

# February 2024 Recovery Community Meeting Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>125 High Rock Ave., Saratoga Springs, NY 12866 Rear Parking Lot, Blue Awning office@preventioncouncil.org 518.306.3048 www.facebook.com/healingspringsrcoc</p> <p>See back for program descriptions</p> <p>Special Event New</p> <p>Hybrid: Zoom &amp; In-Person</p> <p>*See Back for location</p> <p><b>All Programs are FREE to the Recovery Community!</b></p>						
<p><b>4</b> 9a—AA—Any Length 11a—AA—Living Sober 7p—Narcotics Anonymous Sunday Shenanigans Mtg #: 798-350-491 Passcode:719520</p>	<p><b>5</b> 8a—AA—Any Length 3-5p—Reiki (<i>must prereg</i>) 6:30p—Refuge Recovery 7p—Caring and Sharing</p>	<p><b>6</b> 8a—AA—Any Length 2p—All Recovery Meeting Mtg #: 919 4386 5037 6p—CODA Meeting Mtg #: 981 5218 1273 7p—Narcotics Anonymous - Invitation to Live</p>	<p><b>7</b> 8a—AA—Any Length 6p—All Recovery Meeting Mtg #: 919 4386 5037</p>	<p><b>8</b> 8a—AA—Any Length 2p—All Recovery Meeting Mtg #: 919 4386 5037 5:45p—SPAN (<i>closed group</i>) 7:30p—AA Meeting (W) Message of Hope</p>	<p><b>9</b> 8a—AA—Any Length 10a—Yoga 7p—Narcotics Anonymous-End of the Road</p>	<p><b>10</b> 9a—AA—Any Length 10a—Coffee Connections 11a-1p—Bowling Fun (<i>must preregister</i>)</p>
<p><b>One-on-one peer and family support available all weekdays via phone, virtually (via Zoom) or in-person appointments.</b></p>						
<p><b>11</b> 9a—AA—Any Length 11a—AA—Living Sober 5:30p—Sober Bowl 7p—Narcotics Anonymous Sunday Shenanigans Mtg #: 798-350-491 Passcode:719520</p>	<p><b>12</b> 8a—AA—Any Length 3-5p—Reiki (<i>must prereg</i>) 6p—Our Loved Ones, Ourselves Family Group 6:30p—Refuge Recovery</p>	<p><b>13</b> 8a—AA—Any Length 2p—All Recovery Meeting Mtg #: 919 4386 5037 6p—CODA Meeting Mtg #: 981 5218 1273 6:30p—GRASP (<i>closed group</i>) 7p—Narcotics Anonymous</p>	<p><b>14</b> 8a—AA—Any Length 9a-4p—Valentine's Day Crafts 4p—Narc Training Call to Register 6p—All Recovery Meeting Mtg #: 919 4386 5037 <b>Happy Valentine's Day!</b></p>	<p><b>15</b> 8a—AA—Any Length 2p—All Recovery Meeting Mtg #: 919 4386 5037 7:30p—AA Meeting (W) Message of Hope</p>	<p><b>16</b> 8a—AA—Any Length 2p—A New Chapter Book Club* 7p—Narcotics Anonymous-End of the Road</p>	<p><b>17</b> 9a—AA—Any Length 10a—Coffee Connections 10a—Snowshoeing (<i>must preregister</i>)</p>
<p><b>18</b> 9a—AA—Any Length 11a—AA—Living Sober 7p—Narcotics Anonymous Sunday Shenanigans Mtg #: 798-350-491 Passcode:719520</p>	<p><b>19</b> 8a—AA—Any Length <b>President's Day CENTER CLOSED</b></p>	<p><b>20</b> 8a—AA—Any Length 2p—All Recovery Meeting Mtg #: 919 4386 5037 6p—CODA Meeting Mtg #: 981 5218 1273 7p—Narcotics Anonymous - Invitation to Live</p>	<p><b>21</b> 8a—AA—Any Length 6p—All Recovery Meeting Mtg #: 919 4386 5037 5-8p—Volunteer Orientation</p>	<p><b>22</b> 8a—AA—Any Length 2p—All Recovery Meeting Mtg #: 919 4386 5037 5:45p—SPAN (<i>closed group</i>) 7:30p—AA Meeting (W) Message of Hope</p>	<p><b>23</b> 8a—AA—Any Length 10a—Yoga 7p—Narcotics Anonymous-End of the Road</p>	<p><b>24</b> 9a—AA—Any Length 10a—Coffee Connections</p>
<p><b>25</b> 9a—AA—Any Length 11a—AA—Living Sober 7p—Narcotics Anonymous Sunday Shenanigans Mtg #: 798-350-491 Passcode:719520</p>	<p><b>26</b> 8a—AA—Any Length 3-5p—Reiki (<i>must prereg</i>) 6:30p—Refuge Recovery</p>	<p><b>27</b> 8a—AA—Any Length 2p—All Recovery Meeting Mtg #: 919 4386 5037 6p—CODA Meeting Mtg #: 981 5218 1273 7p—Narcotics Anonymous - Invitation to Live</p>	<p><b>28</b> 8a—AA—Any Length 6p—All Recovery Meeting Mtg #: 919 4386 5037</p>	<p><b>29</b> 8a—AA—Any Length 2p—All Recovery Meeting Mtg #: 919 4386 5037 7:30p—AA Meeting (W) Message of Hope</p>	 <p><b>HEALING SPRINGS</b> Recovery Community and Outreach Center A program of the Prevention Council of Saratoga County</p>	

**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. **NEW evening meeting added to Wednesday!**

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

**Bowling:** Join us at Saratoga Strike Zone for two free hours of bowling fun—Includes shoes, 2 slices of pizza and soda. Call to register 518.306.3048

**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.

**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.

**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.*

**A New Chapter Book Club:** A New Chapter is an ongoing reading group that meets on the third Friday of each month and reads fiction across all genres. This reading group was started as a collaboration between Healing Springs Recovery Center and Saratoga Springs Public Library to provide a space for people in recovery to meet and connect, but all are welcome to attend. Copies of each month’s book selection may be obtained in the Reading Group Choices collection or by placing holds from the online public catalog. Stop by at the Information Desk for any assistance. *Location: Saratoga Spring Public Library.*

**Our Loved Ones, Ourselves Family Group:** Join us for the 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.

**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.

**Snowshoeing:** Join us for a morning of guided snowshoeing. This event is child-friendly. Meet at 9:30AM, start at 10:00AM last 1 ½ hours with hot cocoa to follow. We will provide rented snowshoes, or bring your own. MUST PREREGISTER. *Location: Wilton Preserve 90 Scout Road Wilton NY*

**Sober Bowl:** Join us for the BIG game, on a BIG screen, in a SOBER environment. Please bring your favorite football snack if you wish. *Location: Pine Grove Church, 59 Pine Road, Saratoga Springs*

**Valentine’s Day Crafts:** Stop in to make a Valentine’s Day craft. Free and all are welcome.

**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. No equipment necessary, use our mats or a chair.