

\*CLOSED\*



Remember those who served

Body Image (B) 2pm RAMP <u>Closed</u> Meeting (B) 4pm Journaling for Recovery (A) 12pm Spiritual Experiences (A) 1-2pm 0.0.R.P. Staff Meeting 4pm





(A) Kitchen Side
(B) Stairwell Side
(114) Room 114
(Lab) Computer Lab
\*\* Deal/Hard of Hearing Interpreter Present

Advisory Meetings: Interested in being on the Recovery Center's Advisory Committee? Voice your opinion on events, workshops, procedures, and more. We value your input! AA: Alcoholics Anonymous meetings offered every Saturday 7-8pm

Body Image: Come share and care in an open, non-judgmental, and confidential atmosphere your thoughts on body image in today's society. Celebrating You: Did you have a birthday this month? Another month sober? Any reason at all, we'd love to celebrate with you! Join us for snacks, treats, and more! **Controlling the Storm: The Anger Within:** This anger management support group meets on the 2nd and 4th Wednesday of every month. Families Anonymous Meetings: Twelve step self-help support groups for families and friends of substance abusers and others with behavioral problems. GED Prep Workshop: Strategies, practice, and review for passing the GED every 2nd and 4th Wednesday. \*\*Must Register\*\* GET (Girls Empowering Themselves): This program focuses on prevention, education, and support for girls ages 12-18. (Youth Girls Only): Intro to Word: Come during our walk in hours on Monday to learn how to use Microsoft Word and receive help with job searches and resumes. Job Skills: Help with resume writing, enhance interview skills, job searches and networking. Journaling for Recovery: Learn how to channel your feelings into writing for this process of self-discovery and change. Every Wednesday 12PM. Member's Meeting: Come to discuss your thoughts about the Recovery Center every other Thursday at 2pm. We love to hear your ideas and feedback! Men's Recovery Groups: Join this group to talk about issues men face in recovery. Mental Health Happy Hour: Supportive mental wellness meetings are offered every Friday at 6:15PM. Movie Night: Every second and fourth Friday evening at 6pm. NA Meetings: Narcotics Anonymous meetings are offered every Thursday at 7:30PM and Fridays at 8PM. Recovery Rap for Women: Join in to talk about issues women face in recovery. Every Thursday at 6pm **Resume Building:** One on one support with resume and cover letter writing. By appointment only, Monday evenings. Rescue and Restore: Human trafficking correlation meets once every month. Led by staff of Center for Family Services' SERV program. **Self-Esteem Workshops:** Join us at this workshop to focus on building self-esteem and developing self-awareness. Spiritual Experiences: Join this group to discover inner peace and life purpose **W.S.M.**: Wellness Self Management is a closed meeting led by Twin Oaks. Yoga 4 Sobriety: Twelve Step themed all-levels yoga class. Every 1st and 3rd Thursdays If a Sign Language Interpreter is needed for any group, Living Proof Recovery Center must be notified at least one week in advance. \*Additional Services Offered\* Peer Mentoring, Referral Services, How to's... Child sitting for those participating in workshops/groups (please call ahead if you are interested) \*\*\*To register for NARCAN Training Please Call Urban Treatment Associates at 856-225-0505\*\*\*