


# April 2024 Recovery Community Meeting Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
	<b>1</b> 8a—AA—Any Length 3-5p—Reiki ( <i>must prereg</i> ) 6:30p—Refuge Recovery 7p—Caring and Sharing	<b>2</b> 8a—AA—Any Length <b>2p—All Recovery Meeting</b> Mtg #: 919 4386 5037 <b>6p—CODA Meeting</b> Mtg #: 981 5218 1273 7p—Narcotics Anonymous	<b>3</b> 8a—AA—Any Length <b>6p—All Recovery Meeting</b> Mtg #: 919 4386 5037 <b>6:30p—The Invitation to Change Family Series</b> Mtg #: 995 9896 3536	<b>4</b> 8a—AA—Any Length <b>2p—All Recovery Meeting</b> Mtg #: 919 4386 5037 <b>6:30p—RAIS Meeting</b> 7:30p—AA Meeting (W) Message of Hope	<b>5</b> 8a—AA—Any Length <b>10a—Yoga</b> 7p—Narcotics Anonymous- End of the Road	<b>6</b> 9a—AA—Any Length 10a—Coffee Connections		
	<b>7</b> 9a—AA—Any Length 11a—AA—Living Sober <b>7p—Narcotics Anonymous Sunday Shenanigans</b> Mtg #: 798-350-491 Passcode:719520	<b>8</b> 8a—AA—Any Length 3-5p—Reiki ( <i>must prereg</i> ) 6p—Our Loved Ones, Ourselves Family Group 6:30p—Refuge Recovery	<b>9</b> 8a—AA—Any Length <b>2p—All Recovery Meeting</b> Mtg #: 919 4386 5037 <b>6p—CODA Meeting</b> Mtg #: 981 5218 1273 6:30p—GRASP ( <i>closed group</i> ) 7p—Narcotics Anonymous	<b>All Programs are FREE to the Recovery Community!</b>			<b>11</b> 8a—AA—Any Length <b>2p—All Recovery Meeting</b> Mtg #: 919 4386 5037 5:45p—SPAN ( <i>closed group</i> ) 7:30p—AA Meeting (W) Message of Hope	<b>12</b> 8a—AA—Any Length 7p—Narcotics Anonymous- End of the Road
<b>14</b> 9a—AA—Any Length 11a—AA—Living Sober <b>7p—Narcotics Anonymous Sunday Shenanigans</b> Mtg #: 798-350-491 Passcode:719520	<b>15</b> 8a—AA—Any Length 3-5p—Reiki ( <i>must prereg</i> ) 6:30p—Refuge Recovery	<b>16</b> 8a—AA—Any Length <b>2p—All Recovery Meeting</b> Mtg #: 919 4386 5037 <b>6p—CODA Meeting</b> Mtg #: 981 5218 1273 6:30p—GRASP ( <i>closed group</i> ) 7p—Narcotics Anonymous	<b>17</b> 8a—AA—Any Length <b>6p—All Recovery Meeting</b> Mtg #: 919 4386 5037 <b>5-8p—Volunteer Orientation</b> <b>6:30p—The Invitation to Change Family Series</b> Mtg #: 995 9896 3536	<b>18</b> 8a—AA—Any Length <b>2p—All Recovery Meeting</b> Mtg #: 919 4386 5037 <b>6:30p—RAIS Meeting</b> 7:30p—AA Meeting (W) Message of Hope	<b>19</b> 8a—AA—Any Length <b>10a—Yoga</b> <b>2p—A New Chapter Book Club*</b> 7p—Narcotics Anonymous- End of the Road	<b>20</b> 9a—AA—Any Length 10a—Coffee Connections <b>1-4p—Serenity Saturdays Weekly Fishing Trip</b>		
<b>21</b> 9a—AA—Any Length 11a—AA—Living Sober <b>7p—Narcotics Anonymous Sunday Shenanigans</b> Mtg #: 798-350-491 Passcode:719520	<b>22</b> 8a—AA—Any Length 3-5p—Reiki ( <i>must prereg</i> ) 6:30p—Refuge Recovery	<b>23</b> 8a—AA—Any Length <b>2p—All Recovery Meeting</b> Mtg #: 919 4386 5037 <b>6p—CODA Meeting</b> Mtg #: 981 5218 1273 7p—Narcotics Anonymous - Invitation to Live	<b>24</b> 8a—AA—Any Length <b>6p—All Recovery Meeting</b> Mtg #: 919 4386 5037 <b>5p—Hemp Bracelet Making</b>	<b>25</b> 8a—AA—Any Length <b>2p—All Recovery Meeting</b> Mtg #: 919 4386 5037 5:45p—SPAN ( <i>closed group</i> ) 7:30p—AA Meeting (W) Message of Hope	<b>26</b> 8a—AA—Any Length 7p—Narcotics Anonymous- End of the Road	<b>27</b> 9a—AA—Any Length 10a—Coffee Connections <b>1-4p—Serenity Saturdays Weekly Fishing Trip</b>		
<b>28</b> 9a—AA—Any Length 11a—AA—Living Sober <b>7p—Narcotics Anonymous Sunday Shenanigans</b> Mtg #: 798-350-491 Passcode:719520	<b>29</b> 8a—AA—Any Length 3-5p—Reiki ( <i>must prereg</i> ) 6:30p—Refuge Recovery	<b>30</b> 8a—AA—Any Length <b>2p—All Recovery Meeting</b> Mtg #: 919 4386 5037 <b>6p—CODA Meeting</b> Mtg #: 981 5218 1273 7p—Narcotics Anonymous - Invitation to Live	<b>One-on-one peer and family support available all weekdays via phone, virtually (via Zoom) or in-person appointments.</b>			125 High Rock Ave., Saratoga Springs, NY 12866 Rear Parking Lot, Blue Awning office@preventioncouncil.org 518.306.3048 www.facebook.com/healingspringscoc	<b>See back for program descriptions</b> <b>New/Special Event</b> <b>Hybrid: Zoom &amp; In-Person</b> <b>*See Back for location</b>	



**HEALING SPRINGS**  
 Recovery Community and Outreach Center

A program of the Prevention Council of Saratoga County

**FREE NARCAN TRAINING AVAILABLE!**  
**STOP IN DURING BUSINESS HOURS.**

**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. **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.

**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.

**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.

**Hemp Bracelet Making:** Create your own Hemp bracelet. All supplies provided.

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

**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.*

**A New Chapter Book Club:** A New Chapter is an ongoing reading group that meets on the third Friday of each month and reads fiction across all genres. This reading group was started as a collaboration between Healing Springs Recovery Center and Saratoga Springs Public Library to provide a space for people in recovery to meet and connect, but all are welcome to attend. Copies of each month's book selection may be obtained in the Reading Group Choices collection or by placing holds from the online public catalog. Stop by at the Information Desk for any assistance. *Location: Saratoga Spring Public Library.*

**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.

**RAIS Meeting(s)** Join us for one of our RAIS (Recovery Advocacy in Saratoga) meetings for a relaxed conversation and introduction about what RAIS is and does for our community. April 4th is "Our Voices Have Power" presentation. April 18th is "What would you like to see from RAIS".

**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.

**Serenity Saturdays Weekly Fishing Trip:** Great opportunity for individuals to form relationships with people in recovery that have like-minded goals. Bring your own supplies or we have some to share. *Location: Lock 5, Route 32, Schuylerville.*

**Tree of Life Pendant Making:** Create your own Tree of Life pendant working with wire and beads. All supplies provided.

**Volunteer Orientation:** Orientation will be held for 2 to 3 hours for anyone wishing to lend their time, talent & recovery experience (1 year or more in sustained recovery) at the Healing Springs Outreach and Recovery Center. We are in need of volunteers to assist in peer support, answering phones, greeting members & assisting those seeking services and activities.

**Yoga:** Come explore yoga and meditation/breathing techniques. No equipment necessary, use our mats or a chair.