



# Mid-Hudson

## Recovery Community & Outreach Center



# June 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						Rock out 4 Mental Health 1 Newburgh Illuminated
Riverfest 2 CLOSED	3 SMART Recovery 3PM-4PM	4 Refuge Recovery 5PM-6:30PM	5 Relapse Prevention 2:30PM-3:30PM	6	7 Volunteer Orientation 10AM – 12PM	8 9AM to 1PM By Appointment
9 CLOSED	10 SMART Recovery 3PM-4PM	11 Refuge Recovery 5PM-6:30PM	12 Relapse Prevention 2:30PM-3:30PM	13 Picnic in the Park 5:00PM-7:00PM	14	15 9AM to 1PM By Appointment
16 CLOSED	17 SMART Recovery 3PM-4PM	18 Refuge Recovery 5PM-6:30PM	19 Relapse Prevention 2:30PM-3:30PM	20 Rockland Felony Drug Court: graduation Carnival @ Newburgh Mall 5:00PM-7:00PM	21 Movie Outing 12:30PM-3:30PM	22 Keep It Moving 5K Run 9AM to 1PM By Appointment
23 CLOSED	24 SMART Recovery 3PM-4PM	25 Refuge Recovery 5PM-6:30PM	26 Bronx Zoo 9:30AM-4:30PM Relapse Prevention 2:30PM-3:30PM	27 Vision Team Meeting 5:00PM-6:30PM	28 Mason Jar Crafts 2:00PM-4:00PM	29 9AM to 1PM By Appointment
30 CLOSED						

**“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:**

**Picnic**—June 13<sup>th</sup> from 5pm to 7pm—We invite you to join us for a picnic. Cost to attend will be \$4, since we will be taking the Ferry to Beacon. If you have any dietary restrictions, please let us know. Please call 845-565-1162 ext. 453 to reserve a space.

**Movie Outing**—June 21<sup>st</sup> from 12:30 to 3:30pm— We invite you to join us at Showtime Cinema in Newburgh to watch the Dark Phoenix (the new X-Men 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.

**Carnival at the Newburgh Mall**—June 20<sup>th</sup> from 5pm to 7pm—Free event. We are departing from 5 Washington Terrace at 4:45pm. Transportation will be provided as well as one free carnival ride per person who signs up in advance. Please call 845-565-1162 ext. 453 to reserve a space.

**Bronx Zoo**—June 26<sup>th</sup> from 9:30am to 4:30pm—Cost to attend is \$2. \*\*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. Please call 845-565-1162 ext. 453 to reserve a space. A bag of lunch will be provided so please share any dietary restrictions and allergies when you sign up.

**Mason Jar Crafts**—June 28<sup>th</sup> from 2pm to 4pm—Free event at 5 Washington Terrace. This will be an afternoon of decorating mason jars. Please call 845-565-1162 ext. 453 to reserve a space.

**Vision Board Meeting**—June 27<sup>th</sup> from 5:00pm to 6:30pm—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](mailto: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’s Groups:**

**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](http://www.smartrecovery.org)

**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](http://www.refugerecovery.org)

**Relapse Prevention**—Wednesdays at 2:30PM: Self-help meeting and open discussion about how to cope with urges and triggers.

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

**Narcan trainings and Kits are available.**