

August



2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 2:30pm Relapse Prevention 3:30pm All Recovery	2 11:00am Moderation Management 5:30pm SMART Recovery	3 3:00PM SMART Recovery	4
5 CLOSED	6 3:00pm SMART Recovery 4:00pm Laughter is the Best Medicine	7 5-8pm City of Newburgh National Night Out Broadway/Johnston and Broadway/Grand	8 2:30pm Relapse Prevention 3:30pm All Recovery	9 11:00am Family Support (Spanish) 5:30pm SMART Recovery	10 3:00PM SMART Recovery	11 Sober Social Community Paint-In @ Ann Street Gallery 104 Ann St 11am-2pm
12 CLOSED	13 3:00pm SMART Recovery 4:00pm Laughter is the Best Medicine	14 5:30pm Aromatherapy	15 2:30pm Relapse Prevention 3:30pm All Recovery	16 11:00am Moderation Management 5:30pm SMART Recovery	17 3:00PM SMART Recovery	18
19 CLOSED	20 *CLOSED FOR TRAINING*	21 *CLOSED FOR TRAINING*	22 *CLOSED FOR TRAINING*	23 *CLOSED FOR TRAINING*	24 *CLOSED FOR TRAINING*	25 *CLOSED FOR TRAINING*
26 CLOSED	27 3:00pm SMART Recovery 4:00pm Wellness Planning	28 5:30pm Nutrition for Recovery	29 2:30pm Relapse Prevention 3:30pm All Recovery	30 5:30pm SMART Recovery	31 3:00PM SMART Recovery	

**“Don’t be afraid of your story,
it will inspire others.”**



**“The opposite of addiction isn't sobriety...
It's CONNECTION.”**

– Johann Hari

All Recovery– *Wednesdays at 3:30PM:* This group is for anyone who has suffered from addiction to a substance and/or has been affected by the symptoms and/or disease of addiction, including family and friends.

Aromatherapy– *2nd Tuesday at 5:30PM:* You will learn how to utilize essential oils to support your recovery. Some topics we will cover are how they can be used to increase energy, reduce physical discomfort, manage stress, induce sleep, increase focus, speed up healing, and strengthen the immune system.

Family Support Group (Spanish)– *2nd & 4th Thursdays at 11AM:* Junta de ayuda para familiares de las Recuperaciones

Laughter is the Best Medicine– *1st, 2nd & 3rd Mondays at 4PM:* This meeting is open to anyone who would like to tell/share jokes

Moderation Management– *1st & 3rd Thursdays at 11AM:* A peer-run support group for anyone who would like to reduce their alcohol consumption and accept personal responsibility for choosing and maintaining their own path, whether moderation or abstinence. www.moderation.org

Nutrition for Recovery– *Last Tuesday at 5:30PM:* Learn what the recovering body needs to heal itself from addiction, and how powerful a tool the right food and nutrition can be in recovery

Refuge Recovery– *1st & 3rd Tuesdays at 5:30PM (Starting in September):* Refuge Recovery is nontheistic and mindfulness-based path to healing addiction and the suffering caused by addiction that practices and utilizes a Buddhist philosophy. This program of recovery does not ask anyone to believe in anything, and is open to anyone suffering from an addiction whether it be to drugs, alcohol, sex, people, gambling, money, or food. www.refugerecovery.org

Relapse Prevention– *Wednesdays at 2:30PM:* Self-help meeting and open discussion about how to cope with urges and triggers

SMART Recovery– *Monday & Fridays at 3PM and Thursdays at 5:30PM:* (Self Management and Recovery Training) To support individuals who have chosen to abstain, or are considering abstinence from any type of addictive behaviors (substances or activities), by teaching how to change self-defeating thinking, emotions, and actions. www.smartrecovery.org

Sober Socials– *One Saturday per month:* Drug and alcohol free recreational activities such as walking, hiking, bowling, mini-golf, adult coloring, board games, trips to local art galleries and farmer's markets and other fun outings

Wellness Planning– *Last Monday at 4PM:* Using SAMHSA's 8 Dimensions of Wellness Model, we will work with you in developing healthy lifestyle habits that go beyond abstinence. www.samhsa.gov/wellness-initiative/eight-dimensions-wellness

***** CLOSED ON HOLIDAYS*****

Onward Recovery Community and Outreach Center
135 Grand Street, Newburgh (rear entrance)

www.meetup.com/Sober-Socials-of-the-Hudson-Valley
www.facebook.com/onwardrecovery

(845) 725-1244
info@onwardrecovery.org