

September 2026 Recovery Community Calendar

All programs are FREE!

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		1 KICK OFF RECOVERY MONTH! 9a—12/1p—4p—Reiki** 2p—All Recovery 6p—CODA 7p—NA (Invitation to Live)	2 11a—SMART Recovery 1p—Hand in Hand Family 3p—UP Resume/Work Help 6p—All Recovery	3 10a—Moms and Babies 2p—All Recovery 5:30p—Youth All Recovery 5:30p—MA 7p—AA (Message of Hope Women’s Group)	4 10a—Shared Strength for Seniors OFFICE CLOSING AT NOON 7p—NA (End of the Road)	5 10a—Coffee Connections 
6 7p—NA (Sunday Shenanigans)	7 CENTER CLOSED FOR LABOR DAY 7p—E 31st Upstate GA	8 2p—All Recovery 6p—CoDA 6:30p—GRASP (closed) 7p—NA (Invitation to Live)	9 11a—SMART Recovery 5p—Hand in Hand: Crafts, Cookies & Conversations 6p—All Recovery	10 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)	11 10a—Shared Strength for Seniors 7p—NA (End of the Road)	12 10a—Coffee Connections 1p—Serenity Saturday: LAST FISHING TRIP OF THE SEASON** 
13 9a—Hiking with Jed (see flyer for details) 7p—NA (Sunday Shenanigans) 	14 3p - 5p—Reiki** 5:30p—OA 6:30p—Refuge Recovery 7p—E 31st Upstate GA	15 2p—All Recovery 4p—Wire Creation** 6p—CoDA 7p—NA (Invitation to Live)	16 11a—SMART Recovery 1p—Hand in Hand Family 5p—Decorate Pinewood Derby style race cars for Dan’s Derby! 6p—All Recovery	17 10a—Moms and Babies 2p—All Recovery 5:30p—Youth All Recovery 5:30p—MA 7p—AA (Message of Hope Women’s Group)	18 10a—Shared Strength for Seniors 3p—Dan’s Derby car weigh in! 7p—NA (End of the Road)	19 10a—Coffee Connections 11a—Painting with Taylir and Andrea** 
20 7p—NA (Sunday Shenanigans)	21 WEAR PURPLE FOR RECOVERY MONTH! 3p - 5p—Reiki** 5:30p—OA 6:30p—Refuge Recovery 7p—Caring and Sharing (NAMI) 7p—E 31st Upstate GA	22 2p—All Recovery 6p—CoDA 7p—NA (Invitation to Live)	23 11a—SMART Recovery 1p—Hand in Hand Family 6p—All Recovery	24 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)	25 10a—Shared Strength for Seniors 7p—NA (End of the Road)	26 10a—Coffee Connections 11a—2nd Annual Cornhole Tournament 
27 9a—Hiking with Jed (see flyer for details) 7p—NA (Sunday Shenanigans)	28 3p - 5p—Reiki** 5:30p—OA 6:30p—Refuge Recovery 7p—E 31st Upstate GA	29 2p—All Recovery 6p—CoDA 7p—NA (Invitation to Live)	30 11a—SMART Recovery 1p—Hand in Hand Family 6p—All Recovery	 ** MUST PRE-REGISTER Zoom & in-person meeting code on back SPECIAL EVENTS 		

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 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.

Crafts, Cookies & Conversations: Join us for a special event Hand in Hand meeting with sweet treats, crafts, and building connections. ****The 1:00pm group has been moved to 5:00pm****

Dan's Derby Car Decorating Event: Bring your assembled car to Healing Springs from 5:00-7:00pm to decorate! We will also have kits available at the center.

Dan's Derby Weigh Your Car Event: Join us for the car weigh-in from 3:00-6:00pm and have your car weighed with us for the big race!

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) 281-8389**

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.

Painting with Taylir and Andrea: This will be a guided painting with clear instructions and a predictable outcome. All supplies provided. ****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: – LAST FISHING TRIP OF THE SEASON! Fishing, Friends, Family & Food. Poles and bait will be included. ****Must preregister.**

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.

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**

2nd Annual Recovery Month Cornhole Tournament: Join us on Saturday, September 26th from 11:00am-3:00pm for cornhole, hot dogs, music, and great vibes! A big thank you to Doug Bisher from Tossing and Testimony for helping us with our event this year.

Save the date for Dan's Derby! Saturday, October 3rd 2026

Registration: 8-9am Events: 9am-Noon

Join us for a 1.25 mile memorial walk in remembrance of those lives we've lost to substance use disorder.

SEPTEMBER IS RECOVERY MONTH! We will be kicking off recovery month on September 1st with a paperchain craft for all to participate in.

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

125 High Rock Ave, Suite 105
Saratoga Springs, N.Y 12866
Entrance under blue awning.

FREE NARCAN TRAINING AVAILABLE! STOP IN DURING BUSINESS HOURS.