November 2026 Recovery Community Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 **9a** – At Any Length AA **7p** – NA (Sunday Shenanigans)	**2** **8a** – At Any Length AA **3-5p** – Reiki ** **5:30p** – OA **6:30p** – Refuge Recovery **7p** – E 31st Upstate GA	**3** **8a** – At Any Length AA **9a-12p/1-4p – REIKI**** **2p** – All Recovery **6p** – CODA Meeting **7p** – NA–Invitation to Live	**4** **8a** – At Any Length AA **11a** – SMART Recovery **1p** – Hand In Hand Family **6p** – All Recovery	**5** **8a** – At Any Length AA **10a** – Moms and Babies **2p** – All Recovery **5:30p** – Youth All Recovery **5:30p** – MA **5:45p** – SPAN (Closed) **7:30p** – AA (W) Message of Hope	**6** **8a** – At Any Length AA **10a** – Shared Strength for Seniors **7p** – NA End of the Road	**7** **9a** – At Any Length AA **10a** – Coffee Connections
8 **9a** – At Any Length AA **7p** – NA (Sunday Shenanigans)	**9** **8a** – At Any Length AA **3-5p** – Reiki ** **5:30p** – OA **6:30p** – Refuge Recovery **7p** – E 31st Upstate GA	**10** **8a** – At Any Length AA **2p** – All Recovery **6p** – CODA Meeting **6:30p** – GRASP (Closed) **7p** – NA–Invitation to Live	**11** **8a** – At Any Length AA **CENTER CLOSED VETERANS DAY**	**12** **8a** – At Any Length AA **10a** – Moms and Babies **2p** – All Recovery **5:30p** – Youth All Recovery **5:30p** – MA **7:30p** – AA (W) Message of Hope	**13** **8a** – At Any Length AA **10a** – Shared Strength for Seniors **7p** – NA End of the Road	**14** **9a** – At Any Length AA **10a** – Coffee Connections **11:30a – BOWLING**** **6p – OPEN MIC NIGHT****
15 **9a** – At Any Length AA **7p** – NA (Sunday Shenanigans)	**16** **8a** – At Any Length AA **5:30p** – OA **6:30p** – Refuge Recovery **7p** – Caring and Sharing (NAMI) **7p** – E 31st Upstate GA	**17** **8a** – At Any Length AA **2p** – All Recovery **4p – WIRE CREATION**** **6p** – CODA Meeting **7p** – NA–Invitation to Live	**18** **8a** – At Any Length AA **11a** – SMART Recovery **1p** – Hand In Hand Family **5p – CRAFTS, COOKIES & CONVERSATIONS**** **6p** – All Recovery	**19** **8a** – At Any Length AA **10a** – Moms and Babies **2p** – All Recovery **5:30p** – Youth All Recovery **5:30p** – MA **5:45p** – SPAN (Closed) **7:30p** – AA (W) Message of Hope	**20** **8a** – At Any Length AA **10a** – Shared Strength for Seniors **7p** – NA End of the Road	**21** **9a** – At Any Length AA **10a** – Coffee Connections **11a – PAINTING WITH TAYLIR & ANDREA****
22 **9a** – At Any Length AA **7p** – NA (Sunday Shenanigans)	**23** **8a** – At Any Length AA **5:30p** – OA **6:30p** – Refuge Recovery **7p** – E 31st Upstate GA	**24** **8a** – At Any Length AA **2p** – All Recovery **6p** – CODA Meeting **7p** – NA–Invitation to Live	**25** **8a** – At Any Length AA **11a** – SMART Recovery **CENTER CLOSING at NOON**	**26** **8a** – At Any Length AA **7:30p** – AA (W) Message of Hope **CENTER CLOSED HAPPY THANKSGIVING**	**27** **8a** – At Any Length AA **11a – 1p Potluck** **7p** – NA End of the Road **CENTER CLOSED**	**28** **9a** – At Any Length AA **10a** – Coffee Connections
29 **9a** – At Any Length AA **7p** – NA (Sunday Shenanigans)	**30** **8a** – At Any Length AA **3-5p** – Reiki ** **5:30p** – OA **6:30p** – Refuge Recovery **7p** – E 31st Upstate GA					

ALL PROGRAMS ARE FREE!

Zoom & In-Person
Meeting code on back

Special Events

****Must Pre-Register**

HEALING SPRINGS
Recovery Community and Outreach Center

A program of the Prevention Council of Saratoga County

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 mem-bership 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**

Bowling: Join us at Saratoga Strike Zone for two free hours of bowling fun! Includes shoes, 2 slices of pizza, and soda. Space is limited to 30-35 people. Please call the center to sign up! ****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.

Crafts, Cookies & Conversations: Join us for a special evening with sweet treats, crafts, and building connections! ****Must Pre-Register.**

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.

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 Mic Night: Open to adults in or seeking recovery, family members, allies, and anyone looking for a supportive substance-free night out! Music, comedy, poetry, spoken word, storytelling, and more!

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

Potluck: Friends, family and loved ones enjoy thanksgiving leftovers or bring a dish to share with others. All are welcome. Please call the center for more information.

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 he 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.

SPAN (Statewide Peer Assistance for Nurses): This is a closed group that offers support, advocacy and education for nurses affected by substance use disorders

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

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**

125 High Rock Ave
Saratoga Springs, N.Y 12866
Rear Parking Lot, Blue Awning
office@preventioncouncil.org
518.306.3048.

FREE NARCAN TRAINING AVAILABLE! STOP IN DURING BUSINESS HOURS.

OFFICE HOURS
Monday - Friday 9am to 8pm
Saturday - 9am to 2pm
Sunday - CLOSED

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

The PREVENTION COUNCIL

www.preventioncouncil.org