



CARTA

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Oklahoma Citizens Advocates for Recovery and Transformation Association

Person-Centered, Peer-Lead Recovery Support Program and a Place of Healing for ALL!

"Recovery Is A Reality!"



December 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 12:00 PM Peer Support 1:00 PM Meditation 2:00 PM Art Class 2:30 PM Parenting 7:00 PM Peer Support	3 11:00 AM Codependency 12:00 PM Peer Support 2:00 PM Thinking for a Change 3:00 PM DBSA 4:00 PM YELLO Meeting 7:00 PM Peer Support 7:30 PM Anger Mgmt.	4 11:00 AM Healing Hearts 12:00 PM Peer Support 3:00 PM RSS Meeting 7:00 PM Peer Support	5 12:00 PM Peer Support 1:00 PM Meditation 2:00 PM Art Class 7:00 PM Peer Support	6 10:00 AM WRAP 11:00 AM Anger Mgmt. 12:00 PM Peer Support 2:00 PM REAL 5:30 PM Movie Night 7:00 PM Schizophrenia Alliance	7 3:00 PM Peer Support
8	9 12:00 PM Peer Support 1:00 PM Meditation 2:00 PM Art Class 2:30 PM Parenting 7:00 PM Peer Support	10 11:00 AM Codependency 12:00 PM Peer Support 2:00 PM Thinking for a Change 3:00 PM DBSA 4:00 PM YELLO Meeting 7:00 PM Peer Support 7:30 PM Anger Mgmt.	11 11:00 AM Healing Hearts 12:00 PM Peer Support 3:00 PM RSS Meeting 7:00 PM Peer Support	12 12:00 PM Peer Support 1:00 PM Meditation 2:00 PM Art Class 7:00 PM Peer Support	13 10:00 AM WRAP 11:00 AM Anger Mgmt. 12:00 PM Peer Support 2:00 PM REAL 5:30 PM Movie Night 7:00 PM Schizophrenia Alliance	14 3:00 PM Peer Support
15	16 12:00 PM Peer Support 1:00 PM Meditation 2:00 PM Art Class 2:30 PM Parenting 7:00 PM Peer Support	17 11:00 AM Codependency 12:00 PM Peer Support 2:00 PM Thinking for a Change 3:00 PM DBSA 4:00 PM YELLO Meeting 7:00 PM Peer Support 7:30 PM Anger Mgmt.	18 11:00 AM Bowls of Hope 11:00 AM Healing Hearts 12:00 PM Peer Support 3:00 PM RSS Meeting 7:00 PM Peer Support	19 12:00 PM Peer Support 1:00 PM Meditation 2:00 PM Art Class 7:00 PM Peer Support	20 10:00 AM WRAP 11:00 AM Anger Mgmt. 12:00 PM Peer Support 2:00 PM REAL 5:30 PM Movie Night 7:00 PM Schizophrenia Alliance	21 10:00 AM Participant Monthly Event 3:00 PM Peer Support
22	23 12:00 PM Peer Support 1:00 PM Meditation 2:00 PM Art Class 2:30 PM Parenting 7:00 PM Peer Support	24 11:00 AM Codependency 12:00 PM Peer Support 2:00 PM Thinking for a Change 3:00 PM DBSA 4:00 PM YELLO Meeting 7:00 PM Peer Support 7:30 PM Anger Mgmt.	25 Merry Christmas!  Ocarta is open! Noon to 6:00	26 12:00 PM Peer Support 1:00 PM Meditation 2:00 PM Art Class 7:00 PM Peer Support	27 10:00 AM WRAP 11:00 AM Anger Mgmt. 12:00 PM Peer Support 2:00 PM REAL 5:30 PM Movie Night 7:00 PM Schizophrenia Alliance	28 3:00 PM Peer Support
29	30 12:00 PM Peer Support 1:00 PM Meditation 2:00 PM Art Class 2:30 PM Parenting 7:00 PM Peer Support	31 11:00 AM Codependency 12:00 PM Peer Support 2:00 PM Thinking for a Change 3:00 PM DBSA 4:00 PM YELLO Meeting 7:00 PM Peer Support 7:30 PM Anger Mgmt.				