



October 2026



Montgomery County Recovery Community Center

484-383-0802 | 601 DEKALB ST. SUITE 1, NORRISTOWN, PA 19401 | WWW.COUNCILSEPA.ORG

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Thursday Schedule Below	2 Friday Schedule Below
5 Monday Schedule Below	6 Tuesday Schedule Below Volunteer Training 12:00pm—2:00pm	7 Wednesday Schedule Below	8 Thursday Schedule Below	9 Friday Schedule Below
12 Monday Schedule Below	13 Tuesday Schedule Below	14 Wednesday Schedule Below	15 Thursday Schedule Below	16 Friday Schedule Below
19 Monday Schedule Below	20 Tuesday Schedule Below Gateway to Work 11:00am—1:00pm	21 Wednesday Schedule Below Gateway to Work 11:00am—1:00pm	22 Thursday Schedule Below Gateway to Work 11:00am—1:00pm	23 Friday Schedule Below
26 Monday Schedule Below	27 Tuesday Schedule Below	28 Wednesday Schedule Below	29 Thursday Schedule Below	30 Friday Schedule Below
<u>EVERY MONDAY</u> <u>Coffee & Conversation</u> 9:00am-10am <u>Musical Monday</u> 11am-12pm <u>Recovery Planning</u> 1pm-2pm <u>Job Search/Computer</u> 9am-4pm	<u>EVERY TUESDAY</u> <u>Coffee & Conversation</u> 9:00am-10am <u>Stress off Your Chest</u> 2pm-3pm <u>Job Search/Computer</u> 9am-4pm	<u>EVERY WEDNESDAY</u> <u>Coffee & Conversation</u> 9:00am-10 am <u>Women's Group</u> 2pm-3pm <u>Job Search/Computer</u> 9am-4pm	<u>EVERY THURSDAY</u> <u>Coffee & Conversation</u> 9:00am-10am <u>SMART Recovery</u> 10am-11am <u>Better Together</u> 6:30pm-8pm <u>Job Search/Computer</u> 9am-4pm	<u>EVERY FRIDAY</u> <u>Coffee & Conversation</u> 9:00am-10am <u>MARS</u> 1:00pm-2:00pm <u>Job Search/Computer</u> 9am-4pm



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Recovery Support Chat with CRS available via ZOOM Mon-Fri 9:00a-4:00p — <https://zoom.us/j/703846091> Password: recovery
Computer Lab open Mon-Fri 9:00a — 4:00p
Information Line 1-800-221-6333 — 8:30a — 4:30p

MON	9:00am-10am Coffee & Conversation HYBRID Group—https://zoom.us/j/953945404 (Open discussion social group) 11am-12pm Musical Monday — Musical Monday is a DRUM CIRCLE group that creates mindfulness, creates a sense of connectedness which leads to improved state of well-being. 1pm-2pm Recovery Planning HYBRID Group — https://us02web.zoom.us/j/86507313422 (Focus on individual goal setting; keeping each other accountable for working on and staying focused on their goals.)
TUE	9:00am-10am Coffee & Conversation HYBRID Group—https://zoom.us/j/953945404 (Open discussion social group) 2pm-3pm Stress Off Your Chest HYBRID Group — https://us02web.zoom.us/j/86507313422 (A support group with a variety of educational tools to help assist with stress reduction and promote healthy coping techniques.)
WED	9:00am-10am Coffee & Conversation HYBRID Group—https://zoom.us/j/953945404 (Open discussion social group) 2pm-3pm Women's Group — https://us02web.zoom.us/j/86507313422 (Designed to help women gain insight and skills in order to better deal with any difficult, painful, and/or traumatic experience in their lives.)
THU	9:00am-10am Coffee & Conversation HYBRID Group—https://zoom.us/j/953945404 (Open discussion social group) 10am-11am SMART Recovery HYBRID Group — https://us02web.zoom.us/j/86507313422 SMART Recovery is an evidence-based program that helps people recover from addictive behaviors. SMART Recovery uses techniques from Cognitive Behavioral Therapy, Rational Emotive Behavior Therapy, and Motivational Enhancement Therapy. 6:30pm-8pm Better Together HYBRID Group — https://us02web.zoom.us/j/83170653114 (Self-empowering program that uses tools based on cognitive therapy to help you level out your emotional roller coaster and learn better
FRI	9:00am-10am Coffee & Conversation HYBRID Group—https://zoom.us/j/953945404 (Open discussion social group) 1pm-2pm MARS HYBRID Group — https://us02web.zoom.us/j/86507313422 This group recognizes and celebrates MAR (medicated-assisted recovery) as a recovery pathway. All are welcome!

Please note that all HYBRID/ZOOM groups will be locked 15 min. after the group start time. This is to encourage timely attendance, avoid disruption, maximize group time for our participants, and ensure confidentiality.