

# Recovery Community Center Calendar

**Monday** Grief Support Group 6 - 7 PM

**Tuesday** Free Yoga Class 6 - 7 PM  
Alcoholics Anonymous 5 - 6 PM  
SMART Friends & Family 6:30 - 7:30 PM  
SMART Recovery 6:30 - 7:30 PM

**Wednesday** Al-Anon 12 - 1 PM  
Young People's All Recovery 5 - 6 PM  
Art Therapy Group (preregistration required) 5 - 6 PM  
No Matter What: Harm Reduction Works (online only) 6 - 7 PM  
Narcotics Anonymous 6 - 7:30 PM

**Thursday** Narcotics Anonymous - Women's Step Study 3:30 - 5:00 PM  
Adoptees Connect (May 4th) 5:30 - 7:30 PM  
Medication Assisted Recovery Anonymous 6:30 - 7:30 PM

**Friday** LGBTQ+ All Recovery (Online Only) 5 - 6 PM  
Crystal Meth Anonymous 5:30 - 6:30 PM  
SMART Recovery 6:30 - 7:30 PM

**Saturday** Narcotics Anonymous 12 - 1:30 PM  
Lazos de Amor (women only) 6:30 - 7:30 PM (May 20th)  
*\*Spanish speaking women's support group*

**Sunday** Women's Recovery Group 3 - 4 PM (May 7th)

Virtual Option [linktr.ee/recoveronline](https://linktr.ee/recoveronline)

Yoga also available on Facebook Live.

## No-Cost Services

Recovery Coaching  
Linkage to Community Resources  
Narcan Training  
Harm Reduction Resources  
Laundry Access\*  
Computer Access\*  
*\*For active coaching participants*

## Special Events

**Monday, May 15th**  
**Porky Pig Out**  
(FREE Community Meal)  
4 - 5:30 PM

**Wednesday, May 24th**  
**FREE HIV/Hep C Testing**  
(Provided by Target 4 Project)  
4 - 7:30 PM

**Monday, May 29th**  
**Memorial Day**  
Center closed

\*An ASL interpreter can be requested for any meeting with minimum 48 hours notice by contacting [david@voicesofhopelex.org](mailto:david@voicesofhopelex.org)



# May 2023

*\*Schedule subject to change.  
Follow us on Facebook/Instagram for important announcements.*

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