





July 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 Tuesday Schedule Below	2 Wednesday Schedule Below	3 Thursday Schedule Below	4 Center Closed in Observance of 4th of July!
7 Monday Schedule Below	8 Tuesday Schedule Below	9 Wednesday Schedule Below	10 Thursday Schedule Below	11 Friday Schedule Below
14 Monday Schedule Below	15 Tuesday Schedule Below <u>Volunteer Training</u> 10:00am—12:00pm	16 Wednesday Schedule Below	17 Thursday Schedule Below	18 Friday Schedule Below
21 Monday Schedule Below	22 Tuesday Schedule Below <u>Gateway to Work</u> 11:00am—1:00pm	23 Wednesday Schedule Below <u>Gateway to Work</u> 11:00am—1:00pm	24 Thursday Schedule Below <u>Gateway to Work</u> 11:00am—1:00pm	25 Friday Schedule Below
28 Monday Schedule Below	29 Tuesday Schedule Below	30 Wednesday Schedule Below Drum Circle 6pm—8pm Elmwood Park 1661 Harding Blvd Norristown PA 19401	31 Thursday 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



JULY 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.