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Living Proof
Recovery Center

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Hours of Operation: Mon-Thurs: 12-9pm Friday: 12-4pm, 6-9pm Saturday: 10am-9pm Sunday: Closed			1	2	3	4
			Journaling for Recovery (A) 12pm Spiritual Experiences (A) 1-2pm Y.A.B (B) 6:30-8pm LifeRing Secular Recovery (B) 7pm	Wawa Food (A) 12-2pm Self-Esteem (114) 1pm Men's Recovery Group (114) 2pm <u>Members Meeting (B) 2pm</u> Yoga 4 Sobriety (A) 5:30pm Recovery Rap for Women (B) 6pm NA Meeting (AB) 7:30pm	Franklin Institute Trip *CENTER WILL BE CLOSED* NA Meeting (B) 8pm	Families Anonymous (B) 10:30am-12pm G.E.T. (Youth Girls Only) 12-5pm Seabrook Intro to AA (B) 6-7pm AA Meeting (B) 7-8pm
5	6	7	8	9	10	11
Closed	Intro to Word (Lab) 3-8pm Adult Children of Alcoholics (B) 7pm	Body Image (B) 2pm RAMP <u>Closed Meeting</u> (B) 4pm Youth Yoga <u>Closed Group</u> (B) 6-8pm NARCAN Training (A) 6pm ***Requires Registration (856) 225-0505***	Journaling for Recovery (A) 12pm Spiritual Experiences (A) 1-2pm Controlling the Storm: AW (B) 12pm GED Prep Workshop (A) 12pm *** Requires Registration*** LifeRing Secular Recovery (A) 7pm	Wawa Food (A) 12-2pm Self-Esteem (114) 1pm Men's Recovery Group (114) 2pm Recovery Rap for Women (B) 6pm NA Meeting (AB) 7:30pm	Wawa Food (A) 12-2pm W.S.M. (B) 12-2pm Job Skills (A) 12:30-1:30 Movie Night (A) 6pm Mental Health Happy Hr(114)6pm NA Meeting (B) 8pm	Families Anonymous (B) 10:30am-12pm G.E.T. (Youth Girls Only) 12-5pm Seabrook Intro to AA (B) 6-7pm AA Meeting (B) 7-8pm
12	13	14	15	16	17	18
Closed	R&R Coalition Meeting (AB) 9:30am Intro to Word (Lab) 3-8pm Adult Children of Alcoholics (B) 7pm	Body Image (B) 2pm RAMP <u>Closed Meeting</u> (B) 4pm	Journaling for Recovery (A) 12pm Spiritual Experiences (A) 1-2pm Y.A.B (B) 6:30-8pm LifeRing Secular Recovery (A) 7pm	Wawa Food (A) 12-2pm Self-Esteem (114) 1pm Men's Recovery Group (114) 2pm Yoga 4 Sobriety (A) 5:30pm Recovery Rap for Women (B) 6pm NA Meeting (AB) 7:30pm	SAINT PATRICK'S DAY <u>Celebrating YOU</u> Wawa Food (A) 12-2pm W.S.M. (B) 12-2pm Job Skills (A) 12:30-1:30 Mental Health Happy Hou NA Meeting (B) 8pm 	Families Anonymous (B) 10:30am-12pm G.E.T. (Youth Girls Only) 12-5pm Seabrook Intro to AA (B) 6-7pm AA Meeting (B) 7-8pm
19	20	21	22	23	24	25
Closed	Intro to Word (Lab) 3-8pm Advisory Board Meeting (A) 6pm Adult Children of Alcoholics (B) 7pm	Body Image (B) 2pm RAMP <u>Closed Meeting</u> (B) 4pm Youth Yoga <u>Closed Group</u> (B) 6-8pm	Controlling the Storm: AW (B) 12pm GED Prep Workshop (B) 12pm *** Requires Registration*** Journaling for Recovery (A) 12pm Spiritual Experiences (A) 1-2pm LifeRing Secular Recovery (B) 7pm	Wawa Food (A) 12-2pm Self-Esteem (114) 1pm Men's Recovery Group (114) 2pm Recovery Rap for Women (B) 6pm NA Meeting (AB) 7:30pm	Wawa Food (A) 12-2pm W.S.M. (B) 12-2pm Job Skills (A) 12:30-1:30 Movie Night (A) 6pm Mental Health Happy Hr(114)6pm NA Meeting (B) 8pm	Families Anonymous (B) 10:30am-12pm G.E.T. (Youth Girls Only) 12-5pm Seabrook Intro to AA (B) 6-7pm AA Meeting (B) 7-8pm
26	27	28	29	30	31	(A) Kitchen Side (B) Stairwell Side (114) Room 114 (Lab) Computer Lab ** Deaf/ Hard of Hearing Interpreter Present
Closed	Intro to Word (Lab) 3-8pm Adult Children of Alcoholics (B) 7pm	Body Image (B) 2pm RAMP <u>Closed Meeting</u> (B) 4pm				

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.

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 Tuesday at 5:45PM.

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*****