



# September 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 MCRCC Closed: Labor Day!	2 Tuesday Schedule Below	3 Wednesday Schedule Below	4 Thursday Schedule Below	5 Friday Schedule Below
8 Monday Schedule Below	9 Tuesday Schedule Below  Volunteer Training 12:00pm— 2:00pm	10 Wednesday Schedule Below	11 Thursday Schedule Below  Lights of Hope at the Elmwood Park Zoo 6:00 pm	12 Friday Schedule Below
15 Monday Schedule Below	16 Tuesday Schedule Below  <u>Gateway to Work</u> 11:00am –1:00pm	17 Wednesday Schedule Below  <u>Gateway to Work</u> 11:00am –1:00pm	18 Thursday Schedule Below  <u>Gateway to Work</u> 11:00am –1:00pm	19 Friday Schedule Below
22 Monday Schedule Below	23 Tuesday Schedule Below	24 Wednesday Schedule Below <u>Recovery Works!</u> <u>Philadelphia Phillies Game</u> <u>Citizens Bank Park</u> <u>6:30 PM</u>	25 Thursday Schedule Below	26 Friday Schedule Below
29 Monday Schedule Below	30 Tuesday Schedule Below		RECOVERY WALKS! Sept. 20th at the Philadelphia Navy Yard  8am—Registration 9am—Program Starts 10am—Walk Kickoff	Support MCRCC at RECOVERY WALKS! 
<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



# SEPTEMBER 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

<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.