

October 2025 Recovery Community Meeting Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	 <p>A program of the Prevention Council of Saratoga County</p>		1 7:30a—Walk / RUN 11a—SMART Recovery 1p—Hand in Hand Family 3p- UP Resume /work help 6p—All Recovery Meeting Mtg #: 919 4386 5037 7pm E 31st UPSTATE GA	2 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	3 7:30a—Walk / RUN 10a—Shared Strength for Seniors 1p—Invitation to Change 7p—NA End of the Road	4 9-12 Dan's Derby (Gavin Park) 10a—Coffee Connections 1pm Apple Picking**
5 7p—NA Sunday Shenanigans Mtg #: 798-350-491 Passcode: 719520	6 1:30-3 Recovery Writing 3-5p—Reiki ** 5:30p—Overeaters Anonymous 6:30p —Refuge Recovery	7 9-12/ 1-4 Reiki ALL Day 2p—All Recovery Meeting Mtg #: 919 4386 5037 4:30-6p Boundaries ** 6p—CODA Meeting Mtg #: 981 5218 1273 7p—NA - Invitation to Live	8 7:30a—Walk / RUN 11a—SMART Recovery 1p—Hand in Hand Family 3p- UP Resume /work help 6p—All Recovery Meeting Mtg #: 919 4386 5037 7pm E 31st UPSTATE GA	9 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	10 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	11 10a—Coffee Connections 11:30 Bowling **
12 7p—NA Sunday Shenanigans Mtg #: 798-350-491 Passcode: 719520	13 Columbus Day OFFICE CLOSED	14 2p—All Recovery Meeting Mtg #: 919 4386 5037 4:30-6p Boundaries ** 6p—CODA Meeting Mtg #: 981 5218 1273 6:30p —GRASP (closed) 7p—NA—Invitation to Live	15 7:30a—Walk / RUN 11a—SMART Recovery 1p—Hand in Hand Family 3p- UP Resume /work help 4:30p—Recovery Writing** 6p—All Recovery Meeting Mtg #: 919 4386 5037 7pm E 31st UPSTATE GA	16 2p—All Recovery Mtg #: 919 4386 5037 5:30p—Youth All Recovery Mtg #: 980 3064 4355 5:30p-M A 6:30p- Refuge Recovery 7:30p—AA (W) - Message of Hope	17 7:30a—Walk / RUN 10a—Shared Strength for Seniors 1p—Invitation to Change 2pm- New Chapter Book Club** 7p—NA End of the Road	18 10a—Coffee Connections 11:30a - Tai Chi
19 7p—NA Sunday Shenanigans Mtg #: 798-350-491 Passcode: 719520	20 3-5p—Reiki ** 5:30p—Overeaters Anonymous 6:30p—Refuge Recovery 7p—Caring and Sharing (NAMI)	21 2p -All Recovery Meeting Mtg #: 919 4386 5037 4p—Wire Jewelry ** 4:30-6p Boundaries ** 6p—CODA Meeting Mtg #: 981 5218 1273 7p—NA —Invitation to Live	22 7:30a—Walk / RUN 11a—SMART Recovery 1p—Hand in Hand Family 3p- UP Resume /work help 6p—All Recovery Meeting Mtg #: 919 4386 5037 7pm E 31st UPSTATE GA	23 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	24 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	25 10a—Coffee Connections 11a-1p Painting w/ Meg**
26 7p—NA Sunday Shenanigans Mtg #: 798-350-491 Passcode: 719520	27 3-5p—Reiki ** 5:30p—Overeaters Anonymous 6:30p—Refuge Recovery	28 2p—All Recovery Meeting Mtg #: 919 4386 5037 4:30-6p Boundaries ** 6p—CODA Meeting Mtg #: 981 5218 1273 7p—NA—Invitation to Live	29 7:30a—Walk / RUN 11a—SMART Recovery 1p—Hand in Hand Family 3p- UP Resume /work help 5-7p Halloween Party 6p—All Recovery Meeting Mtg #: 919 4386 5037 7pm E 31st UPSTATE GA	30 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	31 7:30a—Walk / RUN 10a—Shared Strength for Seniors 1p—Invitation to Change 7p—NA End of the Road	** Must Pre-Reg Special Event All Programs are FREE!

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: **Women's AA Group.** a fellowship of those who share their experience, strength and hope with each other. 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.

Apple Picking: Meet us @ Saratoga Apple in Schuylerville 10/4 at 1pm. We will pay for one bag of apples. Ride available but limited. Please call center to ****Pre-Register.**

Boundaries: 8 week class. Teach your self to create healthy boundaries with family, friends and loved ones. Learn to safeguard your safe space. **Must **Pre-Register**

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.

Dan's Derby: Formerly The Dan Provost Memorial Walk. This will be held @ Gavin Park , (Lewis Rd in Saratoga Springs. This is a family fun event walk and derby. Must Register. There will be same day registration if you would still like to participate. See flyer for details.

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.

E 31st Upstate GA: ever ask yourself if your betting or wagering has become a problem in your life? If so this meeting could be for you. All are welcome.

Hand in Hand Family Group: An 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 ongoing reading group that meets each month. It reads the same book for a 2 month period. Copies 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 Library.**

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

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. Each individual will receive a 20 minute session. ****Must Pre-Register.**

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.

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

Up: Northern Rivers /Unlimited Potential is offering help with resume writing and suggestions of how to increase your employment search skills. All are welcome.

Walk / Run- Train with us every Wednesday & Friday **7:30am** at **The Spring Run Trail**, always excepting new walkers or runners. See flyer for more details.

Wire Jewelry: Learn how to make your own wire jewelry. Bring your own or use what we have. Wire, stones , beads & 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 to 8pm

Saturday - 9am to 2pm

Sunday - **CLOSED**

518-306-3048

125 High Rock Ave Saratoga Springs, NY 12866

Rear Parking Lot, Blue Awning

office@preventioncouncil.org

FREE NARCAN TRAINING AVAILABLE! STOP IN DURING BUSINESS