

**OPEN FOR WALK IN RECOVERY SUPPORT SERVICES!**  
**MONDAY - FRIDAY | 8:30AM-4:30PM | 601 DEKALB ST. SUITE 1 NORRISTOWN, PA 19401**  
 Use our sanitized, social distanced computer lab | Meet with a Certified Recovery Specialist  
 Connect with a support group | Apply for benefits



**JOIN OUR GROUPS AT THE CENTER OR ON ZOOM!**  
 \*Center Groups are marked as "HYBRID" Questions? Call 484-383-0802  
 Please note that all ZOOM groups will be locked 15 min. after the group start time.



<p><b>MONDAY</b></p>	<p>9am-9pm Recovery Support ZOOM Chat — <a href="https://zoom.us/j/703846091">https://zoom.us/j/703846091</a>          9am-10am Wake Up To Recovery HYBRID Group — <a href="https://zoom.us/j/870878708">https://zoom.us/j/870878708</a>          10:30am-12:30pm Gateway to Work Budget and Credit Repair HYBRID Course — <a href="https://zoom.us/j/521802079">https://zoom.us/j/521802079</a>          11:00am-12:30pm Life Skills HYBRID Course — <a href="https://zoom.us/j/460934523">https://zoom.us/j/460934523</a>          5pm-6pm SMART Recovery Group — <a href="https://zoom.us/j/82447993783">https://zoom.us/j/82447993783</a>          6:30pm-8pm SMART Friends &amp; Family *(every 3rd Monday) — <a href="https://zoom.us/j/84743408191">https://zoom.us/j/84743408191</a>          6:30pm-7:30pm Men's Recovery Peer Support Group: — <a href="https://us02web.zoom.us/j/81945025332">https://us02web.zoom.us/j/81945025332</a>          7pm-8pm Women's Recovery Support Group (Women's Group) — <a href="https://us02web.zoom.us/j/82613965391">https://us02web.zoom.us/j/82613965391</a></p>
<p><b>TUESDAY</b></p>	<p>9am-9pm Recovery Support ZOOM Chat — <a href="https://zoom.us/j/703846091">https://zoom.us/j/703846091</a>          10am - 12pm *October 5th ONLY* Volunteer Orientation — <a href="https://us02web.zoom.us/j/83105236733">https://us02web.zoom.us/j/83105236733</a>          9am - 12pm *October 19th ONLY* Group Leadership and Facilitation — <a href="https://us02web.zoom.us/j/85701764508">https://us02web.zoom.us/j/85701764508</a>          9am - 1pm *October 26th ONLY* Peer Mentor Training — <a href="https://us02web.zoom.us/j/81152574906">https://us02web.zoom.us/j/81152574906</a>          11am-12:30pm Gratitude HYBRID Group — <a href="https://zoom.us/j/780550755">https://zoom.us/j/780550755</a>          2pm-3pm Recovery Hour HYBRID Group — <a href="https://zoom.us/j/333230066">https://zoom.us/j/333230066</a>          7pm-8pm LGBTQ+ and Friends Recovery Support Group - <a href="https://zoom.us/j/87595385011">https://zoom.us/j/87595385011</a></p>
<p><b>WEDNESDAY</b></p>	<p>9am-9pm Recovery Support ZOOM Chat — <a href="https://zoom.us/j/703846091">https://zoom.us/j/703846091</a>          10:30am-12:30pm Gateway to Work HYBRID Course — <a href="https://zoom.us/j/521802079">https://zoom.us/j/521802079</a>          1pm-2:30pm MARS (Medication Assisted Recovery) HYBRID Group — <a href="https://zoom.us/j/460934523">https://zoom.us/j/460934523</a>          5pm-6:30pm Better Tomorrows — <a href="https://zoom.us/j/81736127280">https://zoom.us/j/81736127280</a></p>
<p><b>THURSDAY</b></p>	<p>9am-9pm Recovery Support ZOOM Chat — <a href="https://zoom.us/j/703846091">https://zoom.us/j/703846091</a>          10am-11am SMART Recovery HYBRID Group — <a href="https://zoom.us/j/83328769469">https://zoom.us/j/83328769469</a>          12pm-1pm Men's Recovery Group — <a href="https://us02web.zoom.us/j/87429867290">https://us02web.zoom.us/j/87429867290</a>          2pm-3pm Beyond Trauma HYBRID (Women's Group) — <a href="https://zoom.us/j/84190735125">https://zoom.us/j/84190735125</a>  <b>7:00pm—8:30pm *October 28th ONLY* Throwdown Thursday — <a href="https://us02web.zoom.us/j/89665289756">https://us02web.zoom.us/j/89665289756</a></b>          7:30-8:30pm Better Together (Family &amp; Friends Support Group) — <a href="https://zoom.us/j/91102529459">https://zoom.us/j/91102529459</a>          7pm-8:30pm G.R.A.S.P. ZOOM Group (1st Thursday of each month)— See below:</p>
<p><b>FRIDAY</b></p>	<p>9am-9pm Recovery Support ZOOM Chat — <a href="https://zoom.us/j/703846091">https://zoom.us/j/703846091</a>          10:30am-12:30pm Gateway to Work Budget and Credit Repair HYBRID Course — <a href="https://zoom.us/j/521802079">https://zoom.us/j/521802079</a>          11am-12:30pm Recovery Planning HYBRID Group — <a href="https://zoom.us/j/780550755">https://zoom.us/j/780550755</a>          1pm-2pm Dual Recovery HYBRID Group — <a href="https://zoom.us/j/82832171053">https://zoom.us/j/82832171053</a></p>
<p><b>SATURDAY</b></p>	<p>7am-3pm Recovery Support ZOOM Chat — <a href="https://zoom.us/j/703846091">https://zoom.us/j/703846091</a>          11:00am-12:00pm Fun in Recovery — <a href="https://zoom.us/j/953945404">https://zoom.us/j/953945404</a>          12pm-1:30pm MARS (Medication Assisted Recovery) Group — <a href="https://zoom.us/j/144550959">https://zoom.us/j/144550959</a></p>





## **PROGRAM DESCRIPTIONS — ALL OF OUR PROGRAMS ARE FREE TO OUR PARTICIPANTS**

**RECOVERY SUPPORT GROUP CHAT:** The Council is excited provide an all day recovery support chat group monitored by Council Certified Recovery Specialists! Drop in; Say hi; Socialize! — We are here to support you! (Anyone interested in signing up for CRS Services and attending Recovery Support Groups should drop in and speak with a Recovery Specialist anytime during these hours.)

**WAKE UP TO RECOVERY:** This group focuses on setting and achieving daily recovery goals. Each morning we give a detailed check in, and then all group members participate in an interactive worksheet activity. Some topics covered are gratitude, self-care, self-esteem building, anxiety and anger prep, and many others.

**Gateway to Work Budget and Credit Repair Group:** This group meets Monday's and Friday's. The program is designed to assist individuals in developing and maintaining a personal monthly budget. We also offer advice on how to begin the process of repairing credit. This group is facilitated by an individual with over 32 years of professional banking and finance experience.

**LIFE SKILLS:** Twelve week course providing skills needed to overcome barriers in early recovery. Topics include: Recovery 101, Relationships, Self-Esteem, Decision Making, Time Management, Credibility, Employment, Money Management, Spirituality, Sustaining Recovery, Health & Wellness, and Self Care.

**SMART RECOVERY:** Self-Management and Recovery Training. The emphasis is on "self" — your role in your recovery. It is a science - based program that helps people recovery from addictive behaviors. SMART Recovery uses techniques from Cognitive Behavioral Therapy (CBT), Rational Emotive Behavior (RBT) and Motivational Enhancement Therapy (MET, a nonconfrontational approach to helping people change their behaviors)

**MEN'S RECOVERY PEER SUPPORT GROUP:** A GROUP FOR THE MEN TO DISCUSS THEIR RECOVERY JOURNEY. THIS GROUP OFFERS A SAFE PLACE TO TALK THROUGH SOME OF THE CHALLENGES AND BARRIERS OF RECOVERY.

**WOMEN'S RECOVERY SUPPORT GROUP:** Aims to create a trusting atmosphere where women feel comfortable discussing issues unique to their recovery journey. Come share and receive encouragement, strength and hope!

**GRATITUDE GROUP:** This group offers a variety of different exercises and activities, including some material from the 'Days of Gratitude' workbook — helping you to shift your mindset to a more positive and grateful perspective!

**RECOVERY HOUR:** This support group allows each person to discuss any issues and concerns they are having with their recovery. The group is extremely supportive, non- judgmental focusing on various topics, and provides respectful feedback. Each participant is allowed to offer a topic for the day or listen as they so choose.

**LGBTQ+ AND FRIENDS:** Recovery Support Group for LGBTQ and Allies to learn to love themselves for who they are; using various activities to help embrace recovery.

**GATEWAY TO WORK:** A program designed to assist individuals who are re-entering the workforce, who require assistance in developing a functional resume, follow-up correspondence, employment etiquette (interviewing skills, appropriate clothing, etc. and job search.

**(MARS) MEDICATION-ASSISTED RECOVERY SUPPORT GROUP:** 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.

**BETTER TOMORROWS:** This support group is for anyone who has either recently, or years ago, returned from being incarcerated — and/or has a friend/relative who has returned. Everyone attending the meeting is a mentor and mentee. If you either need help or have experience with adjusting to community life, employment, legal, housing, health, and resources to allow for a positive re-entry, you are welcome to join and share your story.

**BEYOND TRAUMA (WOMEN'S GROUP):** This program is designed to help women gain insight and skills in order to better deal with any difficult and painful experience in their lives. These experiences are defined as traumatic and cause distress in the mind, the body and the spirit. It has a focus on women who have experienced trauma and substance use disorder. The program is based on a curriculum which includes a workbook. Many of the chapters and exercises are "hands-on" (tactile), along with many group activities

**BETTER TOGETHER (FAMILY SUPPORT) GROUP :** This group will offer support for family members of those who have a substance use disorder.

**G.R.A.S.P. (Grief Recovery After Substance Passing):** This support was created to help provide sources of help, compassion, and most of all, understanding for families who have lost a loved one due to substance use.

**RECOVERY PLANNING:** The purpose of this group is to teach individual goal setting. The group will share ideas for what they would like to achieve, keeping each other accountable for working on and staying focused on their goals.

**DUAL RECOVERY:** A peer-led support group, which focuses on both mental health and substance use disorders. The group provides participants a safe meeting place to discuss their mental health and addiction recovery. Join us to give and receive support!

**COFFEE & CONVERSATION:** Get your cup of coffee ready and drop in for an open discussion on all things recovery.

**Visit all of our Recovery Community Centers!**

**Call 1-800-221-6333 for more information.**

**Southern Bucks Recovery Community Center**

**Mon to Fri 9a-4:30p — Sat 10a-2p**

**Philadelphia Recovery Community Center**

**Mon 8a-4p—Tues 8a-4p—Wed 8a-4p—Thurs 8a-4p—Fri 8a-4p**

**Montgomery County Recovery Community Center**

**Mon 8:30a-4:30p—Tues 8:30a-4:30p—Wed 8:30a-4:30p—Thurs 8:30a-4:30p—Fri 8:30a-4:30p**