

May Recovery Community Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
 <p>HEALING SPRINGS Recovery Community and Outreach Center</p> <p>A program of the Prevention Council of Saratoga County</p>		<p>ZOOM & IN-PERSON, MEETING CODE ON BACK</p> <p>All Programs are FREE!</p> <p>** MUST pre-reg</p>				<p>1</p> <p>10a – Shared Strength for Seniors 1p – Invitation to Change 7p – NA (End of the Road)</p>	<p>2</p> <p>10a – Coffee Connections</p>
<p>3</p> <p>7p – NA (Sunday Shenanigans)</p>	<p>4</p> <p>3p – 5p – Reiki ** 3:30p – Recovery Writing 5:30p – OA 6:30p – Refuge Recovery</p>	<p>5</p> <p>9a – 12/ 1p – 4p – Reiki ** 2p – All Recovery 6p – CoDA 7p – NA (Invitation to Live)</p>	<p>6</p> <p>11a – SMART Recovery 1p – Hand in Hand Family 3p – UP Resume /work help 6p – All Recovery 7p – E 31st Upstate GA</p>	<p>7</p> <p>10a – Moms and Babies 2p – All Recovery 5:30p – Youth All Recovery 5:30p – MA 5:45p – SPAN (closed group) 7p – AA (Message of Hope Women’s Group)</p>	<p>8</p> <p>10a – Shared Strength for Seniors 1p – Invitation to Change 7p – NA (End of the Road)</p>	<p>9</p> <p>10a – Coffee Connections 1p – Serenity Saturdays FISHING**</p> 	
<p>10</p> <p>7p – NA (Sunday Shenanigans)</p>	<p>11</p> <p>3p – 5p – Reiki ** 3:30p – Recovery Writing 5:30p – OA 6:30p – Refuge Recovery</p>	<p>12</p> <p>2p – All Recovery 6p – CoDA 6:30p – GRASP (closed) 7p – NA (Invitation to Live)</p>	<p>13</p> <p>11a – SMART Recovery 1p – Hand in Hand Family 6p – All Recovery 7p – E 31st Upstate GA</p>	<p>14</p> <p>10a – Moms and Babies 2p – All Recovery 5:30p – Youth All Recovery 5:30p – MA 7p – AA (Message of Hope Women’s Group)</p>	<p>15</p> <p>10a – Shared Strength for Seniors 1p – Invitation to Change 7p – NA (End of the Road)</p>	<p>16</p> <p>10a – Coffee Connections</p>	
<p>17</p> <p>7p – NA (Sunday Shenanigans)</p>	<p>18</p> <p>3p – 5p – Reiki ** 3:30p – Recovery Writing 5:30p – OA 6:30p – Refuge Recovery 7p – Caring and Sharing (NAMI)</p> <p>Celebrating 9 Years! Open House 9a–5p!</p> 	<p>19</p> <p>2p – All Recovery 4p – Wire Creation** 6p – CoDA 7p – NA (Invitation to Live)</p> 	<p>20</p> <p>11a – SMART Recovery 1p – Hand in Hand Family 5p – Birdhouse Painting** 6p – All Recovery 7p – E 31st Upstate GA</p>	<p>21</p> <p>10a – Moms and Babies 2p – All Recovery 5:30p – Youth All Recovery 5:30p – MA 5:45p – SPAN (closed group) 7p – AA (Message of Hope Women’s Group)</p>	<p>22</p> <p>10a – Shared Strength for Seniors 1p – Invitation to Change 7p – NA (End of the Road)</p>	<p>23</p> <p>10a – Coffee Connections</p>	
<p>24</p> <p>7p – NA (Sunday Shenanigans)</p>	<p>25</p> <p>Memorial Day Center Closed</p> 	<p>26</p> <p>2p – All Recovery 6p – CoDA 7p – NA (Invitation to Live)</p>	<p>27</p> <p>11a – SMART Recovery 1p – Hand in Hand Family 6p – All Recovery 7p – E 31st Upstate GA</p>	<p>28</p> <p>10a – Moms and Babies 2p – All Recovery 5:30p – Youth All Recovery 5:30p – MA 7p – AA (Message of Hope Women’s Group)</p>	<p>29</p> <p>10a – Shared Strength for Seniors 1p – Invitation to Change 7p – NA (End of the Road)</p>	<p>30</p> <p>10a – Coffee Connections 11a – Painting with Taylir and Andrea**</p> 	
<p>31</p> <p>7p – NA (Sunday Shenanigans)</p>							

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**

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.

Serenity Saturdays FISHING: – Fishing ,Friends, Family & Food. Poles and bait will be included ****Must preregister.**

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.

Moms and Babies: Recovery group for moms with babies and the struggles of parenthood while trying to maintain your recovery.

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. **Mtg #: 798-350-491 Passcode: 719520**

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

Open House: Join us in celebrating 9 years of Healing Springs! Stop in, check us out

Painting with Taylir and Andrea: 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 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.

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.

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

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.