

Mental Health Happy Hr-(114) 6pm

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2017

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	Sunday	Monday	Tuesday	Wedne ;day	Thursday	Friday	Saturday
1	*CLOSED*	2	3	4	5	6	7
Desing hit Desing hit		R&R Coalition Meeting (AB) 9:30am Intro to Word (Lab) 3-8pm **by appt. only** Resume Building Workshop 6pm **by appt. only** Adult Children of Alcoholics (B)7pm Youth Yoga (closed) 6-8 pm	Gamblers Anonymous (B) 12-1pm W.S.M. (Closed) (B) 12:30-1:30pm Body Image (B) 2pm RAMP Closed Meeting (B) 4pm NARCAN Training (A) 6pm ***Requires Registration (856) 225-0505** Youth Yoga (closed) 6-8pm Mental Health Happy Hr-(114) 6pm	Journaling for Recovery (A) 12pm Spiritual Experiences (A) 1-2pm Controlling the Storm AW (B) 12p	Wawa Food (A) 12-2pm W.S.M. Closed Meeting (B) 12:30-1:30pm Sell-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	Wawa Food (A) 12-2pm Job Skills (A) 12:30-1:30pm NA Meeting (B) Spm	Families Anonymous (114) 10:30am-12pm G.E.T. (Youth Girls Only) 12-5pm Seabrook Intro to AA (B) 6-7pm AA Meeting (B) 7-8pm
8	*CLOSED*	9	10	11	12	13	14
		Intro to Word (Lab) 3-8pm **by appt. only** Resume Building Workshop 6pm **by appt. only** Adult Children of Alcoholics (B)7pm	Gamblers Anonymous (B) 12-1pm W.S.M. Closed Meeting (B) 12:30-1:30pm Body Image (B) 2pm RAMP Closed Meeting (B) 4pm Mental Health Happy Hr-(114) 6pm	Journaling for Recovery (A) 12pm Spiritual Experiences (A) 1-2pm Controlling the Storm AW (B) 12pm GED Prep Workshop (A) 12pm *** Requires Registration***	Wawa Food (A) 12-2pm W.S.M. Closed Meeting (B) 12:30-1:30pm 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 Job Skills (A) 12:30-1:30pm Movie Night (A) 6pm NA Meeting (B) 8pm	Families Anonymous (114) 10:30am-12pm G.E.T. (Youth Girls Only) 12-5pm Seabrook Intro to AA (B) 6-7pm AA Meeting (B) 7-8pm
15	*Closed*	16	17	18	19	20	21
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22	*CLOSED*	23	24	25	26	27 **Celebrating You**	28
		Intro to Word (Lab) 3-Spm **by appt. only** Resume Building Workshop 6pm **by appt. only** Adult Children of Alcoholics (B)7pm	Gamblers Anonymous (B) 12-1pm W.S.M. Closed Meeting (B) 12:30-1:30pm Body Image (B) 2pm RAMP <u>Glosed</u> Meeting (B) 4pm Mental Health Happy Hr-(114) 6pm	Journaling for Recovery (A) 12pm Spirifual Experiences (A) 1-2pm Controlling the Storm AW (B) 12pm GED Prep Workshop (A) 12pm *** Requires Registration*** H.A.L.O. Closed Meeting (B) 7pm	Wawa Food (A) 12-2pm W.S.M. Closed Meeting (B) 12:30-1:30pm 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 Job Skills (A) 12:30-1:30pm Movie Night (A) 6pm NA Meeting (B) 8pm	Families Anonymous (114) 10:30am-12pm G.E.T. (Youth Girls Only) (114) 12-5pm Seabrook Intro to AA (B) 6-7pm AA Meeting (B) 7-8pm
29	*CLOSED*	30	31 Holloween	H.A.L.O . Closed Meeting (B) 7pm	31 Wawa Food (A) 12-2pm W.S.M. Closed Meeting (B) 12:30-1:30pm Self-Esteem (114) 1pm Men's Recovery Group (114) 2pm Recovery Rap Ior Women (B) 6pm NA Meeting (AB) 7:30pm	Hours of Operation: Mon-Thurs: 12-9pm Friday: 12-4pm, 6-9pm Saturday: 10am-9pm Sunday: Closed	(A) Kitchen Side (B) Stairwell Side (114) Room 114 (Lab) Computer Lab ** Deaf/Hard of Hearing Interpr Present
		Intro to Word (Lab) 3-8pm **by appt. only** Resume Publish Workshop 6pm **by	Halloween Party 7-9pm				
		Resume Building Workshop 6pm **by appl. only** Adult Children of Alcoholics (B)7pm	Gamblers Anonymous (B) 12-1pm W.S.M. Closed Meeting (B) 12:30-1:30pm Body Image (B) 2pm RAMP <u>Closed Meeting (B) 4pm</u> Mental Meath Hanny Hr.(114) 6pm				

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.

Gamblers Anonymous: Gamblers Anonymous meetings are held every Tuesday from 12-1pm .

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):

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**

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.

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)