



# HOPE - Manchester Recovery Community Center

293 Wilson Street, Manchester, NH 03103 • 603.935.7524  
Monday-Friday 9:00am – 9:00pm • Weekends Noon - 7:00pm

## Weekly Meetings and Groups

### Monday:

9:30-10:30am AA Daylight Sobriety  
11:00-12:00pm Grandparents Raising Grandchildren  
12:00-1:00pm NA Serenity For Lunch  
1:00-12:45pm Yoga with Genny  
2:00-3:00pm All Recovery Meeting  
5:30-7:00pm Open Art Studio & Guided Groups  
6:00-7:00pm Gamblers Anonymous  
6:00-7:00pm NA Sisters with Hope (Womens Grp)  
6:00-7:00pm SMART Recovery

### Tuesday:

9:30-10:30am AA Daylight Sobriety  
10:30-12:00pm Ear Accupuncture  
12:00-1:00pm NA Serenity For Lunch  
2:00-4:00pm Oasis Recovery Centers  
2:00-3:00pm All Recovery Meeting  
2:00-3:00pm New Life Support Group (Faith based)  
4:00-5:00pm Anger & Emotion Management Group  
5:00-6:00pm Refuge Recovery (Buddhist based)  
5:00-8:00pm Yarn Circle  
6:00-7:00pm SMART Recovery  
6:00-7:30pm AA Open Door Meeting (LGBTQ)  
6:30-7:30pm The Universal Church (Christian Svcs)  
7:00-8:15pm Men's NA Meeting  
7:30-8:45pm Heroin Anonymous

### Wednesday:

9:30-10:30am AA Daylight Sobriety  
12:00-1:00pm NA Serenity For Lunch  
1:15-2:00pm Mindfulness: Stress LESS (1st & 3rd Wed)  
2:00-2:45pm Women's Yoga with Genny  
2:00-3:00pm All Recovery Meeting  
6:00-7:00pm SMART Recovery  
6:00-7:00pm MA Marijuana Anonymous  
6:00-7:30pm Family Support Group (F.A.S.T.E.R.)  
6:30-8:00pm Al Anon District Meeting (2nd Wed )  
7:30-8:30pm Young Peoples Big Book

### Thursday:

9:30-10:30am AA Daylight Sobriety  
10:30-11:15am Meditation  
12:00-1:00pm NA Serenity For Lunch  
12:30-1:30pm Massage Therapy  
2:00-3:00pm All Recovery Meeting  
5:30-7:30Ppm Hope Ensemble (Closed Group)  
6:00-7:00pm SMART Recovery  
6:00-7:00pm You're Not Alone (Sex & Love Anonymous)  
6:00-7:00pm First 164 (Big Book study, beginner mtg)  
7:00-8:00pm Debtors Anonymous  
7:00-8:30pm Al-Anon Step Study Group  
8:00-9:00pm Refuge Recovery

### Friday:

9:30-10:30am AA Daylight Sobriety  
12:00-1:00pm NA Serenity For Lunch  
2:00-3:00pm All Recovery Meeting  
4:00-5:00pm 3 Principles (Recovery & Life issues)  
6:00-7:00pm SMART Recovery  
7:00-8:00pm Heroin Anonymous

### Saturday:

1:00-2:00pm All Recovery Meeting  
2:00-3:00pm Refuge Recovery  
4:00-6:00pm The Universal Church (Christian Svcs)  
6:00-7:00pm Journey through the Big Book (Womens Mtg)  
6:00-7:00pm NA Meeting  
6:00-7:00pm 12&12 Big Book Step Study  
7:30-10:30pm Sicker Than Most Show (3rd Sat/month)

### Sunday:

10:00-12:00pm King's Cross Church  
12:30-1:30pm Moms in Recovery (Children 0-4 welcome)  
2:00-3:00pm AA Square Peg  
3:00-4:00pm 3 Principles  
4:00-5:00pm All Recovery Meeting  
4:00-6:00pm Universal Church

Revised 1/14/19

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

## Meeting Descriptions:

**Alcoholics Anonymous (AA)** 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.

**Narcotics Anonymous (NA)** A nonprofit fellowship or society of men and women for whom drugs had become a major problem. We are recovering addicts who meet regularly to help each other stay clean. This is If you are interested in starting a meeting, please reach out to our Center Manager a program of complete abstinence from all drugs. There is only one requirement for membership, the desire to stop using. We suggest that you keep an open mind and give yourself a break. Our program is a set of principles written so simply that we can follow them in our daily lives. The most important thing about them is that they work.

**Marijuana Anonymous (MA)** A fellowship of people who share our experience, strength, and hope with each other that we may solve our common problem and help others to recover from marijuana addiction. Marijuana Anonymous uses the basic 12 Steps of Recovery founded by Alcoholics Anonymous because it has been proven that the 12 Step Recovery program works!

**Heroin Anonymous (HA)** A non-profit fellowship of men and women who have found a solution to heroin addiction. HA is a fellowship of complete abstinence from all drugs and alcohol. We are recovered heroin addicts who meet regularly to help each other stay sober. The only requirement for membership is a desire to stop suffering from heroin addiction.

**SMART Recovery** Is the leading self-empowering addiction recovery support group. Our participants learn tools for addiction recovery based on the latest scientific research and participate in a worldwide community which includes free, self-empowering, science-based mutual help groups.

The SMART Recovery 4-Point Program® helps people recover from all types of addiction and addictive behaviors, including drug abuse, drug addiction, substance abuse, alcohol abuse, gambling addiction, cocaine addiction, prescription drug abuse, sexual addiction, and problem addiction to other substances and activities.

**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

**A Faith-Based Group** may be defined as a group of individuals united by religious or spiritual beliefs. Traditionally, faith-based organizations have directed their efforts toward meeting the spiritual, social, and cultural needs of their members. Religious and spiritual outlets can serve as a stabilizing and motivating force for many. Cultivating and nurturing the spirituality of a person is a proven way to help reawaken or develop a moral and ethical foundation.

**Refuge Recovery** Is a mindfulness-based addiction recovery community that practices and utilizes Buddhist philosophy as the foundation of the recovery process. Drawing inspiration from the core teachings of the Four Noble Truths, the emphasis is placed on both knowledge and empathy as a means for overcoming addiction and its causes. Those struggling with any form of addiction greatly benefit when they are able to understand the suffering that addiction has created while developing compassion for the pain they have experienced. We hope to meet you on the path.

**Adult Children Of Alcoholics (ACOA)** The term “adult child” is used to describe adults who grew up in alcoholic or dysfunctional homes and who exhibit identifiable traits that reveal past abuse or neglect. The group includes adults raised in homes without the presence of alcohol or drugs. These ACA members have the trademark presence of abuse, shame, and abandonment found in alcoholic homes.

**Al-Anon** Family Group meetings friends and family members of problem drinkers share their experiences and learn how to apply the principles of the Al-Anon program to their individual situations. They learn they are not alone in the problems they face, and that they have choices that lead to greater peace of mind, whether the drinker continues to drink or not. Younger family members and friends attend Alateen meetings.

**Gamblers 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 a gambling problem.

### 3 Principles of Mind, Consciousness, & Thought

The first Principle is Thought – our life is just a series of thoughts, one after the other, created by ourselves. Thought happens first, we make it up, it gives us a corresponding feeling, and we act on it, as if it’s real, it looks real to us, but it’s not, it’s just a thought.

The second principle is that of Consciousness. Thoughts are bubbling up all the time, the Principle of Consciousness brings awareness of thought to the senses so we have a human experience of it.

The third Principle is that of Mind – the energy behind everything. It is everything that we can’t see, the formless intelligence that provides us with ongoing wisdom.