



# June 2024



## Montgomery County Recovery Community Center

484-383-0802 | 601 DEKALB ST. SUITE 1, NORRISTOWN, PA 19401 | [WWW.COUNCILSEPA.ORG](http://WWW.COUNCILSEPA.ORG)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Monday Schedule Below	4 Tuesday Schedule Below	5 Wednesday Schedule Below	6 Thursday Schedule Below	7 Friday Schedule Below
10 Monday Schedule Below	11 Tuesday Schedule Below  Volunteer Training 12:00pm— 2:00pm	12 Wednesday Schedule Below	13 Thursday Schedule Below	14 MCRCC CLOSED FLAG DAY
17 Monday Schedule Below	18 Tuesday Schedule Below	19 Wednesday Schedule Below	20 Thursday Schedule Below	21 Friday Schedule Below
24 Monday Schedule Below	25 Tuesday Schedule Below	26 Wednesday Schedule Below	27 Thursday Schedule Below	28 Friday Schedule Below
		JUNE 8TH 5:00—8:00 PM At: Trinity Evangelical Lutheran Church  1000 W Main St, Lansdale, PA 19446	COME JOIN US!!!! For: Resource Tables Speakers Food DJ Outdoor Games	WE CAN'T WAIT TO SEE YOU THERE!
<u>EVERY MONDAY</u> <u>Coffee &amp; 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 &amp; 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 &amp; 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 &amp; 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 &amp; Conversation</u> 9:00am-10am <u>MARS</u> 1:00pm-2:00pm <u>Job Search/Computer</u> 9am-4pm



# JUNE 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.