

September 2025 Recovery Community Meeting Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Special Event New Event Zoom & In-Person **Must Pre-Register	1 Labor Day Center closed	2 9a-12p- Reiki ALL day 1p-4p 2p—All Recovery Meeting Mtg #: 919 4386 5037 6p—CODA Meeting Mtg #: 981 5218 1273 7p—NA - Invitation to Live	3 7:30a—Walk / RUN 11a—SMART Recovery 1p—Hand in Hand Family 3p-- Northern Rivers (UP) Work help 6p—All Recovery Meeting Mtg #: 919 4386 5037	4 2p—All Recovery Mtg #: 919 4386 5037 5:30p—Youth All Recovery Mtg #: 980 3064 4355 5:30p-M A 7:30p—AA (W) - Message of Hope	5 7:30a—Walk / RUN 10a—Shared Strength for Seniors 1p—Invitation to Change 7p—NA End of the Road	6 10a—Coffee Connections 10a—Parents Like Me
7 7p—NA Sunday Shenanigans Mtg #: 798-350-491 Passcode: 719520	8 1p—Order up 3-5p—Reiki ** 5:30p—Overeaters Anonymous 6:30p —Refuge Recovery	9. 2p—All Recovery Meeting Mtg #: 919 4386 5037 6p—CODA Meeting Mtg #: 981 5218 1273 6:30p —GRASP (closed) 7p—NA - Invitation to Live	10 7:30a—Walk / RUN 11a—SMART Recovery 1p—Hand in Hand Family 3p-- Northern Rivers (UP) Work help 6p—All Recovery Meeting Mtg #: 919 4386 5037	11 2p—All Recovery Mtg #: 919 4386 5037 5:30p—Youth All Recovery Mtg #: 980 3064 4355 5:30p M A 5:45p-SPAN (closed group) 7:30p—AA (W) - Message of Hope	12 7:30a—Walk / RUN 10a—Shared Strength for Seniors 1p—Invitation to Change 7p—NA End of the Road 7p—GROW Mtg #: 947 8012 9154	13 10a—Coffee Connections 1-4p - Fishing**
September is RECOVERY Month						
14 7p—NA Sunday Shenanigans Mtg #: 798-350-491 Passcode: 719520	15 1p—Order up 3-5p—Reiki ** 5:30p—Overeaters Anonymous 6:30p —Refuge Recovery 7p—Caring and Sharing (NAMI)	16 2p—All Recovery Meeting Mtg #: 919 4386 5037 6p Community Conversation 6p—CODA Meeting Mtg #: 981 5218 1273 7p—NA—Invitation to Live	17. 7:30a—Walk / RUN 11a—SMART Recovery 1p—Hand in Hand Family 3p-- Northern Rivers (UP) Work help 4:30p—Recovery Writing** 6p—All Recovery Meeting Mtg #: 919 4386 5037	18 2p—All Recovery Mtg #: 919 4386 5037 5:30p—Youth All Recovery Mtg #: 980 3064 4355 5:30p-M A 7p - New Chapter Book Club** 7:30p—AA (W) - Message of Hope	19 7:30a—Walk / RUN 10a—Shared Strength for Seniors 1p—Invitation to Change 7p—NA End of the Road	20 10a—Coffee Connections 11-3 Cornhole Tournament* 11:30a - Tai Chi
21 7p—NA Sunday Shenanigans Mtg #: 798-350-491 Passcode: 719520	22 1p—Order up 3-5p—Reiki ** 5:30p—Overeaters Anonymous 6:30p—Refuge Recovery	23 2p -All Recovery Meeting Mtg #: 919 4386 5037 4p—Wire Jewelry ** 6p—CODA Meeting Mtg #: 981 5218 1273 7p—NA —Invitation to Live	24 7:30a—Walk / RUN 11a—SMART Recovery 1p—Hand in Hand Family 3p-- Northern Rivers (UP) Work help 6p—All Recovery Meeting Mtg #: 919 4386 5037	25. 2p—All Recovery Mtg #: 919 4386 5037 5:30p—Youth All Recovery Mtg #: 980 3064 4355 5:30p M A 5:45p-SPAN (closed group) 7:30p—AA (W) - Message of Hope	26 7:30a—Walk / RUN 10a—Shared Strength for Seniors 1p—Invitation to Change 7p—NA End of the Road 7p—GROW Mtg #: 947 8012 9154	27 10a—Coffee Connections 10a—Parents Like Me 11:30a—Hemp Jewelry
28 7p—NA Sunday Shenanigans Mtg #: 798-350-491 Passcode: 719520	29 1p—Order up 3-5p—Reiki ** 5:30p—Overeaters Anonymous 6:30p—Refuge Recovery	30 2p—All Recovery Meeting Mtg #: 919 4386 5037 6p—CODA Meeting Mtg #: 981 5218 1273 7p—NA—Invitation to Live	See back for program description & Location All Programs are FREE! 518-306-3048	 <p>HEALING SPRINGS Recovery Community and Outreach Center A program of the Prevention Council of Saratoga County</p>		

5K Walk / Run- Train with us every Wednesday & Friday **7:30am** at **The Spring Run Trail**, See flyer for more details.

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: Lets talk about addiction in our youth population? How can we help? 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.

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

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.

Hemp Jewelry: Learn how to create your own piece of hemp jewelry. All supplies will be provided.

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

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 Springs 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.

Overeaters Anonymous: **NEW** Individuals looking to overcome unhealthy relationships with food or body image.

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

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.

Sober Jam Session: Improv music group. Bring your own instrument if you want or just come and listen.

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.*

Tai Chi: flowing movements that help improve balance, flexibility and stress reduction. Often described as "Meditation in Motion"

Volunteer Orientation: Orientation will be held for 2 to 3 hours for anyone wishing to lend their time, talent & recovery experience. Volunteers will assist in peer support, answering phones, tabling events, greeting members & assisting those seeking services and activities.

Wire Jewelry: Learn how to make your own wire jewelry. Bring your own or use what we have. Wire, stones , beads & tools provided.

Work Help: Counselors from **Northern Rivers (UP)** will help you create your resume and help increase your employment search skills. Stop in and see what they can do for you.

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!**

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

One-on-one peer and family support available all weekdays via phone,

FREE NARCAN TRAINING AVAILABLE! STOP IN DURING BUSINESS HOURS.

Office Hours
Monday - Friday 9am - 8pm
Saturday- 9am -2pm
Sunday - CLOSED