



Mid-Hudson

Recovery Community & Outreach Center



November 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3 By Appointment 9am-1pm
4 CLOSED	5 3:00pm SMART Recovery	6 5:30pm Refuge Recovery	7 2:30pm Relapse Prevention 3:30pm All Recovery	8	9 3-4pm Stories of Recovery	10 CLOSED
11 CLOSED	12 CLOSED Veteran's Day	13 5:30pm Refuge Recovery	14 2:30pm Relapse Prevention 3:30pm All Recovery	15 11-12pm Men's Support Group 12-1pm Women's Support Group	16	17 By Appointment 9am-1pm
18 CLOSED	19 3:00pm SMART Recovery	20 5:30pm Refuge Recovery	21 2:30pm Relapse Prevention OPEN until 3pm	22 CLOSED Thanksgiving Day	23 CLOSED Day After Thanksgiving	24 By Appointment 9am-1pm
25 CLOSED	26 3:00pm SMART Recovery	27 5:30pm Refuge Recovery	28 2:30pm Relapse Prevention 3:30pm All Recovery 1-4pm Bowling 173 S Plank Rd Newburgh	29 11-12pm Men's Support Group 12-1pm Women's Support Group	30	

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

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

– Johann Hari

This Month’s Social Outing:

Bowling- 11/28 1-4pm Pat Tarsio Lanes, 173 S Plank Rd Newburgh, NY. \$1 per game and \$2 for shoes.
Please call (845) 725-1244 to RSVP by 5pm Monday, 11/26.

Onward Recovery

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.

Refuge Recovery– *Tuesdays at 5:30PM:* 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.

Self-Management and Recovery Training– *Mondays at 3PM:* (SMART Recovery) 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, & actions. www.smartrecovery.org

ReachOne

Stories of Recovery– *2nd Friday from 3-4PM (There will be no group on Friday November 23rd):* A support group for anyone in recovery from a mental or substance use disorder who would like to share their stories of recovery with others. “I thought I was the only one with a story but then I found out that I am not alone...”

Men’s Support Group- a 7 week support group for men who are seeking support for their mental health challenges. Dates: 11/15, 11/29, 12/6. 12/13, 12/20, 12/27, 1/3

Women’s Support Group- Take charge of GOALS for yourself. Learn opportunities to gain information on daily resources and education from a Peer Support Specialist. Dates: 11/15, 11/29, 12/13. 12/27, 1/10, 1/24, 2/7

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