

August 2026 Recovery Community Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 HEALING SPRINGS <i>Recovery Community and Outreach Center</i> A program of the Prevention Council of Saratoga County						
All programs are FREE! See back for program description & location			SPECIAL EVENTS Zoom & in-person meeting code on back ** MUST PRE-REGISTER		1 10a – Coffee Connections 	
2 7p – NA (Sunday Shenanigans)	3 3p – 5p – Reiki** 5:30p – OA 6:30p – Refuge Recovery 7p – E 31st Upstate GA	4 9a – 12/ 1p – 4p – Reiki** 2p – All Recovery 6p – CoDA 7p – NA (Invitation to Live)	5 11a – SMART Recovery 1p – Hand in Hand Family 3p – UP Resume/work help 6p – All Recovery	6 10a –Moms and Babies 2p – All Recovery 5:30p – Youth All Recovery 5:30p – MA 7p – AA (Message of Hope Women’s Group)	7 10a – Shared Strength for Seniors 1p – Invitation to Change 7p – NA (End of the Road)	8 10a – Coffee Connections 1p – Serenity Saturdays FISHING** 
9 7p – NA (Sunday Shenanigans)	10 5:30p – OA 6:30p – Refuge Recovery 7p – E 31st Upstate GA	11 2p – All Recovery 6p – CoDA 6:30p – GRASP (closed) 7p – NA (Invitation to Live)	12 11a – SMART Recovery 1p – Hand in Hand Family 6p – All Recovery	13 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)	14 10a – Shared Strength for Seniors 1p – Invitation to Change 7p – NA (End of the Road)	15 10a – Coffee Connections 11a – Youth Summer Bash 
16 9a – Hiking with Jed (see flyer for details) 7p – NA (Sunday Shenanigans) 	17 5:30p – OA 6:30p – Refuge Recovery 7p – Caring and Sharing (NAMI) 7p – E 31st Upstate GA	18 2p – All Recovery 4p – Wire Creation** 6p – CoDA 7p – NA (Invitation to Live)	19 11a – SMART Recovery 1p – Hand in Hand Family 6p – All Recovery	20 10a –Moms and Babies 2p – All Recovery 5:30p – Youth All Recovery 5:30p – MA 7p – AA (Message of Hope Women’s Group)	21 10a – Shared Strength for Seniors 1p – Invitation to Change 7p – NA (End of the Road)	22 10a – Coffee Connections 
23 7p – NA (Sunday Shenanigans)	24 3p – 5p – Reiki** 5:30p – OA 6:30p – Refuge Recovery 7p – E 31st Upstate GA	25 2p – All Recovery 6p – CoDA 7p – NA (Invitation to Live)	26 11a – SMART Recovery 1p – Hand in Hand Family 6p – All Recovery 6p – Overdose Awareness Vigil	27 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)	28 7p – NA (End of the Road) CENTER CLOSED STAFF DAY	29 10a – Coffee Connections 11a – Painting with Taylir and Andrea** 
30 9a – Hiking with Jed (see flyer for details) 7p – NA (Sunday Shenanigans)	31 3p – 5p – Reiki** 5:30p – OA 6:30p – Refuge Recovery 7p – E 31st Upstate GA County Wide Narcan Day					

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**

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 yourself 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.

County Wide Narcan Day: Healing Springs will be doing FREE Narcan training all day at the center from 9:00am-8:00pm on Monday, August 31st.

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.

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.

Hiking with Jed: Join us hiking in and around the lakes, mountains, and other beautiful outdoor destinations of the area! Due to the physical nature of these events, any and all interested participants must reach out and answer a few questions about transportation needs, skill level, etc. **To sign up, talk to Jed at the center, or call or text him directly at (518) 258-7916.**

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.

Overdose Awareness Candlelight Vigil and Narcan Training: We invite all members of the community to join us to support and acknowledge the grief felt by families and friends. Held at Congress Park in Saratoga Springs from 6:00pm-8:00pm on Wednesday, August 26th.

Painting with Taylir and Andrea: This month, participants will paint commemorative tombstones for this year's Trail of Truth, an event that honors individuals who have lost their lives to overdose through the display of hand-painted memorial tombstones. ****Must Pre-Register.**

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.**

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

Wire Creation: Learn how to make your own wire creation. 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. **Mtg #: 980 3064 4355**
Passcode: 719520

Youth Summer Bash: Join us for tie-dye, games, music and a BBQ here at Healing Springs to celebrate summer! Ages 14-17 ONLY.



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.**

FREE NARCAN TRAINING AVAILABLE! STOP IN DURING BUSINESS HOURS.