

April 2023 Recovery Community Meeting Schedule

Sunday Monday Tuesday Wednesday Thursday Friday Saturday



HEALING SPRINGS
Recovery Community and Outreach Center

A program of the Prevention Council of Saratoga County

125 High Rock Ave.,
Saratoga Springs, NY 12866
Rear Parking Lot, Blue Awning

office@sararecovery.org
518.306.3048
www.facebook.com/
healingspringscoc

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

See back for program descriptions

Hybrid: Zoom & In-Person

** See back for location

New

1
8a—AA—Any Length
10a—NarAnon**
10a—Coffee Connections

2
8a—AA—Any Length
11a—AA—Living Sober
7p—Narcotics Anonymous Sunday Shenanigans
Mtg #: 798-350-491
Passcode:719520

3
8a—AA—Any Length
12:30p—DBT Skills Group
3-6p—Reiki (must preregister)
6:30p—Refuge Recovery
7p—Caring and Sharing

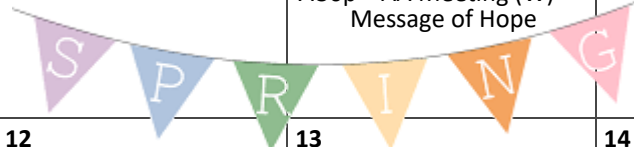
4
8a—AA—Any Length
2p—All Recovery Meeting
Mtg #: 933-3746-3897
6p—CODA Meeting
Mtg #: 979-4315-7715
7p—Narcotics Anonymous - Invitation to Live

5
8a—AA—Any Length
12:30p—DBT Skills Group

6
8a—AA—Any Length
2p—All Recovery Meeting
Mtg #: 933-3746-3897
5:45p—SPAN (closed group)
7:30p—AA Meeting (W)
Message of Hope

7
8a—AA—Any Length
5:30p—Uncuffed
Mtg #: 925-7276-8679
7p—Narcotics Anonymous- End of the Road

8
8a—AA—Any Length
10a—NarAnon**
10a—Coffee Connections



9
8a—AA—Any Length
11a—AA—Living Sober
7p—Narcotics Anonymous Sunday Shenanigans
Mtg #: 798-350-491
Passcode:719520

10
8a—AA—Any Length
12:30p—DBT Skills Group
3-6p—Reiki (must preregister)
3p—Rescue Recovery
Mtg #: 919-8361-6676
6:30p—Refuge Recovery

11
8a—AA—Any Length
2p—All Recovery Meeting
Mtg #: 933-3746-3897
6p—CODA Meeting
Mtg #: 979-4315-7715
6:30p—GRASP (closed group)
7p—Narcotics Anonymous - Invitation to Live

12
8a—AA—Any Length
12:30p—DBT Skills Group
4p—Narcan Training
Call to Register
6:30p—Families Recovering for Women

13
8a—AA—Any Length
2p—All Recovery Meeting
Mtg #: 933-3746-3897
7:30p—AA Meeting (W)
Message of Hope

14
8a—AA—Any Length
5:30p—Uncuffed
Mtg #: 925-7276-8679
7p—Narcotics Anonymous- End of the Road

15
8a—AA—Any Length
10a—NarAnon**
10a—Coffee Connections
10a—Volunteer Orientation

16
8a—AA—Any Length
11a—AA—Living Sober
7p—Narcotics Anonymous Sunday Shenanigans
Mtg #: 798-350-491
Passcode:719520

17
8a—AA—Any Length
12:30p—DBT Skills Group
3-6p—Reiki (must preregister)
6:30p—Refuge Recovery

18
8a—AA—Any Length
2p—All Recovery Meeting
Mtg #: 933-3746-3897
6p—CODA Meeting
Mtg #: 979-4315-7715
7p—Narcotics Anonymous - Invitation to Live

19
8a—AA—Any Length
12:30p—DBT Skills Group
6:30p—The Invitation to Change Family Series
Mtg #: 405-784-7779

20
8a—AA—Any Length
12p—Creative Recovery
2p—All Recovery Meeting
Mtg #: 933-3746-3897
5:45p—SPAN (closed group)
7:30p—AA Meeting (W)
Message of Hope

21
8a—AA—Any Length
5:30p—Uncuffed
Mtg #: 925-7276-8679
7p—Narcotics Anonymous- End of the Road

22
8a—AA—Any Length
10a—NarAnon**
10a—Coffee Connections

23/30
8a—AA—Any Length
11a—AA—Living Sober
7p—Narcotics Anonymous Sunday Shenanigans
Mtg #: 798-350-491
Passcode:719520

24
8a—AA—Any Length
12:30p—DBT Skills Group
3-6p—Reiki (must preregister)
3p—Rescue Recovery
Mtg #: 919-8361-6676
6:30p—Refuge Recovery

25
8a—AA—Any Length
2p—All Recovery Meeting
Mtg #: 933-3746-3897
6p—CODA Meeting
Mtg #: 979-4315-7715
7p—Narcotics Anonymous - Invitation to Live

26
8a—AA—Any Length
12:30p—DBT Skills Group
6:30p—Families Recovering for Men

27
8a—AA—Any Length
2p—All Recovery Meeting
Mtg #: 933-3746-3897
7:30p—AA Meeting (W)
Message of Hope

28
8a—AA—Any Length
5:30p—Uncuffed
Mtg #: 925-7276-8679
7p—Narcotics Anonymous- End of the Road

29
8a—AA—Any Length
10a—NarAnon**
10a—Coffee Connections

All Programs are FREE to the Recovery Community!

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.

DBT Skills Group: Dialectical Behavioral Therapy (DBT)’s premise is to accept things as they are while creating the willingness to implement change to live an effective life worth living. DBT recognize the importance of willingness to accept that we were raised lacking validation while creating self doubt , isolation and lack of trust.

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.

The Invitation to Change: 8-week family workshop with Brendan Norton that offers a new, alternative approach to dealing with your loved ones’ addictions by inviting change, not demanding or forcing it. *Closed group.*

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.