



HOPE - Berlin Recovery Community Center

823 Main Street, Berlin, NH 03570 • 603.752.9900

Mon, Wed, Fri, 9am – 7pm • Tue, & Thu 9am - 5pm

Weekly Meetings and Groups

Monday:

10:00-11:00am All Recovery
11:00-11:45pm Alternative Recovery -
Mindfulness/Meditation
12:00-1:00pm AA - Big Book discussion

Tuesday:

10:00-11:00am All Recovery
12:00-1:00pm AA - Topic/discussion
3:00-4:30pm Arts in Recovery

Wednesday:

10:00-11:00am Emotions Anonymous
12:00-1:00pm AA - 12 step discussion
3:00-4:00pm Alternative Recovery -
Mindfulness/Meditation
5:00-6:00pm Family Resource Center
Parenting Class

Thursday:

10:00-11:00pm Emotions Anonymous
12:00-1:00pm AA - Topic/discussion
3:00-4:30pm Crafting/DIY creative projects

Friday:

10:00-11:00am Emotions Anonymous
12:00-1:00pm AA - Topic/discussion
2:00-3:00pm Life Skills
3:30-5:30pm DAA Club
5:00-6:45pm Ted talk, Dinner and Discussion

DAA: Drug and Alcohol Awareness WHERE YOU CAN:

* Make friends * Be part of the discussion * Learn positive living skills * Make a difference in your community * Get community service hours * Have fun

For teens ages 12 to 17

Alcoholics Anonymous (AA) Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking.

Emotions Anonymous (EA) An international fellowship of men and women who desire to improve their emotional wellbeing. EA members come together in weekly meetings to work toward recovery from any emotional difficulties. EA members are of diverse ages, races, economic status, social and educational backgrounds. The only requirement for membership is a desire to become well emotionally.

All Recovery Meetings are based on the philosophy that people from every addiction recovery pathway have much in common and can benefit from sharing together. These meetings offer a place where people can share their recovery experiences, with an emphasis on the hope and healing of recovery and how recovery has changed our lives.

Life Skills An introduction to building skills in early recovery. Goal setting, listening to and controlling your emotions, communication skills, changes and transitions, stress reduction, workplace skills and many more useful skills

Revised 1/14/19

If you are interested in starting a meeting, please reach out to our Center Manager