




July 2024 Recovery Community Meeting Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	1 3-5p—Reiki (<i>must prereg</i>) 6:30p—Refuge Recovery 7p—Caring and Sharing (NAMI)	2 2p—All Recovery Meeting Mtg #: 919 4386 5037 6p—CODA Meeting Mtg #: 981 5218 1273 7p—Narcotics Anonymous - Invitation to Live	3 1p—Hand in Hand Family Group Mtg #: 936 5940 2546 2p—DBT Skills Group 6p—All Recovery Meeting Mtg #: 919 4386 5037 6:30p—The Invitation to Change Family Series Mtg #: 995 9896 3536	4 4th of July CENTER CLOSED  7:30p—AA Meeting (W) Message of Hope	5 Holiday Observance CENTER CLOSED 7p—Narcotics Anonymous- End of the Road	6 10a—Coffee Connections 1-4p—Serenity Saturdays Weekly Fishing Trip	
7 7p—Narcotics Anonymous Sunday Shenanigans Mtg #: 798-350-491 Passcode:719520	8 3-5p—Reiki (<i>must prereg</i>) 6p—Our Loved Ones, Ourselves Family Group 6:30p—Refuge Recovery	9 2p—All Recovery Meeting Mtg #: 919 4386 5037 6p—CODA Meeting Mtg #: 981 5218 1273 6:30p—GRASP (<i>closed group</i>) 7p—Narcotics Anonymous - Invitation to Live	10 1p—Hand in Hand Family Group Mtg #: 936 5940 2546 2p—DBT Skills Group 6p—All Recovery Meeting Mtg #: 919 4386 5037	11 2p—All Recovery Meeting Mtg #: 919 4386 5037 5:45p—SPAN (<i>closed group</i>) 7:30p—AA Meeting (W) Message of Hope	12 7p—Narcotics Anonymous- End of the Road	13 10a—Coffee Connections 1-4p—Serenity Saturdays Weekly Fishing Trip	
All Programs are FREE to the Recovery Community!							
14 7p—Narcotics Anonymous Sunday Shenanigans Mtg #: 798-350-491 Passcode:719520 <div style="background-color: #0070C0; color: white; padding: 5px; text-align: center; margin-top: 10px;"> FREE NARCAN TRAINING AVAILABLE! STOP IN DURING BUSINESS HOURS. </div>	15 3-5p—Reiki (<i>must prereg</i>) 5p—Sober Music Circle 6:30p—Refuge Recovery	16 2p—All Recovery Meeting Mtg #: 919 4386 5037 5p—Wire & Bead Ring Making 6p—CODA Meeting Mtg #: 981 5218 1273 7p—Narcotics Anonymous - Invitation to Live	17 1p—Hand in Hand Family Group Mtg #: 936 5940 2546 2p—DBT Skills Group 6p—All Recovery Meeting Mtg #: 919 4386 5037 6:30p—The Invitation to Change Family Series Mtg #: 995 9896 3536	18 2p—All Recovery Meeting Mtg #: 919 4386 5037 5p—Science of Addiction Training 6:30p—RAIS Meeting 7:30p—AA Meeting (W) Message of Hope	19 10a—Yoga 2p—A New Chapter Book Club* 7p—Narcotics Anonymous- End of the Road <div style="background-color: #C00000; color: white; padding: 5px; text-align: center; margin-top: 10px;"> See back for program descriptions </div>	20 10a—Coffee Connections 1-4p—Serenity Saturdays Weekly Fishing Trip	
21 7p—Narcotics Anonymous Sunday Shenanigans Mtg #: 798-350-491 Passcode:719520	22 3-5p—Reiki (<i>must prereg</i>) 5p—Volunteer Orientation 6:30p—Refuge Recovery	23 2p—All Recovery Meeting Mtg #: 919 4386 5037 6p—CODA Meeting Mtg #: 981 5218 1273 7p—Narcotics Anonymous - Invitation to Live	24 1p—Hand in Hand Family Group Mtg #: 936 5940 2546 2p—DBT Skills Group 6p—All Recovery Meeting Mtg #: 919 4386 5037	25 2p—All Recovery Meeting Mtg #: 919 4386 5037 5:45p—SPAN (<i>closed group</i>) 7:30p—AA Meeting (W) Message of Hope	26 7p—Game Night -Pictionary 7p—Narcotics Anonymous- End of the Road	27 10a—Coffee Connections 1-4p—Serenity Saturdays Weekly Fishing Trip	
28 7p—Narcotics Anonymous Sunday Shenanigans Mtg #: 798-350-491 Passcode:719520 <div style="background-color: #0070C0; color: white; padding: 5px; text-align: center; margin-top: 10px;"> One-on-one peer and family support available all weekdays via phone, virtually (via Zoom) or in-person appointments. </div>	29 3-5p—Reiki (<i>must prereg</i>) 6:30p—Refuge Recovery	30 2p—All Recovery Meeting Mtg #: 919 4386 5037 6p—CODA Meeting Mtg #: 981 5218 1273 7p—Narcotics Anonymous - Invitation to Live	31 1p—Hand in Hand Family Group Mtg #: 936 5940 2546 2p—DBT Skills Group 5p—Hemp Necklace Making 6p—All Recovery Meeting Mtg #: 919 4386 5037 6:30p—The Invitation to Change Family Series Mtg #: 995 9896 3536	125 High Rock Ave., Saratoga Springs, NY 12866 Rear Parking Lot, Blue Awning office@preventioncouncil.org 518.306.3048 www.facebook.com/healingspringscoc <div style="background-color: #C00000; color: white; padding: 2px; text-align: center; margin-top: 5px;"> *See Back for location </div> <div style="display: flex; justify-content: space-between; margin-top: 10px;"> Hybrid: Zoom & In-Person New/Special Event </div>			 HEALING SPRINGS Recovery Community and Outreach Center <small>A program of the Prevention Council of Saratoga County</small>

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!**

Caring and Sharing: This (NAMI) National Association for Mental Illness 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.

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.

Game Night: [Join us for some sober fun playing games.](#)

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.

Hand in Hand 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.

Hemp Necklace Making: [Create your own Hemp necklace. All supplies provided.](#)

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.

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.

Science of Addiction Training: [The training provides individuals a better understanding of the science behind addiction and recovery.](#)

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.*

Sober Music Circle: Whether it’s playing an instrument, singing, clapping along, or just listening, music can be a powerful way to support recovery. Bring a song, bring an instrument, or just bring your ears and listen. The Sober Song Circle is a safe place to share, and is open to any and all who have an interest in recovery. Led by John Dillon - HopeRoadMusic.com

SPAN: (Statewide Peer Assistance for Nurses): This is a closed group that offers support, advocacy and education for nurses affected by substance use disorders

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.

Wire & Bead Ring Making: [Create your own wire and bead ring. All supplies provided.](#)

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