



January 2025



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 <u>MCRCC Closed</u> Recovery Support available via text messaging—see flyer for details	2 Thursday Schedule Below	3 Friday Schedule Below
6 Monday Schedule Below	7 Tuesday Schedule Below	8 Wednesday Schedule Below	9 Thursday Schedule Below	10 Friday Schedule Below
13 Monday Schedule Below <u>Gateway to Work 11:00am–1:00pm</u>	14 Tuesday Schedule Below <u>Gateway to Work 11:00am–1:00pm</u>	15 Wednesday Schedule Below <u>Gateway to Work 11:00am–1:00pm</u>	16 Thursday Schedule Below	17 Friday Schedule Below
20 <u>MCRCC Closed In Observance Martin Luther King Day</u>	21 Tuesday Schedule Below Volunteer Training 10:00am–12:00pm	22 Wednesday Schedule Below <u>PARTICIPANT APPRECIATION At MCRCCC 6:00pm–8:00pm</u>	23 Thursday Schedule Below	24 Friday Schedule Below <u>COFFEE AND CONVERSATION at PRCC 9:00am–10:00am</u>
27 Monday Schedule Below	28 Tuesday Schedule Below	29 Wednesday Schedule Below	30 Thursday Schedule Below	31 Friday Schedule Below
<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



JANUARY 2025



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	<p>9:00am-10am Coffee & Conversation HYBRID Group—https://zoom.us/j/953945404 (Open discussion social group)</p> <p>11am-12pm 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.</p> <p>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.)</p>
TUE	<p>9:00am-10am Coffee & Conversation HYBRID Group—https://zoom.us/j/953945404 (Open discussion social group)</p> <p>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.)</p>
WED	<p>9:00am-10am Coffee & Conversation HYBRID Group—https://zoom.us/j/953945404 (Open discussion social group)</p> <p>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.)</p>
THU	<p>9:00am-10am Coffee & Conversation HYBRID Group—https://zoom.us/j/953945404 (Open discussion social group)</p> <p>10am-11am SMART Recovery HYBRID Group — https://us02web.zoom.us/j/86507313422 (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>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 ways of dealing with your unique situation.)</p>
FRI	<p>9:00am-10am Coffee & Conversation HYBRID Group—https://zoom.us/j/953945404 (Open discussion social group)</p> <p>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!</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.