

AUGUST 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
³ UHS Peer Bridger Group @ 10 AM	⁴ Peer Bridger Group @ 9 AM Chinese Buffett @ 12:30 PM	⁵ Garden Day w/ Vines @ 10 AM	⁶ Book Club @ 10 AM STAP HIV Education @ 10:30 AM	⁷ Dual Diagnosis Group @ 10 AM
¹⁰ Forgiveness Group @ 10 AM	¹¹ Peer Bridger Group @ 9 AM Frosty Joe's @ 12:30 PM	¹² Card Making @ 10 AM	¹³ Dungeons & Dragons @ 10 AM	¹⁴ Color & Conversation @ 12:30 PM
¹⁷ UHS Peer Bridger Group @ 10 AM	¹⁸ Peer Bridger Group @ 9 AM ALDI'S @ 12:30 PM	¹⁹ Healthy Habits for Body & Mind @ 10 AM	²⁰ Bingo @ 10 AM Member Advisory Committee @ 12:30 PM	²¹ Movie & Popcorn Day
²⁴ Dogs Against Anxiety @ 10 AM	²⁵ Peer Bridger Group @ 9 AM (Ruth Casey) Dollar Tree @ 12:30 PM	²⁶ Mental Health Bingo @ 12:30 PM	²⁷ Nintendo Switch Super Smash Bros. @ 10 AM	²⁸ Rainbow Affirmations Group @ 10 AM
³¹ UHS Peer Bridger Group @ 10 AM				

COMMON GROUND WELLNESS CENTER
 290 FRONT ST BINGHAMTON, NY | (607) 773-1184
 OPEN MONDAY - FRIDAY 8:30 AM - 3 PM
 TOURS & INTAKES MONDAY - FRIDAY 12:30 PM - 2:30 PM