



# November 2024



## 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 Friday Schedule Below
4 Monday Schedule Below	5 Tuesday Schedule Below  Election Day!	6 Wednesday Schedule Below	7 Thursday Schedule Below	8 Friday Schedule Below
11 Monday Schedule Below	12 Tuesday Schedule Below  Volunteer Training 12:00pm—2:00pm	13 Wednesday Schedule Below	14 Thursday Schedule Below	15 Friday Schedule Below
18 Monday Schedule Below  Gateway to Work 11:00am—1:00pm	19 Tuesday Schedule Below  Gateway to Work 11:00am—1:00pm	20 Wednesday Schedule Below  Gateway to work 11:00am—1:00pm	21 Thursday Schedule Below	22 Friday Schedule Below
25 Monday Schedule Below Celebrate Thanksgiving with us! 6pm—8pm 1105 E. Lincoln Highway Exton PA, 19341 <u>Free</u> Food, Fun, Family Activities Sign up with Liz Wendt or your CRS I	26 Tuesday Schedule Below	27 Wednesday Schedule Below	28 Center closed for <b>THANKSGIVING</b> Please join us on the Recovery Support Chat for our annual Gobble 'til You Wobble virtual event! ZOOM ID: 703 846 091	29 Center closed for <b>THANKSGIVING</b> Feel free to check-in on the Recovery Support Chat for support.
<u>EVERY MONDAY</u> Coffee & Conversation 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> Coffee & Conversation 9:00am-10am <u>Stress off Your Chest</u> 2pm-3pm <u>Job Search/Computer</u> 9am-4pm	<u>EVERY WEDNESDAY</u> Coffee & Conversation 9:00am-10 am <u>Women's Group</u> 2pm-3pm <u>Job Search/Computer</u> 9am-4pm	<u>EVERY THURSDAY</u> Coffee & Conversation 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> Coffee & Conversation 9:00am-10am <u>MARS</u> 1:00pm-2:00pm <u>Job Search/Computer</u> 9am-4pm



# NOVEMBER 2024



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

<b>MON</b>	<p><b>9:00am-10am Coffee &amp; Conversation HYBRID Group</b>—<a href="https://zoom.us/j/953945404">https://zoom.us/j/953945404</a> (Open discussion social group)</p> <p><b>11am-12pm Musical Monday</b> — Musical Monday is a DRUM CIRCLE group that creates mindfulness, creates a sense of connectiveness which leads to improved state of well-being.</p> <p><b>1pm-2pm Recovery Planning HYBRID Group</b> — <a href="https://us02web.zoom.us/j/86507313422">https://us02web.zoom.us/j/86507313422</a> (Focus on individual goal setting; keeping each other accountable for working on and staying focused on their goals.)</p>
<b>TUE</b>	<p><b>9:00am-10am Coffee &amp; Conversation_HYBRID Group</b>—<a href="https://zoom.us/j/953945404">https://zoom.us/j/953945404</a> (Open discussion social group)</p> <p><b>2pm-3pm Stress Off Your Chest HYBRID Group</b> — <a href="https://us02web.zoom.us/j/86507313422">https://us02web.zoom.us/j/86507313422</a> (A support group with a variety of educational tools to help assist with stress reduction and promote healthy coping techniques.)</p>
<b>WED</b>	<p><b>9:00am-10am Coffee &amp; Conversation_HYBRID Group</b>—<a href="https://zoom.us/j/953945404">https://zoom.us/j/953945404</a> (Open discussion social group)</p> <p><b>2pm-3pm Women’s Group</b> — <a href="https://us02web.zoom.us/j/86507313422">https://us02web.zoom.us/j/86507313422</a> (Designed to help women gain insight and skills in order to better deal with any difficult, painful, and/or traumatic experience in their lives.)</p>
<b>THU</b>	<p><b>9:00am-10am Coffee &amp; Conversation HYBRID Group</b>—<a href="https://zoom.us/j/953945404">https://zoom.us/j/953945404</a> (Open discussion social group)</p> <p><b>10am-11am SMART Recovery HYBRID Group</b> — <a href="https://us02web.zoom.us/j/86507313422">https://us02web.zoom.us/j/86507313422</a> (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.)</p> <p><b>6:30pm-8pm Better Together HYBRID Group</b> — <a href="https://us02web.zoom.us/j/83170653114">https://us02web.zoom.us/j/83170653114</a> (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.)</p>
<b>FRI</b>	<p><b>9:00am-10am Coffee &amp; Conversation HYBRID Group</b>—<a href="https://zoom.us/j/953945404">https://zoom.us/j/953945404</a> (Open discussion social group)</p> <p><b>1pm-2pm MARS HYBRID Group</b> — <a href="https://us02web.zoom.us/j/86507313422">https://us02web.zoom.us/j/86507313422</a>        This group recognizes and celebrates MAR (medicated assisted recovery) as a recovery pathway. All are welcome!</p>

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.