



Mid-Hudson

Recovery Community & Outreach Center



February 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Narcan trainings and kits are available. Please call to inquire.				1 10:30-11:30am Peer Support Group	2 9am – 1pm By Appointment
3 CLOSED	4 3:00pm SMART Recovery	5 5:00pm Refuge Recovery	6 2:30pm Relapse Prevention	7	8 10:30-11:30am Peer Support Group	9 9am – 1pm By Appointment
10 CLOSED	11 3:00pm SMART Recovery	12 5:00pm Refuge Recovery	13 2:30pm Relapse Prevention	14 1-3pm Crafts & Chocolate	15 10:30-11:30am Peer Support Group	16 9am – 1pm By Appointment
17 CLOSED	18 CLOSED President's Day	19 5:00pm Refuge Recovery	20 2:30pm Relapse Prevention	21 11am-2pm Pot Luck Social	22 10:30-11:30am Peer Support Group	23 9am – 1pm By Appointment
24 CLOSED	25 3:00pm SMART Recovery	26 5:00pm Refuge Recovery	27 2:30pm Relapse Prevention	28		

**“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:

Crafts and Chocolate– *February 14, 2019 from 1-3pm – Come join us for an afternoon of making paper hearts and chocolate covered strawberries*

Pot luck Social– *February 21, 2019 from 11am-2pm Bring a dish if you wish (optional). All are invited!*

Onward Recovery

Refuge Recovery– *Tuesdays at 5:00PM:* 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 is 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

Reach One

Peer Support Group– *Friday at 10:30-11:30PM:* Open discussion for adults who are at least 18 years old and looking for peer support.

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

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