



Mid-Hudson

Recovery Community & Outreach Center



December 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 By Appointment 9am-1pm
2 CLOSED	3 3:00pm SMART Recovery	4 5:30pm Refuge Recovery	5 2:30pm Relapse Prevention 3:30pm Recovery Video of the Week	6 11-12pm Men's Support Group	7 Closed at 12pm For an Agency Event	8 By Appointment 9am-1pm
9 CLOSED	10 3:00pm SMART Recovery	11 5:30pm Refuge Recovery	12 CLOSED 17 th Annual Wellness & Recovery Conference Anthony's Pier 9, New Windsor	13 11-12pm Men's Support Group 12-1pm Women's Support Group	14 3:30pm SMART Recovery	15 By Appointment 9am-1pm
16 CLOSED	17 3:00pm SMART Recovery	18 5:30pm Refuge Recovery	19 2:30pm Relapse Prevention 3:30pm Recovery Video of the Week	20 11-12pm Men's Support Group	21 Closed at 3pm	22 By Appointment 9am-1pm
23 CLOSED	24 CLOSED Christmas Eve	25 CLOSED Christmas Day	26 2:30pm Relapse Prevention 3:30pm Recovery Video of the Week	27 11-12pm Men's Support Group 12-1pm Women's Support Group	28 12PM-3PM HOLIDAY POTLUCK 3:30pm SMART Recovery	29 1-3pm Roller Skating The Castle, Chester, NY To RSVP call 845.725-1244
30 CLOSED	31 CLOSED New Year's Eve					

**“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 Outings/Events:

12/28 Holiday Potluck from 12-3pm– 135 Grand Street, Newburgh – Bring a dish if you wish. All are invited!

12/29 Monthly Sober Social: Roller Skating at the Castle, 109 Brookside Ave Chester, NY.

We will cover the cost of admission and 1 pair of roller skates (\$11.50). To RSVP please call 845.725.1244.

Onward Recovery

Recovery Video of the Week– *Wednesdays at 3:30PM*: This group is for anyone who has suffered from any type of addiction and/or has been affected by the symptoms and/or disease of addiction, including family and friends. The video of the week will be from Tommy Rosen’s Recovery 2.0 Online Community, TED.com or from YouTube. We will have a short discussion after the video. www.r20.com

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; Fridays at 3:30pm*: (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– *1st and 3rd Friday from 3-4PM* (There will be no group on December 7th and 21st. This group will resume on 1/4): 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 *****