




# October 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/ healingspringscoc</p>		<b>1</b> <b>2p—All Recovery Meeting</b> <b>Mtg #: 919 4386 5037</b> <b>6p—CODA Meeting</b> <b>Mtg #: 981 5218 1273</b> 7p—Narcotics Anonymous - Invitation to Live	<b>2</b> 1p—Hand in Hand Family 2p—DBT Skills Group <b>4p—Intro to Meditation</b> <b>6p—All Recovery Meeting</b> <b>Mtg #: 919 4386 5037</b>	<b>3</b> <b>2p—All Recovery Meeting</b> <b>Mtg #: 919 4386 5037</b> 5:45p—SPAN (closed group) 7:30p—Alcoholics Anonymous (W) - Message of Hope	<b>4</b> <b>1p—Invitation to Change</b> 7p—Narcotics Anonymous- End of the Road  <div style="background-color: black; color: white; padding: 5px; text-align: center;">                         See back for program                          descriptions                     </div>	<b>5</b> <b>9:30a—Dan Provost</b> <b>Memorial</b> <b>Walk</b> 10a—Coffee Connections <b>12p—Apple Picking</b> <i>(Pre-reg required)</i>
	<b>6</b> 7p—Narcotics Anonymous Sunday Shenanigans <b>Mtg #: 798-350-491</b> Passcode:719520	<b>7</b> 6p—Our Loved Ones, Ourselves Family Group 6:30p—Refuge Recovery 7p—Caring and Sharing (NAMI)	<b>8</b> <b>2p—All Recovery Meeting</b> <b>Mtg #: 919 4386 5037</b> <b>6p—CODA Meeting</b> <b>Mtg #: 981 5218 1273</b> 6:30p—GRASP <i>(closed group)</i> 7p—Narcotics Anonymous - Invitation to Live	<b>9</b> <b>11a—SMART Recovery</b> 1p—Hand in Hand Family 2p—DBT Skills Group <b>4p—Intro to</b> <b>Meditation</b> <b>6p—All Recovery Meeting</b> <b>Mtg #: 919 4386 5037</b>	<b>10</b> <b>2p—All Recovery Meeting</b> <b>Mtg #: 919 4386 5037</b> 7:30p—Alcoholics Anonymous (W) - Message of Hope	<b>11</b> <b>1p—Invitation to Change</b> 7p—Narcotics Anonymous- End of the Road
<b>One-on-one peer and family support available all weekdays via phone, virtually (via Zoom) or in-person appointments.</b>						
<b>13</b> 7p—Narcotics Anonymous Sunday Shenanigans <b>Mtg #: 798-350-491</b> Passcode:719520	<b>14</b> <div style="text-align: center; color: orange;"> <b>Columbus Day</b>  <b>CENTER CLOSED</b> </div>	<b>15</b> <b>2p—All Recovery Meeting</b> <b>Mtg #: 919 4386 5037</b> <b>6p—CODA Meeting</b> <b>Mtg #: 981 5218 1273</b> 7p—Narcotics Anonymous - Invitation to Live	<b>16</b> <b>11a—SMART Recovery</b> 1p—Hand in Hand Family 2p—DBT Skills Group <b>4p—Intro to Meditation</b> <b>6p—All Recovery Meeting</b> <b>Mtg #: 919 4386 5037</b>	<b>17</b> <b>2p—All Recovery Meeting</b> <b>Mtg #: 919 4386 5037</b> <b>5:30p—RAIS Meeting</b> 5:45p—SPAN (closed group) 7:30p—Alcoholics Anonymous (W) - Message of Hope	<b>18</b> <b>1p—Invitation to Change</b> <b>2p—A New Chapter</b> <b>Book Club*</b> 7p—Narcotics Anonymous- End of the Road	<b>19</b> 10a—Coffee Connections <b>11a-2p—Volunteer</b> <b>Orientation</b>
<b>All Programs are FREE to the Recovery Community!</b>						
<b>20</b> 7p—Narcotics Anonymous Sunday Shenanigans <b>Mtg #: 798-350-491</b> Passcode:719520	<b>21</b> 6:30p—Refuge Recovery 7p—Caring and Sharing (NAMI)	<b>22</b> <b>5p—Wire Jewelry</b> <b>Making</b> <b>6p—CODA Meeting</b> <b>Mtg #: 981 5218 1273</b> 7p—Narcotics Anonymous - Invitation to Live	<b>23</b> <b>4p—Intro to Meditation</b> <b>5p—Hemp Keychain Making</b> <b>6p—All Recovery Meeting</b> <b>Mtg #: 919 4386 5037</b>	<b>24</b> 7:30p—Alcoholics Anonymous (W) - Message of Hope	<b>25</b> 7p—Narcotics Anonymous- End of the Road	<b>26</b> 10a—Coffee Connections
<b>Healing Springs will be closed Monday—Friday 9am-4pm for Staff Training</b>						
<b>27</b> 7p—Narcotics Anonymous Sunday Shenanigans <b>Mtg #: 798-350-491</b> Passcode:719520	<b>28</b> 6:30p—Refuge Recovery	<b>29</b> <b>2p—All Recovery Meeting</b> <b>Mtg #: 919 4386 5037</b> <b>6p—CODA Meeting</b> <b>Mtg #: 981 5218 1273</b> 7p—Narcotics Anonymous - Invitation to Live	<b>30</b> <b>11a—SMART Recovery</b> 1p—Hand in Hand Family 2p—DBT Skills Group <b>5-7p—Halloween Party</b> <b>6p—All Recovery Meeting</b> <b>Mtg #: 919 4386 5037</b>	<b>31</b> <b>2p—All Recovery Meeting</b> <b>Mtg #: 919 4386 5037</b> 5:45p—SPAN (closed group) 7:30p—Alcoholics Anonymous (W) - Message of Hope	 <div style="font-size: 2em; font-weight: bold; margin-top: 10px;">                         HEALING                          SPRINGS                     </div> <p style="font-style: italic; margin-top: 10px;">                         Recovery Community                          and Outreach Center                     </p> <p style="font-size: 0.8em; margin-top: 10px;">                         A program of the Prevention Council of Saratoga County                     </p>	
<b>FREE NARCAN TRAINING AVAILABLE!                      STOP IN DURING BUSINESS HOURS.</b>						
<b>New/Special Event</b>	<b>*See Back for location</b>	<b>Zoom &amp; In-Person</b>				

**Alcoholics Anonymous (W) Message of Hope:** Message of Hope **Women's** Group. Alcoholics Anonymous (AA) 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!**

**Apple Picking:** Join us for a fun morning of apple picking. Each person will receive one free bag of apples. Must pre-register by calling Healing Springs at 518.306.3048. *Location: Saratoga Apple, 1174 NY-29, Schuylerville.*

**Caring and Sharing:** This (NAMI) National Association for Mental Illness 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. Now held twice 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.

**Dan Provost Memorial Walk:** A 1.25 mile family-friendly walk to remember the lives taken too soon, raise awareness of addiction, educate the community about recovery services and celebrate those living in recovery. *Location: Gavin Park, Wilton.*

**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.

**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.

**Halloween Party:** Join us for a FREE, sober, fun-filled Halloween celebration. Refreshments will be served and prizes for best costumes. Family friendly event.

**Hand in Hand 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.

**Hemp Keychain Making:** Create your own Hemp keychain. All supplies provided.

**Intro to Meditation:** Interested in making meditation a part of your recovery, but not sure where to start? Join us to learn the basics of meditation.

**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.

**RAIS Meeting(s)** Join us for one of our RAIS (Recovery Advocacy in Saratoga) meetings for a relaxed conversation and introduction about what RAIS is and does for our community.

**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."

**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. This meeting is an hour and a half.

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

**The Invitation to Change:** A family workshop that offers an alternative approach to dealing with your loved ones' addictions by inviting change, not demanding or forcing it. *Closed group. Call 518.306.3048 to learn more.*

**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.

**Wire Jewelry Making:** Create your own piece of jewelry with wire. All supplies provided.

## Office Hours:

Monday	9am – 8pm
Tuesday	9am – 8pm
Wednesday	9am – 8pm
Thursday	9am – 8pm
Friday	9am – 8pm
Saturday	9am – 2pm
Sunday	CLOSED