



5K Walk / Run- Train with us every Wednesday & Friday at 8:30am, until September 7th. See flyer for more details. **Must preregister.**

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.

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 gambling? 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.*

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.

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.

Marijuana Anonymous: twelve-step program for people with common desire to maintain abstinence from marijuana.

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.

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.*

Order up: calling all restaurant workers! This meeting is for you. Step away from your battles behind the scenes and reflect and recharge with us. Lets support each other.

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

Planter painting: Join us in painting your own planter box. ALL supplies will be provided.

Recovery Writing: Make writing a part of your recovery tool box. Let's ignite our creativity share ideas and support each other.

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.

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 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 Bracelets: Learn how to wrap stones with wire. Bring your own or use what we have. Wire, stones & tools provided.

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 - Friday 9am - 8pm

Saturday- 9am -2pm

Sunday - CLOSED

FREE NARCAN TRAINING AVAILABLE! STOP IN DURING BUSINESS HOURS.

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

125 High Rock Ave
Saratoga Springs, NY 12866
Rear Parking Lot, Blue Awning
office@preventioncouncil.org
518.306.3048