



June 2023



Montgomery County Recovery Community Center

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

WALK-IN HOURS: MONDAY THRU FRIDAY 8:30 AM — 4:30 PM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Thursday Schedule Below	2 Friday Schedule Below	3 Saturday Schedule Below
5 Monday Schedule Below	6 Tuesday Schedule Below <u>Volunteer Orientation</u> 12:00 PM — 3:00 PM	7 Wednesday Schedule Below	8 <u>The Council SEPA Staff Picnic</u> <u>Offices will be closed</u> 12PM	9 Friday Schedule Below	10 Saturday Schedule Below
12 Monday Schedule Below	13 Tuesday Schedule Below	 FLAG DAY JUNE 14 Offices Closed	15 Thursday Schedule Below	16 Friday Schedule Below	17 Saturday Schedule Below
19 Monday Schedule Below <u>Gateway to Work</u> 9:00 AM—12:00 PM	20 Tuesday Schedule Below <u>Gateway to Work</u> 9:00 AM—12:00 PM	21 <u>All Day Staff Training</u> <u>Center will be closed</u>	22 Thursday Schedule Below <u>Gateway to Work</u> 9:00 AM—12:00 PM	23 Friday Schedule Below	24 Saturday Schedule Below
26 Monday Schedule Below	27 <u>Volunteer Orientation</u> 12:00 PM — 3:00 PM <u>MCRCC Presentation</u> <u>Bridgeport Borough</u> 7:30 PM	28 Wednesday Schedule Below <u>Volunteer Computer Training</u> 10:00 AM— 12:00 PM	29 Thursday Schedule Below <u>Community Drum Circle</u> 6:30 PM — 8:00 PM	30 Friday Schedule Below	
<u>EVERY MONDAY</u> <u>Coffee & Conversation</u> 9:15am - 10am <u>Musical Monday</u> 10am-11am & 2pm-3pm <u>MARS</u> 1 pm-2pm <u>Job Search/Computer</u> 9am - 4pm	<u>EVERY TUESDAY</u> <u>Coffee & Conversation</u> 9:15am - 10am <u>Gratitude Group</u> 11am-12:30pm <u>Stress Off Your Chest</u> 2pm-3pm <u>Job Search/Computer</u> 9am-4pm	<u>EVERY WEDNESDAY</u> <u>Coffee & Conversation</u> 9:15am - 10 am <u>Guided Meditation</u> 10am-11am <u>Refresh & Recover</u> 11:15am-12:15pm <u>Better Together</u> 2pm — 3pm <u>Job Search/Computer</u> 9am-4pm	<u>EVERY THURSDAY</u> <u>Coffee & Conversation</u> 9:15am - 10 am <u>SMART Recovery</u> 10am—11am <u>Beyond Trauma</u> 2pm-3pm <u>Job Search/Computer</u> 9am-4pm	<u>EVERY FRIDAY</u> <u>Coffee & Conversation</u> 9:15am - 10am <u>Recovery Planning</u> 11am-12:30pm <u>Life Skills</u> 1:30—2:30 <u>Job Search/Computer</u> 9am-4pm	<u>EVERY SATURDAY</u> <u>Coffee & Conversation</u> 10:30am — 11:30am



JUNE 2023



Recovery Support Chat with CRS available via ZOOM Mon-Fri 9a-9p & Sat 10a-2p — <https://zoom.us/j/703846091>

Computer Lab open Mon-Fri 8:30 — 4:30p

Information Line 1-800-221-6333 — 8:30a — 4:30p

MON

9:15am — 10:00AM Coffee & Conversation HYBRID Group—<https://zoom.us/j/953945404> (Open discussion social group)

9am—12pm Gateway to Work — Gateway to Work is a once a month, in person, three day (M-T-W) workshop aimed to help Individuals get back to work and advance their career. Come learn the skills needed to develop a resume, create cover and thank you letters, and practice interviewing skills by doing mock interviews. Registration is required. Please contact Claudia Herman at cheman@councilsepa.org or (484)383-0802, Ext. 7311

10am-11am & 2pm- 3pm Musical Monday — Musical Monday is a **DRUM CIRCLE** group that creates mindfulness, creates a sense of connectiveness which leads to improved state of well-being.

1pm-2pm MARS HYBRID Group — <https://us02web.zoom.us/j/8438861751> (This group recognizes and celebrates MAR (medicated assisted recovery) as a recovery pathway. All are welcome!

TUE

9:15am — 10:00AM Coffee & Conversation HYBRID Group —<https://zoom.us/j/953945404> (Open discussion social group)

11pm-12:30pm Gratitude HYBRID Group — <https://us02web.zoom.us/j/85917841388> (This group offers a variety of exercises and activities — helping you to shift your mindset to a more positive and grateful perspective!)

2pm-3pm Stress Off Your Chest HYBRID Group — <https://us02web.zoom.us/j/84319568052> (A support group with a variety of educational tools to help assist with stress reduction and promote healthy coping techniques.)

WED

9:15am — 10:00AM Coffee & Conversation HYBRID Group—<https://zoom.us/j/953945404> (Open discussion social group)

10am-11am Wellness Wednesday — **-Guided Meditation In-person Group** — Focus on mindfulness through the practice of guided meditation.

11:15am-12:15pm Wellness Wednesday — **Refresh & Recover Cooking Group** — Learning about nutrition through cooking and tasting new recipes that are healthy and have a positive impact on the process of recovery.

2pm — 3pm 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 ways of dealing with your unique situation.

THU

9:15am — 10:00AM Coffee & Conversation HYBRID Group—<https://zoom.us/j/953945404> (Open discussion social group)

10am-11am SMART Recovery HYBRID Group — <https://us02web.zoom.us/j/83328769469> (Self-Management and is an evidence based program that helps people recover from addictive behaviors. SMART Recovery uses techniques from Cognitive Behavioral Therapy, Rational Emotive Behavior and Motivational Enhancement Therapy.)

2pm-3pm Beyond Trauma HYBRID Group (Women's Group) — <https://us02web.zoom.us/j/84190735125> (Designed to help women gain insight and skills in order to better deal with any difficult, painful, and/or traumatic experience in their lives.)

FRI

9:15am — 10:00AM Coffee & Conversation HYBRID Group—<https://zoom.us/j/953945404> (Open discussion social group)

11am — 12:30pm Recovery Planning HYBRID Group — <https://zoom.us/j/780550755> (Focus on individual goal setting; keeping each other accountable for working on and staying focused on their goals.)

1:30pm — 2:30pm Life Skills HYBRID Course — <https://us02web.zoom.us/j/83807057243>

(Twelve-week course providing skills needed to overcome barriers in early recovery. Topics include: Recovery 101, Relationships, Self—Esteem, Decision Making, Time Management, Employment, Money Management, Spirituality, Sustaining Recovery, Health & Wellness, and Self Care. Participants are welcome to attend all 12 weeks, but it is not a requirement

SAT

10:30am — 11:30AM Coffee & Conversation HYBRID Group—<https://zoom.us/j/953945404> (Open discussion social group)

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 .