

Monday-Friday 11:00-9:00pm

Saturday 10:00am-9:00pm



November 2018



Living Proof
Recovery Center

108 Somerdale Road, Voorhees

856.216.7134

recoverycenter@centerffs.org

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Air Fry Wednesday– Every week 12-2</p> <p>GED Prep every Wednesday by appointment</p> <p>HALO Every Wednesday at 7pm</p> <p>*Call to check availability *</p>	<p>WAWA every Thursday and Friday 12-2pm</p> <p>Food Bank every Wednesday and Thursday 12-4pm</p> <p>Meditation Every Monday and Tuesday 11am</p>		<p>1 Self—Esteem 1pm Yoga for Sobriety 5:30pm</p> <p>Pathways Family Group 6pm</p> <p>NA 7:30pm</p>	<p>2 Oaks (Closed) 12pm</p> <p>BINGO 1pm</p> <p>Men’s Recovery Group 2pm</p> <p>Movie night 6pm</p> <p>NA 8pm</p>	<p>3 FA 10:30am– 12pm</p> <p>G.E.T (Youth girls only) 11am-4pm</p> <p>AA 7-8pm</p>
<p>5 R&R Coalition 9:30am</p> <p>Oaks (Closed) 12pm</p> <p>Written Expressions 3pm</p> <p>Newsletter Committee 5pm</p> <p>Overcoming Anxiety 6pm</p> <p>NA 7:30pm</p>	<p>6 CFS Peer Support Coping Group 9am</p> <p>GA 12-1 pm</p> <p>Mental Wellness 2pm</p> <p>Art Wellness 3pm</p> <p>RAMP 4</p> <p>Pathways Family Group 6pm</p> <p>Youth Yoga 6pm</p> <p>NARCAN Training 6pm</p>	<p>7 Journaling 12pm</p> <p>All Recovery Meeting 12</p> <p>Newsletter Committee 1pm</p> <p>Spiritual Experiences 1-2pm</p> <p>Walking together 7-8:30pm</p>	<p>8 Self—Esteem 1pm</p> <p>Yoga for Sobriety 5:30pm</p> <p>Pathways Family Group 6pm</p> <p>NA 7:30pm</p>	<p>9 Oaks (Closed) 12pm</p> <p>BINGO 1pm</p> <p>Men’s Recovery Group 2pm</p> <p>NA 8pm</p>	<p>10 FA 10:30am– 12pm</p> <p>G.E.T (Youth girls only) 11am-4pm</p> <p>AA 7-8pm</p>
<p>12</p> <p>Closed</p> <p>NA 7:30</p>	<p>13 GA 12– 1pm</p> <p>Mental Wellness 2pm</p> <p>Color Me Relaxed 3pm</p> <p>RAMP 4pm</p> <p>Pathways Family Group 6pm</p>	<p>14 Chili Cook Off 11am</p> <p>Journaling 12pm</p> <p>All Recovery Meeting 12</p> <p>Spiritual Experiences 1-2am</p> <p>NCADD 6:30</p> <p>Walking together 7-8:30am</p>	<p>15 Self- Esteem 1pm</p> <p>Yoga for Sobriety 5:30pm</p> <p>Pathways Family Group 6pm</p> <p>NA 7:30pm</p>	<p>16 Oaks (Closed) 12pm</p> <p>BINGO 1pm</p> <p>Movie night 6pm</p> <p>NA 8pm</p>	<p>17 FA 10:30am– 12pm</p> <p>G.E.T (Youth girls only) 11am-4pm</p> <p>AA 7-8pm</p>
<p>19 Oaks (Closed) 12pm</p> <p>Written Expressions 3pm</p> <p>Overcoming Anxiety 6pm</p> <p>NA 7:30pm</p>	<p>20 GA 12-1pm</p> <p>Mental Wellness 2pm</p> <p>Art Wellness 3pm</p> <p>RAMP 4</p> <p>Pathways Family Group 6pm</p> <p>Youth Yoga 6pm</p> <p>CFS Peer Support Coping Group 7pm</p>	<p>21 Journaling 12pm</p> <p>All Recovery Meeting 12</p> <p>Newsletter Committee 1pm</p> <p>Spiritual Experiences 1-2pm</p> <p>Walking together 7-8:30pm</p>	<p>22</p> <p>Thanks Giving Lunch</p> <p>12-4</p> <p>(RSVP 856-216-7134)</p> <p>NA 7:30pm</p>	<p>23</p> <p>Closed</p> <p>NA 8pm</p>	<p>24 FA 10:30am– 12pm</p> <p>G.E.T (Youth girls only) 11am-4pm</p> <p>AA 7-8pm</p>
<p>26 Oaks (Closed) 12pm</p> <p>Written Expressions 3pm</p> <p>Overcoming Anxiety 6pm</p> <p>NA 7:30pm</p>	<p>27 GA 12– 1</p> <p>Mental Wellness 2</p> <p>Color Me Relaxed 3</p> <p>RAMP 4</p> <p>Pathways Family Group 6pm</p> <p>Youth Yoga 6pm</p>	<p>28 Journaling 12</p> <p>All Recovery Meeting 12</p> <p>Spiritual Experiences 1-2</p> <p>Walking together 7-8:30</p>	<p>29 Self—Esteem 1pm</p> <p>Yoga for Sobriety 5:30pm</p> <p>Pathways Family Group 6pm</p> <p>NA 7:30pm</p>	<p>30 Oaks (Closed) 12pm</p> <p>BINGO 1pm</p> <p>Men’s Recovery Group 2pm</p> <p>Movie night 6pm</p> <p>NA 8pm</p>	

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

Art Wellness: Join us for a exploration of wellness through art every other Monday at 3pm.

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!

Color Me Relaxed: Come relax with us and zentangle every other Monday at 3pm.

Families Anonymous Meetings: Twelve step self-help support groups for families and friends of substance abusers and others with behavioral problems.

Food Pantry: Every Wednesday and Thursday from 12-4.

Gamblers Anonymous Meetings: GA is held every Tuesday from 12-1pm.

H.A.L.O (Healing After Loss to an Overdose): The program focuses on the struggles of family and friends who have lost someone to a drug overdose. ****Must Register****

GED Prep Workshop: Strategies, practice, and review for passing the GED every 2nd and 4th Wednesday. Registration Required.

GET (Girls Empowering Themselves): This program focuses on prevention, education, and support for girls ages 12-18.(Youth Girls Only) Saturday 11am -4pm.

Intro to Word: By appointment only 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.

Meditation: Come mediate with us every day at 11am.

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.

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.

Narcan Training: Learn to save lives. First Tuesday of the month at 6pm. ****Must Register****

Rescue and Restore: Human trafficking correlation meets once every month. Led by staff of Center for Family Services' SERV program.

Resume Building: One on one support with resume and cover letter writing.

Sharing Hope for Mental Wellness: Supportive mental wellness meetings are offered every Tuesday at 2pm.

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.

Walking Together: Closed support group for the LGBTQ community. Every Wednesday 7-8:30pm.

Written Expressions: Come express yourself through creative writing. Every Monday at 3pm.

Yoga 4 Sobriety: Twelve Step themed all-levels yoga class. Every 1st and 3rd Thursday

Youth Yoga: Join us for yoga for youth every 2nd and 4th Tuesday.

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: Child Sitting, Peer Mentoring, Referrals, Sober Living Funding, etc.

*****To register for NARCAN Training Please Call Urban Treatment Associates at 856-225-0505*****