



Opportunities can start now
with a phone call or a visit



ONWARD RECOVERY

*AN ACTIVE APPROACH
TO RECOVERY*



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Office hours are:

Monday & Wednesday 9a.m. - 9p.m.
Tuesday & Thursday 9a.m. - 5p.m.
Friday, & Saturday 9a.m. - 5p.m.



Mid-Hudson Substance Use Recovery Community & Outreach Center

**135 Grand St. (rear entrance)
Newburgh, NY 12550**
Phone: (845) 725-1244

www.onwardrecovery.org

Who We Serve:

- ★ People 18 and older who live with a substance use disorder (alcohol/chemical dependency)
- ★ Families of individuals 18 and older

Purpose and Goals:

- ★ Provide intensive peer support
- ★ Assist in providing alternatives to hospitalization or incarceration
- ★ Information and referral source for treatment
- ★ Promote gainful employment
- ★ Encourage people to take charge of their recovery
- ★ Provide group activities and outreach
- ★ Maximize existing resources
- ★ Infuse & promote social inclusion
- ★ Provide volunteer opportunities

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A program of  INDEPENDENT
LIVING INC.

funded by



Office of Alcoholism and
Substance Abuse Services

What is Onward?

- ★ A Substance Use Recovery Community and Outreach Center that is safe, welcoming and alcohol/drug-free for any member of the community
- ★ We cover five counties: Dutchess, Orange, Rockland, Sullivan, and Ulster
- ★ We meet you where you are – physically and emotionally
- ★ The people working with you also have the lived experiences of trauma, substance use, and recovery
- ★ We provide mentorship and take an active approach to recovery
- ★ Weekly group activities provided
- ★ All services are currently offered at no cost to you



How We Can Help...

Intensive Peer Support

- ★ Using our own stories to assist you in moving forward in your recovery
- ★ One to one guidance, support and encouragement

Recovery Support

- ★ Life skills coaching
- ★ Wellness mentoring
- ★ Turning crisis into opportunities

Vocational Support

- ★ Finding work incentives
- ★ Benefits and entitlements counseling
- ★ Identifying employment options

Social Activities

- ★ Cultural and recreational events
- ★ Social and community gatherings
- ★ Volunteer and civic restoration opportunities

Community Connections

- ★ Finding and accessing community resources
- ★ Moving from services to natural supports in your community
- ★ Recovery community network building



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