

May 2025 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 office@preventioncouncil.org 518.306.3048 www.facebook.com/healingspringsrcoc</p> <p>All Programs are FREE!</p>						
4 7p—Narcotics Anonymous Sunday Shenanigans Mtg #: 798-350-491 Passcode: 719520	5 3-5p—Reiki (must prereg) 6:30p—Refuge Recovery	6 2p—All Recovery Meeting Mtg #: 919 4386 5037 6p—CODA Meeting Mtg #: 981 5218 1273 7p—Narcotics Anonymous - Invitation to Live	7 11a—SMART Recovery 1p—Hand in Hand Family 2:30p—Getting Ahead 6p—All Recovery Meeting Mtg #: 919 4386 5037 6p—Intro to Meditation	8 2p—All Recovery Meeting Mtg #: 919 4386 5037 5:30p—Youth All Recovery Mtg #: 980 3064 4355 7:30p—Alcoholics Anonymous (W) - Message of Hope	9 10a—Shared Strength for Seniors 11a—Guitar for Beginners 1p—Invitation to Change 7p—Narcotics Anonymous- End of the Road	10 10a—Parents Like Me 10a—Coffee Connections 12p—GROW Mtg #: 947 8012 9154
One-on-one peer and family support available all weekdays via phone, virtually (via Zoom) or In-person appointments.						
11 7p—Narcotics Anonymous Sunday Shenanigans Mtg #: 798-350-491 Passcode: 719520	12 1p—Volunteer Orientation 3-5p—Reiki (must prereg) 6:30p—Refuge Recovery	13 2p—All Recovery Meeting Mtg #: 919 4386 5037 5pm—Community Conversation 6p—CODA Meeting Mtg #: 981 5218 1273 6:30p—GRASP (closed group) 7p—Narcotics Anonymous - Invitation to Live	14 11a—SMART Recovery 1p—Hand in Hand Family 2:30p—Getting Ahead 6p—All Recovery Meeting Mtg #: 919 4386 5037	15 2p—All Recovery Meeting Mtg #: 919 4386 5037 5:30p—Youth All Recovery Mtg #: 980 3064 4355 5:30p—RAIS Meeting 7p—A New Chapter Book Club* 7:30p—Alcoholics Anonymous (W) - Message of Hope	16 10a—Shared Strength for Seniors 11a—Guitar for Beginners 1p—Invitation to Change 7p—Narcotics Anonymous- End of the Road	17 10a—Parents Like Me 10a—Coffee Connections 11a—Hemp Jewelry Making (new time) 12p—GROW Mtg #: 947 8012 9154
FREE NARCAN TRAINING AVAILABLE! STOP IN DURING BUSINESS HOURS.						
18 7p—Narcotics Anonymous Sunday Shenanigans Mtg #: 798-350-491 Passcode: 719520	19 3-5p—Reiki (must prereg) 6:30p—Refuge Recovery 7p—Caring and Sharing (NAMI)	20 2p—All Recovery Meeting Mtg #: 919 4386 5037 5p—Birdhouse Painting (must prereg) 6p—CODA Meeting Mtg #: 981 5218 1273 7p—Narcotics Anonymous - Invitation to Live	21 11a—SMART Recovery 1p—Hand in Hand Family 2:30p—Getting Ahead 6p—All Recovery Meeting Mtg #: 919 4386 5037	22 2p—All Recovery Meeting Mtg #: 919 4386 5037 5:30p—Youth All Recovery Mtg #: 980 3064 4355 5:45p—SPAN (closed group) 7:30p—Alcoholics Anonymous (W) - Message of Hope	23 10a—Shared Strength for Seniors 11a—Guitar for Beginners 1p—Invitation to Change 7p—Narcotics Anonymous- End of the Road	24 10a—Parents Like Me 10a—Coffee Connections 
25 7p—Narcotics Anonymous Sunday Shenanigans Mtg #: 798-350-491 Passcode: 719520	26 Memorial Day Center Closed 	27 2p—All Recovery Meeting Mtg #: 919 4386 5037 6p—CODA Meeting Mtg #: 981 5218 1273 7p—Narcotics Anonymous - Invitation to Live	28 11a—SMART Recovery 1p—Hand in Hand Family 2:30p—Getting Ahead 6p—All Recovery Meeting Mtg #: 919 4386 5037	29 2p—All Recovery Meeting Mtg #: 919 4386 5037 5:30p—Youth All Recovery Mtg #: 980 3064 4355 7:30p—Alcoholics Anonymous (W) - Message of Hope	30 10a—Shared Strength for Seniors 11a—Guitar for Beginners 1p—Invitation to Change 7p—Narcotics Anonymous- End of the Road	31 10a—Parents Like Me 10a—Coffee Connections 12p—GROW Mtg #: 947 8012 9154

Zoom & In-Person

See back for program description & Location

New Event

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 an benefit from sharing together.

Any Length Alcoholics Anonymous: (O) Open group, all are welcome. **HAS MOVED TO THE WARMING HUT.**

Bird house Painting: come join us at the center and create your own bird house. We have the supplies, **20** spots available. Must call to register. 518-306-3048

Bowling: Join us at Saratoga Strike Zone for two free hours of bowling fun—Includes shoes, 2 slices of pizza and soda. Space is limited. 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.

Community Conversation: concerned about a loved ones addiction? Let talk about it. Learn different ways to approach and talk with them. All are welcome. Location: Pine Grove Community Church, 59 Pine Rd, Saratoga Springs NY

Getting Ahead: In-depth workshops to help your own achievable long-time goals, build healthy relationships & resources for long-term stability.

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.

GROW: Gamblers Recovering on Weekends is a support group for those negatively impacted by gambling harm.

Guitar for Beginners: Learn to play the guitar. Bring your own or use one of ours.

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 Jewelry Making: Create your own Hemp piece of jewelry. All supplies provided. **(New day & time)**

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. 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: 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.**

Serenity Saturday: Fishing ,Friends, Family & Food. Join us the 2nd Saturday in May, July & Sept. Poles and bait will be included ****Must preregister.** Call the center @ 518-306-3048.

Shared Strength for Seniors: If "American Bandstand" was your jam, this group is for you. An all recovery support group to bring together the groovy generation.

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.

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. **Now available virtually!**

Office Hours:

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