

April Recovery Community Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 8a – AA (At Any Lengths) 11a – SMART Recovery 1p – Hand in Hand Family 3p – UP Resume /work help 6p – All Recovery 7p – E 31st Upstate GA	2 8a – AA (At Any Lengths) 2p – All Recovery 5:30p – Youth All Recovery 5:30p – MA 7p – AA (Message of Hope Women’s Group)	3 8a – AA (At Any Lengths) 10a – Shared Strength for Seniors 11a – Guitar for beginners 1p – Invitation to Change 7p – NA (End of the Road)	4 9a – AA (At Any Lengths) 10a – Coffee Connections
5 9a – AA (At Any Lengths) 7p – NA (Sunday Shenanigans) 	6 8a – AA (At Any Lengths) 1p – Vol Orientation 3p – 5p – Reiki ** 3:30p – Recovery Writing 5:30p – OA 6:30p – Refuge Recovery	7 8a – AA (At Any Lengths) 9a – 12/ 1p – 4p – Reiki ** 2p – All Recovery 6p – CoDA 7p – NA (Invitation to Live)	8 8a – AA (At Any Lengths) 11a – SMART Recovery 1p – Hand in Hand Family 6p – All Recovery 7p – E 31st Upstate GA	9 8a – AA (At Any Lengths) 2p – All Recovery 5:30p – Youth All Recovery 5:30p – MA 5:45p – SPAN (closed group) 7p – AA (Message of Hope Women’s Group)	10 8a – AA (At Any Lengths) 10a – Shared Strength for Seniors 11a – Guitar for beginners 1p – Invitation to Change 7p – NA (End of the Road)	11 9a – AA (At Any Lengths) 10a – Coffee Connections
12 9a – AA (At Any Lengths) 7p – NA (Sunday Shenanigans)	13 8a – AA (At Any Lengths) 3p – 5p – Reiki ** 3:30p – Recovery Writing 5:30p – OA 6:30p – Refuge Recovery	14 8a – AA (At Any Lengths) 2p – All Recovery 6p – CoDA 6:30p – GRASP (closed) 7p – NA (Invitation to Live)	15 8a – AA (At Any Lengths) 11a – SMART Recovery 1p – Hand in Hand Family 5p – Birdhouse Painting** 6p – All Recovery 7p – E 31st Upstate GA	16 8a – AA (At Any Lengths) 2p – All Recovery 5:30p – Youth All Recovery 5:30p – MA 7p – AA (Message of Hope Women’s Group)	17 8a – AA (At Any Lengths) 10a – Shared Strength for Seniors 11a – Guitar for beginners 1p – Invitation to Change 7p – NA (End of the Road)	18 9a – AA (At Any Lengths) 10a – Coffee Connections
19 9a – AA (At Any Lengths) 7p – NA (Sunday Shenanigans)	20 8a – AA (At Any Lengths) 3p – 5p – Reiki ** 3:30p – Recovery Writing 5:30p – OA 6:30p – Refuge Recovery 7p – Caring and Sharing (NAMI)	21 8a – AA (At Any Lengths) 2p – All Recovery 4p – Wire Jewelry ** 6p – CoDA 7p – NA (Invitation to Live)	22 8a – AA (At Any Lengths) 11a – SMART Recovery 1p – Hand in Hand Family 6p – All Recovery 7p – E 31st Upstate GA	23 8a – AA (At Any Lengths) 2p – All Recovery 5:30p – Youth All Recovery 5:30p – MA 7p – AA (Message of Hope Women’s Group)	24 8a – AA (At Any Lengths) 10a – Shared Strength for Seniors 11a – Guitar for beginners 1p – Invitation to Change 7p – NA (End of the Road)	25 9a – AA (At Any Lengths) 10a – Coffee Connections 11a – Painting with Andrea & Taylir ** 11:30a – Bowling **
26 9a – AA (At Any Lengths) 7p – NA (Sunday Shenanigans)	27 8a – AA (At Any Lengths) 3p – 5p – Reiki ** 3:30p – Recovery Writing 5:30p – OA 6:30p – Refuge Recovery	28 8a – AA (At Any Lengths) 2p – All Recovery 6p – CoDA 7p – NA (Invitation to Live)	29 8a – AA (At Any Lengths) 11a – SMART Recovery 1p – Hand in Hand Family 6p – All Recovery 7p – E 31st Upstate GA	30 8a – AA (At Any Lengths) 2p – All Recovery 5:30p – Youth All Recovery 5:30p – MA 7p – AA (Message of Hope Women’s Group)	<div style="border: 1px solid black; padding: 5px; text-align: center;">All Programs are FREE!</div> <div style="border: 1px solid black; padding: 5px; text-align: center;">* off site see back / ** Must pre-reg</div> <div style="border: 1px solid black; padding: 5px; text-align: center;">Zoom & in-person, meeting code on back</div>	
FREE NARCAN TRAINING AVAILABLE! STOP IN DURING BUSINESS HOURS.						

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 #: 995 0819 5017**

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

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 Andréa & Taylir: 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.**

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

Wire Jewelry: Learn how to make your own wire jewelry. Bring your own or use what we have. Wire, stones, beads & tools provided. behaviors. Living a balanced and healthy lifestyle. ****Must Pre-Register.**

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.

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.

Center Hours:

Monday - Friday 9am - 8pm

Saturday - 9am - 2pm

Sunday - Closed

(518) 306-3048



The PREVENTION COUNCIL

Helping youth navigate life's challenges