

December 2023 Recovery Community Meeting Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>125 High Rock Ave., Saratoga Springs, NY 12866 Rear Parking Lot, Blue Awning</p> <p>office@preventioncouncil.org 518.306.3048 www.facebook.com/healingspringsrcoc</p> <p>A program of the Prevention Council of Saratoga County</p>				 <p>See back for program descriptions</p> <p>Hybrid: Zoom & In-Person</p> <p>New Special Event</p>		
3 9a—AA—Any Length 11a—AA—Living Sober 1-4p—Football Sunday 7p—Narcotics Anonymous Sunday Shenanigans Mtg #: 798-350-491 Passcode:719520	4 8a—AA—Any Length 12:30p—DBT Skills Group 3-6p—Reiki (<i>must prereg</i>) 6p—Our Loved Ones, Ourselves Family Group 6:30p—Refuge Recovery 7p—Caring and Sharing	5 8a—AA—Any Length 2p—All Recovery Meeting Mtg #: 933-3746-3897 6p—CODA Meeting Mtg #: 979-4315-7715 7p—Narcotics Anonymous - Invitation to Live	6 8a—AA—Any Length 12:30p—DBT Skills Group 5p—Holiday Stocking Workshop & Hot Cocoa Bar (<i>must preregister</i>) 6p—All Recovery Meeting Mtg #: 933-3746-3897	7 8a—AA—Any Length 2p—All Recovery Meeting Mtg #: 933-3746-3897 7:30p—AA Meeting (W) Message of Hope	1 8a—AA—Any Length 7p—Narcotics Anonymous-End of the Road	2 9a—AA—Any Length 10a—Coffee Connections
All Programs are FREE to the Recovery Community!						
10 9a—AA—Any Length 11a—AA—Living Sober 1-4p—Football Sunday 7p—Narcotics Anonymous Sunday Shenanigans Mtg #: 798-350-491 Passcode:719520	11 8a—AA—Any Length 12:30p—DBT Skills Group 3-6p—Reiki (<i>must prereg</i>) 6:30p—Refuge Recovery	12 8a—AA—Any Length 2p—All Recovery Meeting Mtg #: 933-3746-3897 6p—CODA Meeting Mtg #: 979-4315-771 6:30p—GRASP (<i>closed group</i>) 7p—Narcotics Anonymous - Invitation to Live	13 8a—AA—Any Length 12:30p—DBT Skills Group 4p—Narc Training Call to Register 5:30p—MOVIE: Beautiful Boy 6p—All Recovery Meeting Mtg #: 933-3746-3897 6:30p—Families Recovering	14 8a—AA—Any Length 2p—All Recovery Meeting Mtg #: 933-3746-3897 5:45p—SPAN (<i>closed group</i>) 7:30p—AA Meeting (W) Message of Hope	15 8a—AA—Any Length 7p—Narcotics Anonymous-End of the Road	16 9a—AA—Any Length 10a—Coffee Connections
One-on-one peer and family support available all weekdays via phone, virtually (via Zoom) or in-person appointments.						
17 9a—AA—Any Length 11a—AA—Living Sober 1-4p—Football Sunday 7p—Narcotics Anonymous Sunday Shenanigans Mtg #: 798-350-491 Passcode:719520	18 8a—AA—Any Length 12:30p—DBT Skills Group 3-6p—Reiki (<i>must prereg</i>) 6:30p—Refuge Recovery	19 8a—AA—Any Length 2p—All Recovery Meeting Mtg #: 933-3746-3897 6p—CODA Meeting Mtg #: 979-4315-7715 7p—Narcotics Anonymous - Invitation to Live	20 8a—AA—Any Length 12:30p—DBT Skills Group 5p—HOLIDAY PARTY Pictures with Santa	21 8a—AA—Any Length 2p—All Recovery Meeting Mtg #: 933-3746-3897 7:30p—AA Meeting (W) Message of Hope	22 8a—AA—Any Length 7p—Narcotics Anonymous-End of the Road	23 9a—AA—Any Length 10a—Coffee Connections
24/31 9a—AA—Any Length 11a—AA—Living Sober 1-4p—Football Sunday 7p—Narcotics Anonymous Sunday Shenanigans Mtg #: 798-350-491	25 Christmas Day CENTER CLOSED 8a—AA—Any Length 	26 Holiday CENTER CLOSED 8a—AA—Any Length 7p—Narcotics Anonymous - Invitation to Live	27 8a—AA—Any Length 12:30p—DBT Skills Group 6p—All Recovery Meeting Mtg #: 933-3746-3897 6:30p—Families Recovering	28 8a—AA—Any Length 2p—All Recovery Meeting Mtg #: 933-3746-3897 5:45p—SPAN (<i>closed group</i>) 7:30p—AA Meeting (W) Message of Hope	29 8a—AA—Any Length 7p—Narcotics Anonymous-End of the Road	30 9a—AA—Any Length 10a—Coffee Connections

Alcoholics Anonymous: Message of Hope Women's Group. Alcoholics Anonymous is a fellowship of those who share their experience, strength and hope with each other, so they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking.

All-Recovery Meeting: All Recovery Support Meetings are non-denominational & based on the philosophy that people from every type of addiction share commonalities and can benefit from sharing together. *Location: This is held both in-person at Healing Springs Recovery Center and virtually via Zoom.* **NEW evening meeting added to Wednesday!**

Any Length Alcoholics Anonymous: (O) Open group, all are welcome.

Bowling: Join us at Saratoga Strike Zone for two free hours of bowling fun—Includes shoes, 2 slices of pizza and soda. Call to register 518.306.3048

Caring and Sharing: This meeting is for all who have a loved one with mental illness. The main focus is on how to take care of yourselves while caring for your loved ones. Only held once a month.

CODA: Co-dependents Anonymous is a 12-step program for people who share a common desire to develop functional and healthy relationships. *Location: This is held both in-person at Healing Springs Recovery Center and virtually via Zoom.*

Coffee Connection: A weekly gathering of like-minded, recovery-focused coffee-drinkers who enjoy good conversation on a Saturday morning. This event is open to people in recovery, as well as family members seeking support.

DBT Skills Group: Dialectical Behavioral Therapy (DBT)'s premise is to accept things as they are while creating the willingness to implement change to live an effective life worth living. DBT recognize the importance of willingness to accept that we were raised lacking validation while creating self doubt, isolation and lack of trust.

Families Recovering: An introductory support group for family members who have a loved one struggling with a substance use disorder.

Football Sunday: Come watch the games with us from 1-4pm. Snacks will be provided.

GRASP: Grief Recovery After Substance Passing—this is a support group for those who have lost a loved one directly to substance use. Please call 518.306.3048 for information.

Holiday Party: Join us for some sober holiday fun! Pictures with Santa, refreshments, cookie decorating and more!

Holiday Stocking and Hot Cocoa Bar: Join us to decorate a holiday stocking and enjoy some hot cocoa with yummy toppings from our hot cocoa bar. All materials will be provided. Call to register 518.306.3048.

Living Sober Alcoholics Anonymous: (O) Open group, all are welcome. (Formerly located at Saratoga Hospital)

MOVIE: Beautiful Boy: Join us for a viewing of "Beautiful Boy", a film adaptation of father and son addiction memoirs. Dinner and snacks will be provided.

Narcan Training: Free for everyone. Receive a free kit to take with you. Get trained and help save a life! We also offer walk-in Narcan training during regular business hours.

Narcotics Anonymous: Narcotics Anonymous (NA) is a fellowship of men and women who have found a better way of life, free from addiction. Our fellowship is based on a twelve-step program of recovery—and if you wish to join us, all are welcome. This is an open, beginners meeting. *Formerly held at First Baptist Church 45 Washington Street, Saratoga Springs.*

Our Loved Ones, Ourselves Family Group: Join us for the opportunity to begin an open conversation between those of us whose lives have been affected by a loved one's use. Together, we can share our experience, learn to be a positive force of change and continue to move towards our common goal of healing.

Refuge Recovery: Refuge Recovery is a non-religious, Buddhist-inspired path to freedom from addiction. This is an approach to recovery that understands: "All individuals have the power and potential to free themselves from the suffering that is caused by addiction."

Reiki: Reiki, the Japanese art of healing, imparts a sense of deep relaxation and well-being, and heals on a spiritual, emotional and physical levels. It will energize you and get you back on track to feeling your best. What Happens in a Reiki Session? Your Reiki practitioner will place their hands over the energy centers around your body. After your session, you will feel truly recharged, refreshed and renewed. Each individual will receive a 20 minute session. Must preregister.