

Pantry Hours

Tuesday & Thursday 12-1pm

Wednesday 12:30-2pm

All SCC Activities Are Subject to Change

July

Call 914-345-5900 Ext 7100 and speak with Valerie about an event or to sign up for a social

2026

SCC Milieu Hours

Tues 9-3

Wed 9-3

Thurs 9-3

Computer Lab Open Till 4:15 pm Mon-Thurs

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
June 28 Lord Judah joins us on Thursdays for Visual Art & Rhythm Workshop	June 29 <u>In-Person Groups</u> No Milieu 12-1 Mindfulness 1-2 pm <i>Dream Big</i>	June 30 10:30 meditation 11-12 Improve Comm 1-2 Our experiences 2-3 Culture	1 10:30 Meditation 11-12 Words Connect Us 11-12 Discovering Your Way 1-2 Art Workshop 2-3 Moving Forward	2 10:30 Meditation 11-12 Open Talk Group 1-2 Visual Art & Rhythm Workshop 2-3 Music Group	3 <u>Independence Day Legal Holiday</u>	4 No Socials Independence day weekend
5 No Socials Independence day weekend	6 <u>In-Person Groups</u> No Milieu 12-1 Mindfulness 1-2 pm <i>Dream Big</i>	7 10:30 Meditation 11-12 Town Hall 1-2 Our Experiences 2-3 Advisory Board	8 10:30 Meditation 11-12 Words Connect Us 11-12 Discovering Your Way 1-2 Art Workshop 2-3 Moving Forward	9 10:30 Meditation 11-12 Open Talk Group 1-2 Visual Art & Rhythm Workshop 2-3 Music Group	10 <u>Online Groups</u> 1-2 Open Mic	11 Social Flaming Grill 11:30-2:30
12	13 <u>In-Person Groups</u> No Milieu 12-1 Mindfulness 1-2 pm <i>Dream Big</i>	14 10:30 Meditation 11-12 Improving Communication 1-2 Our Experiences 2-3 Culture	15 10:30 Meditation 11-12 Words Connect Us 11-12 Discovering Your Way 1-2 Art Workshop 2-3 Moving Forward	16 10:30 Meditation 11-12 Open Talk Group 1-2 Visual Art & Rhythm Workshop 2-3 Music Group	17 <u>Online Groups</u> 1-2 Open Mic	18 Social Walmart Cortlandt Manor 11:30-2:30
19	20 <u>In-Person Groups</u> No Milieu 12-1 Mindfulness 1-2 pm <i>Dream Big</i>	21 10:30 Meditation 11-12 Improving Communication 1-2 Our Experiences 2-3 Culture	22 10:30 Meditation 11-12 Words Connect Us 11-12 Discovering Your Way 1-2 Art Workshop 2-3 Moving Forward	23 10:30 Meditation 11-12 Open Talk Group 1-2 Visual Art & Rhythm Workshop 2-3 Advisory Board 2-3 Music Group	24 <u>Online Groups</u> 1-2 Open Mic	25 Social Chipotle 1:30-2:30
26	27 <u>In-Person Groups</u> No Milieu 12-1 Mindfulness 1-2 pm <i>Dream Big</i>	28 10:30 Meditation 11-12 Improving Communication 1-2 Our Experiences 2-3 Culture	29 10:30 Meditation 11-12 Words Connect Us 11-12 Discovering Your Way 1-2 Art Workshop 2-3 Moving Forward	30 10:30 Meditation 11-12 Open Talk Group 1-2 Visual Art & Rhythm Workshop 2-3 Music Group	31 <u>Online Groups</u> 1-2 Open Mic	Aug 1 TBD

Transportation
Kenza 914-512-4170
914-916-0293

Inclement weather delays/closure:
Call 914-345-5900 x7100 for a recorded msg

Zoom Group ID 8243571048
Passcode 2929

Guidelines for Personal Behavior at 29 Sterling

1. Use courtesy and respect toward all participants of the Sterling Community
 - a. Remember, the community includes everyone who works in the building, as well as those attending other programs!
2. We like to respect each other's privacy.
 - a. We all have the right to tell our own story
 - b. "Nothing about us without us"
3. We are all responsible for our words, behaviors, and reactions
 - a. Think first, then act
4. We all have a part in making Sterling a better place to be
 - a. By showing respect for the people, spaces, and resources
 - i. Cleaning up when needed, especially our messes
 - b. Keeping good personal hygiene, appropriate dress, etc.
 - c. Respecting our volunteers
5. We aspire to be a safe space – somewhere everyone is welcome and comfortable.
 - a. Discrimination, in any form, is not welcome
 - b. We address each other, and speak to each other with respect
 - c. Threats or violence of any kind are not tolerated.
 - d. Respect others boundaries – listen to what they say
 - e. Avoid asking to borrow money, cigarettes, ect.
6. Be assertive about expressing a need for boundaries
 - a. Ask staff for assistance if you feel uncomfortable.
7. Consider walking away from situations/other when there are unresolvable differences – or asking staff to mediate
8. Go to a staff member with any specific concerns or urgent situations- remember there is always someone at the front desk