



**Meeting Descriptions:**

**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**

**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
- 1:30-2:30pm Writing Class
- 6:00-7:00pm NA Meeting

**Tuesday:**

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

**Wednesday:**

- 11:00-12:00pm Emotions Anonymous
- 12:00-1:00pm AA - 12 step discussion
- 3:00-4:00pm Alternative Recovery - Mindfulness/Meditation
- 6:00-7:00pm NA Meeting

**Thursday:**

- 11:00-12:00pm Emotions Anonymous
- 12:00-1:00pm AA - Topic/discussion
- 2:00-3:00pm Never too Late
- 3:00-4:30pm Crafting/DIY creative projects

**Friday:**

- 11:00-12:00pm Emotions Anonymous
- 12:00-1:00pm AA - Topic/discussion
- 2:00-3:00pm Life Skills
- 3:30-5:00pm DAA Club
- 3:30-5:00pm Young Parents in Recovery

**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

**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 a program of complete abstinence from all drugs. There is only one requirement for membership, the desire to stop using.

Revised 3/12/19

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

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