

Weekly Meetings

- monday All Recovery Meeting **6-7pm***
Harm Reduction Works (online only) **6-7pm**
- tuesday Tai Chi - Moving Meditation **5-6pm**
Free Yoga Class **6:30-7:30pm**
Family & Friends SMART Meeting **6:30-7:30pm**
- wednesday Al-Anon **12-1pm**
Young People's All Recovery Meeting **5-6pm**
Narcotics Anonymous **6-7:30pm**
LifeRing Secular Recovery **6:30-7:30pm**
- thursday Tai Chi - Moving Meditation **5-6pm**
Grief Support Group **6:30-7:30pm**
Medication Assisted Recovery Anonymous **8-9pm**
- friday Double Trouble Recovery **5-6pm**
SMART Recovery **6:30-7:30pm**
LGBTQ+ All Recovery Meeting **8-9pm**
- saturday Narcotics Anonymous **12-1:30pm**
Narcotics Anonymous **7-8pm**

Special Events

**An ASL interpreter can be requested for any meetings with 48 hours notice by contacting info@voicesofhopelex.org.*

Virtual Options

Zoom meetings are available at linktr.ee/recoveronline



VOICES
of **HOPE**

CALENDAR

OCTOBER 2021