



# SEPTEMBER 2020



## SOUTHERN BUCKS RECOVERY COMMUNITY CENTER

**NOW OPEN!** (At limited capacity, with masks and social distancing required.)

Mon 9a-8p—Tues 9a-4:30p—Wed 9a-8p—Thurs 9a-8p—Fri 9a-4:30p—Sat 10a-2p

|                  |  |
|------------------|--|
| <b>MONDAY</b>    | <p>9am-9pm Recovery Support ZOOM Chat — <a href="https://zoom.us/j/703846091">https://zoom.us/j/703846091</a></p> <p>9:30am-10:30am Coffee &amp; Conversation ZOOM Group — <a href="https://zoom.us/j/953945404">https://zoom.us/j/953945404</a></p> <p>11am-12:30pm Men's ZOOM Group — <a href="https://zoom.us/j/780550755">https://zoom.us/j/780550755</a></p> <p>1pm-2:30pm Living in Recovery ZOOM Group — <a href="https://zoom.us/j/460934523">https://zoom.us/j/460934523</a></p> <p>6pm-7pm Understanding Recovery ZOOM Group — <a href="https://zoom.us/j/99014525842">https://zoom.us/j/99014525842</a></p>   |
| <b>TUESDAY</b>   | <p>9am-9pm Recovery Support ZOOM Chat — <a href="https://zoom.us/j/703846091">https://zoom.us/j/703846091</a></p> <p>9:30am-10:30am Coffee &amp; Conversation ZOOM Group — <a href="https://zoom.us/j/953945404">https://zoom.us/j/953945404</a></p> <p>11am-12:30pm Gratitude ZOOM Group — <a href="https://zoom.us/j/780550755">https://zoom.us/j/780550755</a></p> <p>1pm-2:30pm Stress off your Chest ZOOM Group — <a href="https://zoom.us/j/460934523">https://zoom.us/j/460934523</a></p>   |
| <b>WEDNESDAY</b> | <p>9am-9pm Recovery Support ZOOM Chat — <a href="https://zoom.us/j/703846091">https://zoom.us/j/703846091</a></p> <p>9:30am-10:30am Coffee &amp; Conversation ZOOM Group — <a href="https://zoom.us/j/953945404">https://zoom.us/j/953945404</a></p> <p>11am-12:30pm Wellness Wednesday ZOOM Group — <a href="https://zoom.us/j/780550755">https://zoom.us/j/780550755</a></p> <p>1pm-2:30pm MARS ZOOM Group — <a href="https://zoom.us/j/460934523">https://zoom.us/j/460934523</a></p>   |
| <b>THURSDAY</b>  | <p>9am-9pm Recovery Support ZOOM Chat — <a href="https://zoom.us/j/703846091">https://zoom.us/j/703846091</a></p> <p>9:30am-10:30am Coffee &amp; Conversation ZOOM Group — <a href="https://zoom.us/j/953945404">https://zoom.us/j/953945404</a></p> <p>11am-12:30pm Women's ZOOM Group — <a href="https://zoom.us/j/780550755">https://zoom.us/j/780550755</a></p> <p>1pm-2:30pm Understanding Recovery ZOOM Group — <a href="https://zoom.us/j/460934523">https://zoom.us/j/460934523</a></p> <p>7:30-8:30pm Better Together (Family &amp; Friends Support Group) — <a href="https://zoom.us/j/91102529459">https://zoom.us/j/91102529459</a></p> <p>7pm-8:30pm G.R.A.S.P. ZOOM Group <b>(1st &amp; 3rd Thursdays of each month)</b> — See below:<br/> <b>September 3rd</b> — <a href="https://zoom.us/j/95298982705?pwd=T1lWaTVdN0kxbXNWSEYOWQzWWRhdz09">https://zoom.us/j/95298982705?pwd=T1lWaTVdN0kxbXNWSEYOWQzWWRhdz09</a><br/> <b>September 17th</b> — <a href="https://zoom.us/j/95840272795?pwd=MnVrTTE0Z0FncUUzc1VZVnRzTzZldz09">https://zoom.us/j/95840272795?pwd=MnVrTTE0Z0FncUUzc1VZVnRzTzZldz09</a></p> |
| <b>FRIDAY</b>    | <p>9am-9pm Recovery Support ZOOM Chat — <a href="https://zoom.us/j/703846091">https://zoom.us/j/703846091</a></p> <p>9:30am-10:30am Coffee &amp; Conversation ZOOM Group — <a href="https://zoom.us/j/953945404">https://zoom.us/j/953945404</a></p> <p>11am-12:30pm Recovery Planning ZOOM Group — <a href="https://zoom.us/j/780550755">https://zoom.us/j/780550755</a></p> <p>2:30pm-3:30pm Relax and Recover ZOOM Group — <a href="https://zoom.us/j/96921594568">https://zoom.us/j/96921594568</a></p>  |
| <b>SATURDAY</b>  | <p>7am-3pm Recovery Support ZOOM Chat — <a href="https://zoom.us/j/703846091">https://zoom.us/j/703846091</a></p> <p>12pm-1:30pm MARS ZOOM Group — <a href="https://zoom.us/j/144550959">https://zoom.us/j/144550959</a></p>   |

Please visit our Facebook pages

<https://www.facebook.com/groups/SBRCC/> & <https://www.facebook.com/TheCouncilSEPA>

for all event information during NATIONAL RECOVERY MONTH, including Recovery Walks! 2020



# SEPTEMBER 2020



## SOUTHERN BUCKS RECOVERY COMMUNITY CENTER

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

**RECOVERY SUPPORT GROUP CHAT:** The Council is excited to be able to 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.)

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

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

**MEN'S GROUP:** This group is for the guys! Men are able to offer support for other men in recovery.

**WOMEN'S GROUP:** This group is for the gals! Women are able to offer support for other women in recovery.

**LIVING IN RECOVERY:** This group provides support, education, and direction on how to live a new way of life in recovery.

**STRESS OFF YOUR CHEST:** Discussion identifying sources of stress and learning practical tools to cope. This group offers a safe place to talk through some of the challenges and barriers of recovery.

**UNDERSTANDING RECOVERY:** Participants will be provided education on stage of change and have discussions on their ability to accept where they are at in the recovery process.

**(MARS) MEDICATION-ASSISTED RECOVERY SUPPORT GROUP:** This group recognizes and celebrates MAT as a recovery path. All are welcome and discussion is based on the needs of the group as a whole.

**GRATITUDE GROUP:** This group offers exercises in the 'Days of Gratitude' material — reminding us the glass is half full!

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

**WELLNESS WEDNESDAY:** This group will cover various areas of overall health — including physical, mental, & spiritual.

**RELAX AND RECOVER:** Join us for a variety of fun & interactive games and activities!

**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.

