



Hudson Valley

Recovery Community & Outreach Center



July 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 SMART Recovery 3PM – 4PM	2 Refuge Recovery 5PM – 6:30PM	3 Relapse Prevention 2:30PM – 3:30PM	4 CLOSED INDEPENDENCE DAY	5 SMART Recovery @ Samadhi 3PM -4 PM	6 9am – 1pm By Appointment
7 CLOSED	8 SMART Recovery 3PM – 4PM	9 Refuge Recovery 5PM – 6:30PM	10 Relapse Prevention 2:30PM – 3:30PM	11 Picnic at the Park 1PM – 3PM	12 SMART Recovery @ Samadhi 3PM – 4PM	13 9am – 1pm By Appointment
14 CLOSED	15 SMART Recovery 3PM – 4PM	16 Refuge Recovery 5PM – 6:30PM	17 Relapse Prevention 2:30PM – 3:30PM	18 Vision Team 5PM – 6:30PM	19 Sam's Point Ice Caves 10AM – 4:30AM SMART Recovery @ Samadhi 3Pm – 4PM	20 9am – 1pm By Appointment
21 CLOSED	22 SMART Recovery 3PM – 4PM	23 Refuge Recovery 5PM – 6:30PM	24 Relapse Prevention 2:30PM – 3:30PM	25 Hudson Valley Renegades Game 10:30AM – 3PM	26 SMART Recovery @ Samadhi 3PM – 4PM	27 9am – 1pm By Appointment
28 CLOSED	29 SMART Recovery 3PM – 4PM	30 Refuge Recovery 5PM – 6:30PM	31 Bronx Zoo 9AM – 5PM Relapse Prevention 2:30PM – 3:30PM			

**“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 at the Park—*July 11th from 1pm to 3pm*—We invite you to join us for a picnic. Snacks will be provided, but attendees should bring a bagged lunch. If you have any dietary restrictions, please let us know. Please call (845) 565-1162 ext. 453 to reserve a space.

Hudson Valley Renegades—*July 24th from 10:30am to 3:00pm*—Join us for this day game of the Hudson Valley Renegades. We will meet at 319 Broadway in Newburgh. The cost of attendance is \$2 and will only cover admission. Please call (845) 565-1162 ext. 453 to reserve a space.

Vision Board Meeting—*July 18th 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. You can also call us at (845) 565-1162, ext. 453 or visit us at 319 Broadway in Newburgh.

Sam’s Point Ice Caves—*July 19th from 10am until 3:30pm*—Join us for a day of hiking the Ice Caves in Sam’s Point. Please bring comfortable clothing and a sweatshirt since it gets cold in the cave. Bring a bagged lunch as well. Please call (845) 565-1162 ext. 453 to reserve a space.

Bronx Zoo—*July 30th from 9:00am to 5:00pm*—Cost to attend is \$2. **Space is limited. We will meet at 319 Broadway in Newburgh at 9:00am for a 9:05am departure. We will be leaving the zoo at 4pm to return to Newburgh by 5pm. 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.

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 319 Broadway in Newburgh & 122 Clinton Avenue in Kingston 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