

# March Recovery Community Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<b>1</b> <b>9a</b> – AA (At Any Lengths) <b>7p</b> – NA (Sunday Shenanigans)	<b>2</b> <b>8a</b> – AA (At Any Lengths) <b>3p - 5p</b> – Reiki ** <b>3:30p</b> – Recovery Writing <b>5:30p</b> – OA <b>6:30p</b> – Refuge Recovery	<b>3</b> <b>8a</b> – AA (At Any Lengths) <b>9a - 12/ 1p - 4p</b> – Reiki ** <b>2p</b> – All Recovery <b>6p</b> – CoDA <b>7p</b> – NA (Invitation to Live)	<b>4</b> <b>8a</b> – AA (At Any Lengths) <b>11a</b> – SMART Recovery <b>1p</b> – Hand in Hand Family <b>3p</b> – UP Resume /work help <b>6p</b> – All Recovery <b>7p</b> – E 31st Upstate GA	<b>5</b> <b>8a</b> – AA (At Any Lengths) <b>2p</b> – All Recovery <b>5:30p</b> – Youth All Recovery <b>5:30p</b> – MA <b>7p</b> – AA (Message of Hope Women’s Group)	<b>6</b> <b>8a</b> – AA (At Any Lengths) <b>10a</b> – Shared Strength for Seniors <b>11a</b> – Guitar for beginners <b>1p</b> – Invitation to Change <b>7p</b> – NA (End of the Road) <b>Black Balloon Day</b>	<b>7</b> <b>9a</b> – AA (At Any Lengths) <b>10a</b> – Coffee Connections	
<b>8</b> <b>9a</b> – AA (At Any Lengths) <b>7p</b> – NA (Sunday Shenanigans)	<b>9</b> <b>8a</b> – AA (At Any Lengths) <b>1p</b> – Vol Orientation <b>3p - 5p</b> – Reiki ** <b>3:30p</b> – Recovery Writing <b>5:30p</b> – OA <b>6:30p</b> – Refuge Recovery	<b>10</b> <b>8a</b> – AA (At Any Lengths) <b>2p</b> – All Recovery <b>6p</b> – CoDA <b>6:30p</b> – GRASP (closed) <b>7p</b> – NA (Invitation to Live)	<b>11</b> <b>8a</b> – AA (At Any Lengths) <b>11a</b> – SMART Recovery <b>1p</b> – Hand in Hand Family <b>6p</b> – All Recovery <b>7p</b> – E 31st Upstate GA	<b>12</b> <b>8a</b> – AA (At Any Lengths) <b>2p</b> – All Recovery <b>5:30p</b> – Youth All Recovery <b>5:30p</b> – MA <b>5:45p</b> – SPAN (closed group) <b>7p</b> – AA (Message of Hope Women’s Group)	<b>13</b> <b>8a</b> – AA (At Any Lengths) <b>10a</b> – Shared Strength for Seniors <b>11a</b> – Guitar for beginners <b>1p</b> – Invitation to Change <b>7p</b> – NA (End of the Road)	<b>14</b> <b>9a</b> – AA (At Any Lengths) <b>10a</b> – Coffee Connections <b>11:30a</b> – Bowling **	
<b>15</b> <b>9a</b> – AA (At Any Lengths) <b>7p</b> – NA (Sunday Shenanigans)	<b>16</b> <b>8a</b> – AA (At Any Lengths) <b>3p - 5p</b> – Reiki ** <b>3:30p</b> – Recovery Writing <b>5:30p</b> – OA <b>6:30p</b> – Refuge Recovery <b>7p</b> – Caring and Sharing (NAMI)	<b>17</b> <b>8a</b> – AA (At Any Lengths) <b>2p</b> – All Recovery <b>4p</b> – Wire Jewelry <b>6p</b> – CoDA <b>7p</b> – NA (Invitation to Live)	<b>18</b> <b>8a</b> – AA (At Any Lengths) <b>11a</b> – SMART Recovery <b>1p</b> – Hand in Hand Family <b>5p</b> – Birdhouse Painting** <b>6p</b> – All Recovery <b>7p</b> – E 31st Upstate GA	<b>19</b> <b>8a</b> – AA (At Any Lengths) <b>2p</b> – All Recovery <b>5:30p</b> – Youth All Recovery <b>5:30p</b> – MA <b>7p</b> – AA (Message of Hope Women’s Group)	<b>20</b> <b>8a</b> – AA (At Any Lengths) <b>10a</b> – Shared Strength for Seniors <b>11a</b> – Guitar for beginners <b>12p</b> – Roots & Shoots <b>1p</b> – Invitation to Change <b>7p</b> – NA (End of the Road)	<b>21</b> <b>9a</b> – AA (At Any Lengths) <b>10a</b> – Coffee Connections	
<b>22</b> <b>9a</b> – AA (At Any Lengths) <b>7p</b> – NA (Sunday Shenanigans)	<b>23</b> <b>8a</b> – AA (At Any Lengths) <b>3p - 5p</b> – Reiki ** <b>3:30p</b> – Recovery Writing <b>5:30p</b> – OA <b>6:30p</b> – Refuge Recovery	<b>24</b> <b>8a</b> – AA (At Any Lengths) <b>2p</b> – All Recovery <b>6p</b> – CoDA <b>7p</b> – NA (Invitation to Live)	<b>25</b> <b>8a</b> – AA (At Any Lengths) <b>11a</b> – SMART Recovery <b>1p</b> – Hand in Hand Family <b>6p</b> – All Recovery <b>7p</b> – E 31st Upstate GA	<b>26</b> <b>8a</b> – AA (At Any Lengths) <b>2p</b> – All Recovery <b>5:30p</b> – Youth All Recovery <b>5:30p</b> – MA <b>5:45p</b> – SPAN (closed group) <b>7p</b> – AA (Message of Hope Women’s Group)	<b>27</b> <b>8a</b> – AA (At Any Lengths) <b>10a</b> – Shared Strength for Seniors <b>11a</b> – Guitar for beginners <b>1p</b> – Invitation to Change <b>7p</b> – NA (End of the Road)	<b>28</b> <b>9a</b> – AA (At Any Lengths) <b>10a</b> – Coffee Connections <b>11a</b> – Painting with Meg **	
<b>29</b> <b>9a</b> – AA (At Any Lengths) <b>7p</b> – NA (Sunday Shenanigans)	<b>30</b> <b>8a</b> – AA (At Any Lengths) <b>3p - 5p</b> – Reiki ** <b>3:30p</b> – Recovery Writing <b>5:30p</b> – OA <b>6:30p</b> – Refuge Recovery	<b>31</b> <b>8a</b> – AA (At Any Lengths) <b>2p</b> – All Recovery <b>6p</b> – CoDA <b>7p</b> – NA (Invitation to Live)	<p style="text-align: center;"><b>Zoom &amp; In-person, Meeting Code on Back</b></p> <p style="text-align: center;"><b>* OFF SITE see BACK ** MUST pre-reg</b></p>				 <p style="text-align: center;"><b>HEALING SPRINGS</b> Recovery Community and Outreach Center</p> <p style="text-align: center;"><small>A program of the Prevention Council of Saratoga County</small></p>



**All Programs are FREE!**

**Zoom & In-person, Meeting Code on Back**

**\* OFF SITE see BACK \*\* MUST pre-reg**



**HEALING SPRINGS**  
Recovery Community and Outreach Center

A program of the Prevention Council of Saratoga County

**AA (At Any Lengths): Alcoholics Anonymous** – (O) Open AA meeting. All are welcome. (Formerly at the Warming Hut)

**AA (Message of Hope Women's Group): Alcoholics Anonymous** – 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:** All Recovery Support Meetings are non-denominational & based on the philosophy that people from every type of addiction share commonalities and benefit from sharing together. **Mtg #: 919 4386 5037**

**Birdhouse Painting:** come join us at the center to create your own birdhouse. All supplies will be included. **\*\*Must Pre-Register**

**Black Balloon Day:** This is a day to remember and raise awareness and support to those who we have lost due to addiction. Stop by and fill out a black balloon for your loved one.

**Bowling:** Join us at Saratoga Strike Zone for 2 free hours of bowling fun. Includes shoes, 2 slices of pizza and soda. Space is limited. **\*\*Must Pre-Register.**

**Caring and Sharing (NAMI): National Association for Mental Illness** – This NAMI 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** – CoDA is a 12-step program for people who share a common desire to develop functional and healthy relationships. **Mtg #: 981 5218 1273**

**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.

**Guitar for Beginners:** Ever played Guitar before? If not, stop down and join us. Bring your own or use one of ours. Let's make music together.

**E 31st Upstate GA: Gamblers Anonymous** – 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.

**MA: Marijuana Anonymous** – MA is a twelve-step program for people with common desire to maintain abstinence from marijuana.

**NA (Sunday Shenanigans, Invitation to Live, End of the Road): 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 meeting.

**Sunday Shenanigans Mtg #: 798-350-491 Passcode: 719520**

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

**Painting with Meg:** This will be a guided painting with clear instructions and a predictable outcome. All supplies provided. **\*\*Must Pre-Register.**

**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.**

**Roots & Shoots:** Join us for National Seed Planting Day on 3/20 at noon. We will provide seeds and materials to start your own garden plants indoors.

**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.

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

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

**Volunteer Orientation:** Interested in becoming part of the team at Healing Springs. Join us for a 2 hour orientation of the center.

**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.

**FREE NARCAN TRAINING AVAILABLE! STOP IN DURING BUSINESS HOURS.**



Center Hours:

Monday - Friday 9am - 8pm

Saturday - 9am - 2pm

Sunday - Closed

(518) 306-3048

Located at 125 High Rock Ave, Suite 105

Saratoga Springs, N.Y 12866

Entrance under blue awning.

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