

September 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

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518.306.3048
www.facebook.com/healingspringsrcoc

**September
is Recovery
Month!**

1
7p—Narcotics
Anonymous-
End of the Road

2
10a—Coffee
Connections
**1-4p—Serenity Saturdays
Weekly Fishing Trip**

See back for program descriptions

Hybrid: Zoom & In-Person New

3
11a—AA—Living Sober
**7p—Narcotics
Anonymous Sunday
Shenanigans
Mtg #: 798-350-491
Passcode:719520**

4
**Labor Day
Office Closed**
6:30p—Refuge Recovery

5
**2p—All Recovery Meeting
Mtg #: 933-3746-3897**
**6p—CODA Meeting
Mtg #: 979-4315-7715**
7p—Boundaries
7p—Narcotics Anonymous
- Invitation to Live

6
6:30p—The Invitation to
Change Family Series
Mtg #: 405-784-7779

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

8
7p—Narcotics
Anonymous-
End of the Road

9
10a—Coffee
Connections

All Programs are FREE to the Recovery Community!

10
11a—AA—Living Sober
**7p—Narcotics
Anonymous Sunday
Shenanigans
Mtg #: 798-350-491
Passcode:719520**

11
12:30p—DBT Skills Group
3-6p—Reiki
(must preregister)
6:30p—Refuge Recovery
7p—Caring and Sharing

12
**2p—All Recovery Meeting
Mtg #: 933-3746-3897**
**6p—CODA Meeting
Mtg #: 979-4315-7715**
6:30p—GRASP(*closed group*)
7p—Boundaries
7p—Narcotics Anonymous
- Invitation to Live

13
4p—Narcan Training
Call to Register

14
**2p—All Recovery Meeting
Mtg #: 933-3746-3897**
7:30p—AA Meeting (W)
Message of Hope

15
7p—Narcotics
Anonymous-
End of the Road

16
10a—Coffee
Connections
**1-4p—Serenity Saturdays
Weekly Fishing Trip**

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

17
11a—AA—Living Sober
**7p—Narcotics
Anonymous Sunday
Shenanigans
Mtg #: 798-350-491
Passcode:719520**

18
12:30p—DBT Skills Group
3-6p—Reiki
(must preregister)
6:30p—Refuge Recovery

19
**2p—All Recovery Meeting
Mtg #: 933-3746-3897**
**6p—CODA Meeting
Mtg #: 979-4315-7715**
7p—Boundaries
7p—Narcotics Anonymous
- Invitation to Live

20
6:30p—The Invitation to
Change Family Series
Mtg #: 405-784-7779

21
**2p—All Recovery Meeting
Mtg #: 933-3746-3897**
5:45p—SPAN (*closed group*)
7:30p—AA Meeting (W)
Message of Hope

22
7p—Narcotics
Anonymous-
End of the Road

23
10a—Coffee
Connections
**1-4p—Serenity Saturdays
Weekly Fishing Trip**

24
11a—AA—Living Sober
**7p—Narcotics
Anonymous Sunday
Shenanigans
Mtg #: 798-350-491
Passcode:719520**

25
12:30p—DBT Skills Group
3-6p—Reiki
(must preregister)
6:30p—Refuge Recovery

26
**2p—All Recovery Meeting
Mtg #: 933-3746-3897**
**6p—CODA Meeting
Mtg #: 979-4315-7715**
7p—Boundaries
7p—Narcotics Anonymous
- Invitation to Live

27
**4-7p—Volunteer
Orientation**
6:30p—Families
Recovering

28
**2p—All Recovery Meeting
Mtg #: 933-3746-3897**
7:30p—AA Meeting (W)
Message of Hope

29
7p—Narcotics
Anonymous-
End of the Road

30
10a—Coffee
Connections
**1-4p—Serenity Saturdays
Weekly Fishing Trip
(Last one of the season)**

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.

Boundaries: Personal boundaries are vital in order for us to thrive and be in healthy relationships. Learn how to establish healthy boundaries emotionally, physically and internally.

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.

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)

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.

Serenity Saturdays Weekly Fishing Trip: Great opportunity for individuals to form relationships with people in recovery that have like-minded goals. Bring your own supplies or we have some to share. *Location: Lock 5, Route 32, Schuylerville.*

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.*

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.