanoke.org](http://www.onourownroanoke.org)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>Veterans Peer Support Group meets February 19<sup>th</sup> at 1:30 pm</b>		 <b>Valentine Craft Friday, February 9<sup>th</sup>, 3:15 pm</b>	<b>1</b> 1:00 D.R.A. 2:30 Peer Support Group	<b>2</b> Happy Groundhog Day!  12:30 Mindfulness Group 2:00 Peer Support Group	<b>3</b> 12:30 Peer Support Group 2:00 DRA 3:00 p.m. <b>Coffeehouse:</b> Karaoke, open mike
<b>4</b> Open 1:30-5:00 2:30 DRA <b>Fellowship</b>	<b>5</b> 12:15 Yoga with Kavika 1:30 Peer Support Group Women 2 Women 3-4	<b>6</b> 1:00 D.R.A. 2:30 Peer Support Group	<b>7</b> 12:30 Yoga with Kavika 1:45 Peer Support Group WRAP 3-4	<b>8</b> 1:00 D.R.A. 2:30 Peer Support Group	<b>9</b> Happy February Birthdays! 12:30 Mindfulness Group 2:00 Peer Support Group <b>3:15 Craft</b>	<b>10</b> 10:30 Bipolar Group 12:30 Peer Support Group 2:00 DRA 3:00 p.m. <b>Coffeehouse:</b> Karaoke, open mike
<b>11</b> Open 1:30-5:00 2:30 DRA <b>Fellowship</b>	<b>12</b> 12:15 Yoga with Kavika 1:30 Peer Support Group Women 2 Women 3-4	<b>13</b> 1:00 D.R.A. 2:30 Peer Support Group	<b>14</b> 12:30 Yoga with Kavika 1:45 Peer Support Group WRAP 3-4	<b>15</b> 1:00 D.R.A. 2:30 Peer Support Group	<b>16</b> <b>Opening at 12:30 today</b> 12:45 Mindfulness Group 2:00 Peer Support Group <b>3:15 Craft</b>	<b>17</b> 12:30 Peer Support Group 2:00 DRA 3:00 p.m. <b>Coffeehouse:</b> Karaoke, open mike
<b>18</b> Open 1:30-5:00 2:30 DRA <b>Fellowship</b>	<b>19</b> 12:15 Yoga with Kavika 1:30 Vets Peer Support Group Women 2 Women 3-4	<b>20</b> Board Meeting 1:00 1:00 D.R.A. 2:30 Peer Support Group	<b>21</b> 12:30 Yoga with Kavika 1:45 Peer Support Group WRAP 3-4	<b>22</b> 1:00 D.R.A. 2:30 Peer Support Group	<b>23</b> 12:30 Mindfulness Group 2:00 Peer Support Group <b>3:15 Bingo</b>	<b>24</b> 12:30 Peer Support Group 2:00 DRA 3:00 p.m. <b>Coffeehouse:</b> Karaoke, open mike
<b>25</b> Open 1:30-5:00 2:30 DRA <b>Fellowship</b>	<b>26</b> 12:15 Yoga with Kavika 1:30 Peer Support Group Women 2 Women 3-4	<b>27</b> 1:00 D.R.A. 2:30 Peer Support Group	<b>28</b> 12:30 Yoga with Kavika 1:45 Peer Support Group WRAP 3-4		Like us on FaceBook  On Our Own of Roanoke Valley	