



Manchester

293 Wilson St. Manchester, NH 03103
603.935.7524

Weekdays 9 am - 9 pm -- Weekends Noon - 7 pm

Monday:

9:30-10:30am AA Daylight Sobriety
11:00-12:00pm Grandparents Raising Grandchildren
12:00-1:00pm NA Serenity For Lunch
1:00-1:45pm Yoga with Genny
2:00-3:00pm All Recovery Meeting
5:30-7:00pm Open Art Studio & Guided Groups
6:00-7:00pm Bible Study
6:00-7:00pm NA Sisters with Hope (Womens Grp)
6:00-7:00pm SMART Recovery
7:15-8:17pm 3 Principles (Recovery & Life issues)
7:30-9:00pm Closed group

Tuesday:

9:30-10:30am AA Daylight Sobriety
10:00-11:00am Closed group
10:30-12:00pm Ear Accupuncture
12:00-1:00pm NA Serenity For Lunch
2:00-3:00pm All Recovery Meeting
2:00-3:00pm Got Jesus?
2:00-4:00pm Oasis Recovery Centers
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 Hope Improv Theater Group
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
12:30-1:30pm Cranial Massage
2:00-3:00pm All Recovery Meeting
5:30-7:30pm Connect with Planned Parenthood
6:00-7:00pm Connect with Planned Parenthood
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
12:00-1:00pm NA Serenity For Lunch
1:30-2:30pm Introduction to Songwriting
2:00-3:00pm All Recovery Meeting
3:00-4:00pm The Dos & Don'ts of Recovery
Housing
Hope Ensemble
5:00-7:00pm Alcohol Ink Art class (2nd & 4th Thurs)
5:30-7:00pm SMART Recovery
6:00-7:00pm You're Not Alone (Sex & Love Anonymous)
6:00-7:00pm First 164 (Big Book study, beginner mtg)
6:00-7:00pm Debtors Anonymous
7:00-8:00pm Al-Anon Step Study Group
7:00-8:30pm Refuge Recovery
8:00-9:00pm

Friday:

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

Saturday:

1:00-2:00pm All Recovery Meeting
2:00-3:00pm Refuge Recovery
4:00-5:00pm FUBAR - All Recovery for Veterans
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.)

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

Revised 3/12/19

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.

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.

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.

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 Al-a-teen meetings.

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.