



Mid-Hudson

Recovery Community & Outreach Center



May 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Relapse Prevention 2:30PM to 3:30PM	2	3	4 9AM to 1PM By Appointment
5 CLOSED	6 SMART Recovery 3PM to 4PM	7 Refuge Recovery 5PM to 6:30PM	8 Relapse Prevention 2:30PM to 3:30PM	9	10 Showtime Cinema Avengers: End Game 12:30PM to 4PM	11 9AM to 1PM By Appointment
12 CLOSED	13 SMART Recovery 3PM to 4PM	14 Refuge Recovery 5PM to 6:30PM	15 Relapse Prevention 2:30PM to 3:30PM	16	17	18 9AM to 1PM By Appointment
19 CLOSED	20 SMART Recovery 3PM to 4PM	21 Refuge Recovery 5PM to 6:30PM	22 Bronx Zoo Trip 9:30AM - 4:30PM Relapse Prevention 2:30PM to 3:30PM	23	24 Mason Jar Crafts 2PM - 4PM	25 9AM to 1PM By Appointment
26 CLOSED	27 CLOSED Memorial Day	28 Refuge Recovery 5PM to 6:30PM	29 Vision Team Meeting 1:00pm-2:30pm Relapse Prevention 2:30PM to 3:30PM	30 Bingo! 5PM - 6:30PM	31	

**“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:

Movie Outing—*May 10th, 2019 from 12:30 to 4pm*— We invite you to join us at Showtime Cinema in Newburgh to watch the Avengers: End Game movie. Cost to attend is \$3, which includes movie tickets, popcorn & beverage. This event is sponsored by Reach One. Please call 845-565-1162 ext. 453 to reserve a space. ****Space is limited.** We will meet at 5 Washington Terrace in Newburgh at 12pm and depart at 12:30pm.

Bronx Zoo—*May 22nd, 2019 from 9:30am to 4:30pm*—Cost to attend is \$2. Please call 845-565-1162 ext. 453 to reserve a space. ****Space is limited.** We will meet at 5 Washington Terrace in Newburgh at 9:00am for a 9:30am departure. We will be leaving the zoo at 3pm to return to Newburgh by 4:30pm. A bag of lunch will be provided so please share any dietary restrictions and allergies when you sign up.

Mason Jar Crafts—*May 24th, 2019 from 2pm to 4pm*—Free event at 5 Washington Terrace. Please call 845-565-1162 ext. 453 to reserve a space.

Bingo!—*May 30th, 2019 from 5pm to 6:30pm*—Free event at 5 Washington Terrace. Please call 845-565-1162 ext. 453 to reserve a space.

Vision Board Meeting— The Vision Team is an advisory board that guides the programming Recovery Community and Outreach Center. This includes the hours of operation, groups and activities, new ideas to integrate to the program, constructive criticism, among many other things. People with **substance use history** are especially encouraged to become members of this team. However, membership is open to anyone residing in Dutchess, Orange, Rockland, Sullivan, and Ulster counties. If you are interested, please contact us on Facebook <https://www.facebook.com/OnwardRecovery/> or e-mail info@onwardrecovery.org. You can also call us at 845-565-1162, ext. 453 or visit us at 5 Washington Terrace in Newburgh.

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

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

Narcan trainings and Kits are available.