



# Mid-Hudson

## Recovery Community & Outreach Center



# January 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 <b>CLOSED</b> New Year's Day	2	3 11am – 12pm Men's Support Group	4 3:30pm SMART Recovery	5 9am – 1pm By Appointment
6 <b>CLOSED</b>	7 3:00pm SMART Recovery	8 5:30pm Refuge Recovery	9 2:30pm Relapse Prevention	10 12pm – 1pm Women's Support Group	11 3:30pm SMART Recovery	12 9am – 1pm By Appointment
13 <b>CLOSED</b>	14 3:00pm SMART Recovery	15 5:30pm Refuge Recovery	16 2:30pm Relapse Prevention	17	18 3:30pm SMART Recovery	19 9am – 1pm By Appointment
20 <b>CLOSED</b>	21 <b>CLOSED</b> Dr. Martin Luther King, Jr. Birthday	22 5:30pm Refuge Recovery	23 2:30pm Relapse Prevention	24 12pm – 1pm Women's Support Group	25 1pm – 3pm Movie Viewing 3:30pm SMART Recovery	26 9am – 1pm By Appointment
27 <b>CLOSED</b>	28 3:00pm SMART Recovery	29 5:30pm Refuge Recovery	30 2:30pm Relapse Prevention 1pm - 3pm Bowling at Tarsio Lanes	31 3pm -6pm Sober Social: Vision Board Party		

**“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:**

Friday, January 25<sup>th</sup>, 2019, 1-3pm, **Movie Viewing**, 135 Grand St (rear entrance), Newburgh [ReachOne]

Wednesday, January 30<sup>th</sup>, 2019, 1-3pm, **Bowling**, Tarsio Lanes, 173 S Plank Rd Newburgh, NY [ReachOne]

Thursday, January 31<sup>st</sup>, 2019, 3-6pm, **Sober Social: Vision Board Party**, 135 Grand St, Newburgh [Onward]

For this month’s Sober Social we will have a Vision Board Party! This is your chance to create a visual representation of all of your goals and dreams for 2019 using images and quotes that motivate and inspire you! We will provide all of the necessary supplies, but if you have your own photos, magazine clippings or quotes that you would like to include then please feel free to bring them with you. *Light snacks and refreshments will be provided*

## **Onward Recovery**

**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 is to drugs, alcohol, sex, people, gambling, money, or food. [www.refugerecovery.org](http://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 4PM*: (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](http://www.smartrecovery.org)

## **ReachOne**

**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 \*\*\***