

# Living Proof Recovery Centers

at  
Rowan College of South Jersey

## September 2023

### HOURS:

MON: 9:00 am - 4:00 pm  
TUES: 9:00 am - 4:00 pm  
WED: 9:00 am - 4:00 pm  
THUR: 9:00 am - 4:00 pm  
FRI: 9:00 am - 4:00 pm

*We do Recover!!!*

Visit [centerffs.org/lprc](https://centerffs.org/lprc)  
for links to our virtual  
groups!

**Want to find out more  
about Living Proof  
Recovery Center @ RCSJ?**

**Reach out to us at:**

Phone: 856-394-3386

E-mail: [recovery@centerffs.org](mailto:recovery@centerffs.org)

Address:

1492 Tanyard Rd, Sewell, NJ  
8080



Living Proof  
Recovery Centers

**(V) = Virtual Zoom  
Group**

**\*\*\*go to website for  
meeting link**

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4 LPRC closed for Labor Day	5	6 10:00 AM: Coping with Anxiety (V)	7	8 12:00 PM: Fellowship for Faith, Hope and Power	9
1 0	1 1 12:00 pm: All Recovery Meeting	1 2 10 am — 12 pm Grandparents Raising Grandchildren Support Group	1 3 10:00 AM: Coping with Anxiety (V)	1 4	1 5 12:00 PM: Fellowship for Faith, Hope and Power	1 6
1 7	1 8 12:00 pm All Recovery Meeting	1 9	2 0 10:00 AM: Coping with Anxiety (V)	2 1	2 2 12:00 PM: Fellowship for Faith, Hope and Power	2 3
2 4	2 5 12:00 pm: All Recovery Meeting  5:00—6:00 PM Narcan Training	2 6	2 7 10:00 AM: Coping with Anxiety (V)	2 8	2 9 12:00 PM: Fellowship for Faith, Hope and Power	3 0

# **Living Proof Recovery Center at Rowan College of South Jersey**

## **Support Groups and Workshops**

### **All Recovery Meeting**

All Recovery Meetings are for everyone who supports recovery. They honor all pathways to recovery, acknowledging that each person's path is unique and reflects their personal strengths. The meetings are non-denominational and offer an opportunity to focus on the hope found in recovery. Recovery does not happen alone. Join us and connect with others who are initiating and maintaining a recovery lifestyle.

### **Coping With Anxiety and Stress**

Coping With Anxiety and Stress is a support group offers people living with anxiety and stress an opportunity to attend regular meetings where people experiencing similar feelings and situations can offer support to each other. Members may share their experiences and coping strategies to reduce the feeling that they are alone. Come join us to share personal experiences and information in a safe, friendly and supportive environment. Participants often form a bond based on the commonality of their day-to-day experiences. They learn from each other, experience relief, have fun, and become inspired by each other's journeys.

### **Grandparents Raising Grandchildren**

Grandparents Raising Grandchildren will meet once a month. This meeting is for grandparents to share their experiences and support each other in the challenges of raising their grandchildren.

### **Fellowship For Faith, Hope and Power**

The Fellowship group meeting is to support each other and help encourage self-esteem through Faith.