

MONTGOMERY COUNTY RECOVERY COMMUNITY CENTER

PHONE: 484-383-0802 | 601 DEKALB ST SUITE 1 NORRISTOWN, PA 19401 |

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2
<p>4 <u>Medication Assisted Recovery Group (MARS) Hybrid</u> 10:00 A—11:00 AM https://us02web.zoom.us/j/84398861751</p>	<p>5 <u>Tackle It Tuesday: Open Access Day</u> 10:00 AM—2:00 PM *Transportation available *Registration required (Apply for food stamps, benefits, resume writing, job search)</p>	<p>6 *Wellness Wednesday* <u>Guided Meditation</u> 10:00 AM—11:00 AM <u>Refresh & Recover</u> 11:15 AM—12:15 PM</p>	<p>7 <u>SMART Recovery</u> 10:00 AM—11:00 AM <u>Beyond Trauma Support Group for Women</u> 2:00 PM—3:00 PM</p>	8	9
<p>11 <u>Medication Assisted Recovery Group (MARS) Hybrid</u> 10:00 A—11:00 AM https://us02web.zoom.us/j/84398861751</p>	<p>12 <u>Tackle It Tuesday: Food Pantry Trip</u> 10:00 AM—2:00 PM *Transportation available *Registration required Legal Aid of Southeast Pennsylvania Expungement Clinic 6:00 PM — 7:30 PM Registration Required Contact: Claudia Herman 215.429.1524 or cherman@councilsepa.org</p>	<p>13 *Wellness Wednesday* <u>Guided Meditation</u> 10:00 AM—11:00 AM <u>Refresh & Recover</u> 11:15 AM—12:15 PM</p>	<p>14 <u>SMART Recovery</u> 10:00 AM—11:00 AM <u>Beyond Trauma Support Group for Women</u> 2:00 PM—3:00 PM</p>	15	<p>16 <u>Adventures in Recovery: Participant Day at the Elmwood Park Zoo</u> 10 :00 AM — 2:00 PM <i>Admission FREE for One Participant and Guest</i> Tickets available at MCRCC from 8:30 to 4:30 p.m. M-F or RSVP to Claudia Herman 215.429-1524 to receive tickets day of the event at the zoo.</p>
<p>18 <u>Medication Assisted Recovery Group (MARS) Hybrid</u> 10:00 AM—11:00 AM https://us02web.zoom.us/j/84398861751</p>	<p>19 <u>Tackle It Tuesday: Open Access Day</u> 10:00 AM—2:00 PM *Transportation available *Registration required (Apply for food stamps, benefits, resume writing, job search)</p>	<p>20 *Wellness Wednesday* <u>Guided Meditation</u> 10:00 AM—11:00 AM <u>Refresh & Recover</u> 11:15 AM—12:15 PM</p>	<p>21 <u>SMART Recovery</u> 10:00 AM—11:00 AM <u>Beyond Trauma Support Group for Women</u> 2:00 PM—3:00 PM</p>	22	23
<p>25 <u>Medication Assisted Recovery Group (MARS) Hybrid</u> 10:00 AM—11:00 AM https://us02web.zoom.us/j/84398861751</p>	<p>26 <u>Tackle It Tuesday: PennDOT Trip</u> 10:00 AM—2:00 PM *Transportation available *Registration required (Must make appointment at DMV)</p>	<p>27 *Wellness Wednesday* <u>Guided Meditation</u> 10:00 AM—11:00 AM <u>Refresh & Recover</u> 11:15 AM—12:15 PM</p>	<p>28 <u>SMART Recovery</u> 10:00 AM—11:00 AM <u>Beyond Trauma Support Group for Women</u> 2:00 PM—3:00 PM</p>	29	30



October 2021



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PROGRAM DESCRIPTIONS: ALL OF OUR PROGRAMS ARE FREE TO OUR PARTICIPANTS

Walk into any of our groups today!

SMART RECOVERY: Self Management and Recovery Training - A science-based, self-empowered addiction recovery group

Beyond Trauma Group: This peer support group is designed to help women gain insight and skills in order to better deal with any difficult and painful experiences in their lives. It has a focus on women who have experienced trauma and substance use disorder.

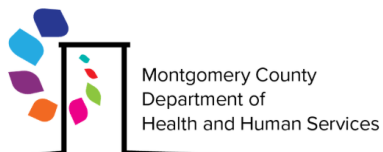
Medicated Assisted Recovery Group (MARS): This group recognizes and celebrates MAR (Medication Assisted Recovery) as a recovery path. All are welcome and discussion is based on the needs of the group as a whole.

***Wellness Wednesday*:** Wednesdays focus on the physical, mental and spiritual well-being aspects of recovery. The focus is on mindfulness through the practice of guided meditation and nutrition (learning about and trying new recipes that are healthy and tasty to provide a positive impact on the process of recovery).

Tackle It Tuesdays: On Tuesdays, one of our Certified Recovery Specialists will be available to assist registered participants with particular needs such as attending an appointment at the DMV, visiting a food pantry or getting to our center to use our Open Access computer lab. At our center, participants can work on obtaining ID's, birth certificates, food stamps, license restoration, medical insurance, doctor's appointments, Social Security, etc. Every Monday we will offer a workshop that focuses on personal budgets and credit repair. We will provide transportation for our registered participants to and from our center and to other agencies as necessary. Text Nicky Adams for more information at 610-675-4200.

MCRCC STAFF:

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Offices of Drug & Alcohol and Managed Care Solutions

PRO-ACT is hosted by The Council of Southeast Pennsylvania, Inc.; a private, non-profit 501(c)3 organization. Visit us today at www.councilsepa.org.

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