

March 2023 Recovery Community Meeting Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>HEALING SPRINGS Recovery Community and Outreach Center</p> <p>office@sararecovery.org 518.306.3048 www.facebook.com/healingspringsrcoc</p> <p>A program of the Prevention Council of Saratoga County</p>			<p>1 8a—AA—Any Length 11:30a—Creative Recovery</p>	<p>2 8a—AA—Any Length 2p—All Recovery Meeting Mtg #: 933-3746-3897 7:30p—AA Meeting (W) Message of Hope</p>	<p>3 8a—AA—Any Length 5:30p—Uncuffed Mtg #: 925-7276-8679 7p—Narcotics Anonymous</p>	<p>4 8a—AA—Any Length 10a—NarAnon** 10a—Coffee Connections</p>
All Programs are FREE to the Recovery Community!						
<p>5 8a—AA—Any Length 11a—AA—Living Sober 7p—Narcotics Anonymous Sunday Shenanigans Mtg #: 798-350-491 Passcode:719520</p>	<p>6 8a—AA—Any Length 3-5p—Reiki <i>(must preregister)</i> 6:30p—Refuge Recovery 7p—Caring and Sharing</p>	<p>7 8a—AA—Any Length 2p—All Recovery Meeting Mtg #: 933-3746-3897 6p—CODA Meeting Mtg #: 979-4315-7715 7p—Narcotics Anonymous</p>	<p>8 8a—AA—Any Length 4p—Narcan Training <i>Call to Register</i> 6:30p—Families Recovering for Women</p>	<p>9 8a—AA—Any Length 2p—All Recovery Meeting Mtg #: 933-3746-3897 5:45p—SPAN <i>(closed group)</i> 7:30p—AA Meeting (W) Message of Hope</p>	<p>10 8a—AA—Any Length 5:30p—Uncuffed Mtg #: 925-7276-8679 7p—Narcotics Anonymous</p>	<p>11 8a—AA—Any Length 10a—NarAnon** 10a—Coffee Connections</p>
<p>12 8a—AA—Any Length 11a—AA—Living Sober 7p—Narcotics Anonymous Sunday Shenanigans Mtg #: 798-350-491 Passcode:719520</p>	<p>13 8a—AA—Any Length 1:30p—Yoga 3-5p—Reiki <i>(must preregister)</i> 3p—Rescue Recovery Mtg #: 919-8361-6676 6:30p—Refuge Recovery</p>	<p>14 8a—AA—Any Length 2p—All Recovery Meeting Mtg #: 933-3746-3897 6p—CODA Meeting Mtg #: 979-4315-7715 6:30p—GRASP <i>(closed group)</i> 7p—Narcotics Anonymous</p>	<p>15 7:30a—Tai Chi 8a—AA—Any Length 11:30a—Creative Recovery</p>	<p>16 8a—AA—Any Length 2p—All Recovery Meeting Mtg #: 933-3746-3897 7:30p—AA Meeting (W) Message of Hope</p>	<p>17 8a—AA—Any Length 5:30p—Uncuffed Mtg #: 925-7276-8679 7p—Narcotics Anonymous</p> 	<p>18 8a—AA—Any Length 10a—NarAnon** 10a—Coffee Connections 10a—Volunteer Orientation</p>
<p>19 8a—AA—Any Length 11a—AA—Living Sober 7p—Narcotics Anonymous Sunday Shenanigans Mtg #: 798-350-491 Passcode:719520</p>	<p>20 8a—AA—Any Length 3-5p—Reiki <i>(must preregister)</i> 6:30p—Refuge Recovery</p>	<p>21 8a—AA—Any Length 2p—All Recovery Meeting Mtg #: 933-3746-3897 6p—CODA Meeting Mtg #: 979-4315-7715 7p—Narcotics Anonymous</p>	<p>22 8a—AA—Any Length 6:30p—Families Recovering for Men</p>	<p>23 8a—AA—Any Length 2p—All Recovery Meeting Mtg #: 933-3746-3897 5:45p—SPAN <i>(closed group)</i> 7:30p—AA Meeting (W) Message of Hope</p>	<p>24 8a—AA—Any Length 5:30p—Uncuffed Mtg #: 925-7276-8679 7p—Narcotics Anonymous</p>	<p>25 8a—AA—Any Length 10a—NarAnon** 10a—Coffee Connections</p>
<p>26 8a—AA—Any Length 11a—AA—Living Sober 7p—Narcotics Anonymous Sunday Shenanigans Mtg #: 798-350-491 Passcode:719520</p>	<p>27 8a—AA—Any Length 1:30p—Yoga 3-5p—Reiki <i>(must preregister)</i> 3p—Rescue Recovery Mtg #: 919-8361-6676 6:30p—Refuge Recovery</p>	<p>28 8a—AA—Any Length 2p—All Recovery Meeting Mtg #: 933-3746-3897 6p—CODA Meeting Mtg #: 979-4315-7715 7p—Narcotics Anonymous</p>	<p>29 7:30a—Tai Chi 8a—AA—Any Length</p>	<p>30 8a—AA—Any Length 2p—All Recovery Meeting Mtg #: 933-3746-3897 7:30p—AA Meeting (W) Message of Hope</p>	<p>31 8a—AA—Any Length 5:30p—Uncuffed Mtg #: 925-7276-8679 7p—Narcotics Anonymous</p>	<p>See back for program descriptions</p> <p>Hybrid: Zoom & In-Person</p> <p>** See back for location</p> <p>New</p>
One-on-one peer and family support available all weekdays via phone, virtually (via Zoom) or in-person appointments.						

Alcoholics Anonymous: Message of Hope Women’s Group. Alcoholics Anonymous is a fellowship of those who share their experience, strength and hope with each other, so they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking.

All-Recovery Meeting: All Recovery Support Meetings are non-denominational & based on the philosophy that people from every type of addiction share commonalities and can benefit from sharing together. *Location: This is held both in-person at Healing Springs Recovery Center and virtually via Zoom.*

Any Length Alcoholics Anonymous: (O) Open group, all are welcome.

Caring and Sharing: This 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. Only held once a month.

CODA: Co-dependents Anonymous is a 12-step program for people who share a common desire to develop functional and healthy relationships. *Location: This is held both in-person at Healing Springs Recovery Center and virtually via Zoom.*

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.

Creative Recovery: Exploring a deepening recovery through art making processes. We will create for a majority of the session with time to share at the end of our practice. All supplies will be provided.

Families Recovering: An introductory support group for family members who have a loved one struggling with a substance use disorder.

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.

Living Sober Alcoholics Anonymous: (O) Open group, all are welcome. (Formerly located at Saratoga Hospital)

Nar-Anon: The Nar-Anon family groups are a worldwide fellowship for those affected by someone else’s addiction. It is free to attend, and meetings are open to anyone. As a twelve-step program, we offer our help by sharing our experience, strength, and hope with others in the same situation. *Location: Pine Grove Church, 59 Pine Road, Saratoga Springs.*

Narcan Training: Free for everyone. Receive a free kit to take with you. Get trained and help save a life! We also offer walk-in Narcan training during regular business hours.

Narcotics Anonymous: 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, beginners meeting. *Formerly held at First Baptist Church 45 Washington Street, Saratoga Springs.*

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, imparts a sense of deep relaxation and well-being, and heals on a spiritual, emotional and physical levels. It will energize you and get you back on track to feeling your best. What Happens in a Reiki Session? Your Reiki practitioner will place their hands over the energy centers around your body. After your session, you will feel truly recharged, refreshed and renewed. Each individual will receive a 20 minute session. Must preregister.

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.”

Rescue Recovery: An addiction recovery support group for Veterans and First Responders. First Responders from every type of addiction share commonalities and can benefit from sharing together.

Tai Chi Self-care is essential to living a BALANCED life. Tai Chi for Recovery incorporates Taoist Philosophy with 12 Step Recovery Concepts but is accessible to anyone who’s interested in health and wellness. It’s a slow moving meditation to shift our vital energy or “chi” for mental and emotional balancing, and promoting both physical and spiritual well being.

Uncuffed: Recently released from jail or prison? This group offers direction, support and resources for formerly incarcerated individuals that want to reintegrate into the community. *Location: This is held both in-person at Healing Springs Recovery Center and virtually via Zoom.*

Volunteer Orientation: Orientation will be held for 2 to 3 hours for anyone wishing to lend their time, talent & recovery experience (1 year or more in sustained recovery) at the Healing Springs Outreach and Recovery Center. We are in need of volunteers to assist in peer support, answering phones, greeting members & assisting those seeking services and activities.

Yoga: Come explore yoga and meditation/breathing techniques with Jamie. No equipment necessary, use our mats or a chair.