







December 2024 Recovery Community Meeting Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9a—AA—Any Length 7p—Narcotics Anonymous Sunday Shenanigans Mtg #: 798-350-491 Passcode:719520	2 8a—AA—Any Length 1p—Catch the WAVE 3-5p—Reiki (<i>must prereg</i>) 6:30p—Refuge Recovery 7p—Caring and Sharing (NAMI)	3 8a—AA—Any Length 2p—All Recovery Meeting Mtg #: 919 4386 5037 6p—CODA Meeting Mtg #: 981 5218 1273 7p—Narcotics Anonymous - Invitation to Live	4 8a—AA—Any Length 11a—SMART Recovery 1p—Hand in Hand Family 6p—Intro to Meditation 6p—All Recovery Meeting Mtg #: 919 4386 5037	5 8a—AA—Any Length 2p—All Recovery Meeting Mtg #: 919 4386 5037 5:45p—SPAN (<i>closed group</i>) 7:30p—Alcoholics Anonymous (W) - Message of Hope	6 8a—AA—Any Length 1p—Invitation to Change 7p—Narcotics Anonymous- End of the Road <div style="background-color: black; color: white; text-align: center; padding: 5px;">All Programs are FREE!</div>	7 9a—AA—Any Length 10a—Coffee Connections
8 9a—AA—Any Length 7p—Narcotics Anonymous Sunday Shenanigans Mtg #: 798-350-491 Passcode:719520	9 8a—AA—Any Length 1p—Catch the WAVE 3-5p—Reiki (<i>must prereg</i>) 6p—Our Loved Ones, Ourselves Family Group 6:30p—Refuge Recovery	10 8a—AA—Any Length 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	11 8a—AA—Any Length 11a—SMART Recovery 1p—Hand in Hand Family 6p—All Recovery Meeting Mtg #: 919 4386 5037	12 8a—AA—Any Length 2p—All Recovery Meeting Mtg #: 919 4386 5037 75:45p—SPAN (<i>closed group</i>) :30p—Alcoholics Anonymous (W) - Message of Hope	13 8a—AA—Any Length 1p—Invitation to Change 7p—Narcotics Anonymous- End of the Road	14 9a—AA—Any Length 10a—Coffee Connections <div style="background-color: red; color: white; text-align: center; padding: 5px;">11:30a-1:30p—Bowling Fun (<i>must preregister</i>)</div>
15 9a—AA—Any Length 7p—Narcotics Anonymous Sunday Shenanigans Mtg #: 798-350-491 Passcode:719520	16 8a—AA—Any Length 6:30p—Refuge Recovery 7p—Caring and Sharing (NAMI)	17 8a—AA—Any Length 2p—All Recovery Meeting Mtg #: 919 4386 5037 <div style="background-color: red; color: white; text-align: center; padding: 2px;">5p—Wire Jewelry Making</div> 6p—CODA Meeting Mtg #: 981 5218 1273 7p—Narcotics Anonymous - Invitation to Live	18 8a—AA—Any Length 11a—SMART Recovery 1p—Hand in Hand Family <div style="background-color: red; color: white; text-align: center; padding: 2px;">5-7p—HOLIDAY PARTY</div> 	19 8a—AA—Any Length 2p—All Recovery Meeting Mtg #: 919 4386 5037 5:45p—SPAN (<i>closed group</i>) 5:30p—RAIS Meeting 7:30p—Alcoholics Anonymous (W) - Message of Hope	20 8a—AA—Any Length 1p—Invitation to Change 2p—A New Chapter Book Club* 7p—Narcotics Anonymous- End of the Road	21 9a—AA—Any Length 10a—Coffee Connections <div style="background-color: black; color: white; text-align: center; padding: 5px;">See back for program descriptions</div>
22 9a—AA—Any Length 7p—Narcotics Anonymous Sunday Shenanigans Mtg #: 798-350-491 Passcode:719520	23 8a—AA—Any Length 6:30p—Refuge Recovery <div style="text-align: center; color: red; font-weight: bold; padding: 10px;">Holiday CENTER CLOSED</div> 	24 8a—AA—Any Length 7p—Narcotics Anonymous - Invitation to Live <div style="text-align: center; color: red; font-weight: bold; padding: 10px;">Christmas Eve CENTER CLOSED</div> 	25 8a—AA—Any Length <div style="text-align: center; color: red; font-weight: bold; padding: 10px;">Christmas Day CENTER CLOSED</div> 	26 8a—AA—Any Length 2p—All Recovery Meeting Mtg #: 919 4386 5037 7:30p—Alcoholics Anonymous (W) - Message of Hope	27 8a—AA—Any Length 1p—Invitation to Change 7p—Narcotics Anonymous- End of the Road	28 9a—AA—Any Length 10a—Coffee Connections <div style="background-color: black; color: white; text-align: center; padding: 5px;">One-on-one peer and family support available all weekdays via phone, virtually (via Zoom) or in-person appointments.</div>
29 9a—AA—Any Length 7p—Narcotics Anonymous Sunday Shenanigans Mtg #: 798-350-491 Passcode:719520	30 8a—AA—Any Length 3-5p—Reiki (<i>must prereg</i>) 6:30p—Refuge Recovery	31 8a—AA—Any Length 6p—CODA Meeting Mtg #: 981 5218 1273 7p—Narcotics Anonymous - Invitation to Live <div style="text-align: center; color: red; font-weight: bold; padding: 10px;">New Year's Eve CENTER CLOSING at Noon</div>		125 High Rock Ave., Saratoga Springs, NY 12866 Rear Parking Lot, Blue Awning office@preventioncouncil.org 518.306.3048 www.facebook.com/healingspringsrcoc <div style="background-color: black; color: white; text-align: center; padding: 2px;">*See Back for location</div>	 <div style="text-align: center;"> <h2 style="color: green; margin: 0;">HEALING SPRINGS</h2> <p style="color: green; font-style: italic; margin: 0;">Recovery Community and Outreach Center</p> </div>	<div style="background-color: black; color: white; text-align: center; padding: 5px;">FREE NARCAN TRAINING AVAILABLE! STOP IN DURING BUSINESS HOURS.</div>

Alcoholics Anonymous (W) Message of Hope: Message of Hope **Women's** Group. Alcoholics Anonymous (AA) 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

Catch the WAVE: Join Unlimited Potential for a FREE workshop series to learn a variety of work-based skills!

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. Now held twice 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.

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.

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

Intro to Meditation: Interested in making meditation a part of your recovery, but not sure where to start? Join us to learn the basics of meditation.

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.

SMART Recovery: Self-Management And Recovery Training ; building and maintaining the motivation to change, coping with urges to use. Managing your thoughts, feelings, and behaviors. Living a balanced and healthy lifestyle. This meeting is an hour and a half.

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

The Invitation to Change: A family workshop that offers an alternative approach to dealing with your loved ones' addictions by inviting change, not demanding or forcing it. *Call 518.306.3048 to learn more.*

Wire & Bead Ring Making: Create your own wire jewelry. All supplies provided.

Office Hours:

Monday	9am – 8pm
Tuesday	9am – 8pm
Wednesday	9am – 8pm
Thursday	9am – 8pm
Friday	9am – 8pm
Saturday	9am – 2pm
Sunday	CLOSED