

January 2025 Recovery Community Meeting Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
 <p>HEALING SPRINGS Recovery Community and Outreach Center</p> <p>A program of the Prevention Council of Saratoga County</p>		<p>125 High Rock Ave., Saratoga Springs, NY 12866 Rear Parking Lot, Blue Awning office@preventioncouncil.org 518.306.3048 www.facebook.com/healingspringscoc</p> <p>*See Back for location</p> <p>New/Special Event Zoom & In-Person</p>		<p>1 8a—AA—Any Length</p> <p>New Year's Day CENTER CLOSED</p>	<p>2 8a—AA—Any Length 2p—All Recovery Meeting Mtg #: 919 4386 5037 5:30p—Youth All Recovery 5:45p—SPAN (closed group) 7:30p—Alcoholics Anonymous (W) - Message of Hope</p>	<p>3 8a—AA—Any Length 1p—Invitation to Change 7p—Narcotics Anonymous- End of the Road</p>	<p>4 9a—AA—Any Length 10a—Parents Like Me 10a—Coffee Connections</p>
All Programs are FREE!							
<p>5 9a—AA—Any Length 7p—Narcotics Anonymous Sunday Shenanigans Mtg #: 798-350-491 Passcode:719520</p>	<p>6 8a—AA—Any Length 3-5p—Reiki (must prereg) 6:30p—Refuge Recovery</p>	<p>7 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</p>	<p>8 8a—AA—Any Length 11a—SMART Recovery 1p—Hand in Hand Family 6p—All Recovery Meeting Mtg #: 919 4386 5037 6p—Intro to Meditation 6p—Y12SR Yoga</p>	<p>9 8a—AA—Any Length 2p—All Recovery Meeting Mtg #: 919 4386 5037 5:30p—Youth All Recovery 7:30p—Alcoholics Anonymous (W) - Message of Hope</p>	<p>10 8a—AA—Any Length 1p—Invitation to Change 7p—Narcotics Anonymous- End of the Road</p>	<p>11 9a—AA—Any Length 10a—Parents Like Me 10a—Coffee Connections</p> <p style="text-align: center;">See back for program descriptions</p>	
<p>12 9a—AA—Any Length 7p—Narcotics Anonymous Sunday Shenanigans Mtg #: 798-350-491 Passcode:719520</p>	<p>13 8a—AA—Any Length 3-5p—Reiki (must prereg) 6:30p—Refuge Recovery</p>	<p>14 8a—AA—Any Length 2p—All Recovery Meeting Mtg #: 919 4386 5037 6p—CODA Meeting Mtg #: 981 5218 1273 6:30p—GRASP (closed group) 7p—Narcotics Anonymous - Invitation to Live</p>	<p>15 8a—AA—Any Length 11a—SMART Recovery 1p—Hand in Hand Family 6p—All Recovery Meeting Mtg #: 919 4386 5037 6p—Y12SR Yoga</p>	<p>16 8a—AA—Any Length 2p—All Recovery Meeting Mtg #: 919 4386 5037 5:45p—SPAN (closed group) 5:30p—Youth All Recovery 5:30p—RAIS Meeting 2p—A New Chapter Book Club* (new time/day) 7:30p—Alcoholics Anonymous (W) - Message of Hope</p>	<p>17 8a—AA—Any Length 1p—Invitation to Change 7p—Narcotics Anonymous- End of the Road</p>	<p>18 9a—AA—Any Length 10a—Parents Like Me 10a—Coffee Connections 11:30a-1:30p—Bowling Fun (must preregister)</p>	
FREE NARCAN TRAINING AVAILABLE! STOP IN DURING BUSINESS HOURS.							
<p>19 9a—AA—Any Length 7p—Narcotics Anonymous Sunday Shenanigans Mtg #: 798-350-491 Passcode:719520</p>	<p>20 8a—AA—Any Length 7p—Caring and Sharing (NAMII)</p> <p style="text-align: center;">Martin Luther King, Jr. Holiday CENTER CLOSED</p>	<p>21 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</p>	<p>22 8a—AA—Any Length 11a—SMART Recovery 1p—Hand in Hand Family 6p—All Recovery Meeting Mtg #: 919 4386 5037 6p—Y12SR Yoga</p>	<p>23 8a—AA—Any Length 2p—All Recovery Meeting Mtg #: 919 4386 5037 5:30p—Youth All Recovery 7:30p—Alcoholics Anonymous (W) - Message of Hope</p>	<p>24 8a—AA—Any Length 1p—Invitation to Change 7p—Narcotics Anonymous- End of the Road</p>	<p>25 9a—AA—Any Length 10a—Parents Like Me 10a—Coffee Connections 10a—Vision Board Workshop</p>	
<p>26 9a—AA—Any Length 7p—Narcotics Anonymous Sunday Shenanigans Mtg #: 798-350-491 Passcode:719520</p>	<p>27 8a—AA—Any Length 3-5p—Reiki (must prereg) 6:30p—Refuge Recovery</p>	<p>28 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</p>	<p>29 8a—AA—Any Length 11a—SMART Recovery 1p—Hand in Hand Family 3p—Volunteer Orientation 6p—All Recovery Meeting Mtg #: 919 4386 5037 6p—Y12SR Yoga</p>	<p>30 8a—AA—Any Length 2p—All Recovery Meeting Mtg #: 919 4386 5037 5:30p—Youth All Recovery 5:45p—SPAN (closed group) 7:30p—Alcoholics Anonymous (W) - Message of Hope</p>	<p>31 a—AA—Any Length 1p—Invitation to Change 7p—Narcotics Anonymous- End of the Road</p>		

One-on-one peer and family support available all weekdays via phone, virtually (via Zoom) or in-person appointments.

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](#)

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.

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.

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 each month and reads fiction across all genres. It reads the same book for a 2 month period and meets the first month on the 3rd Thursday and the second month on the 3rd Friday. 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 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.*

Parents Like Me: [A support group for parents who are in recovery and also trying to maneuver parenthood.](#)

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.

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.*

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.

Vision Board Workshop: [See it... Believe it... Do it.](#) Join us to create your Vision Board for 2025 and turn your goals and dreams into reality. [Supplies will be provided.](#)

Y12SR Yoga: This yoga combines the practical tools of the 12-step program with the ancient wisdom of yoga. This is a 90 minute workshop.

Youth All Recovery Meeting: [An Addiction Support group for Teens ages 14-17. Build a peer support system that you can rely on to develop a sober lifestyle.](#)

Office Hours:

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