

# Hope -Manchester Meeting List



293 Wilson St, Manchester NH 03103 • 603.935.7524 ••• Weekdays 9-9 • Weekends 12-7

## Monday:

9:30-10:30am AA "Daylight Sobriety"  
9:30-10:30am SMART Recovery  
10:30-11:30am Info on Prenatal Services with Gabi  
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  
6:00-7:00pm Bible Study  
6:00-7:00pm SMART Recovery  
6:00-7:15pm NA "Sisters with Hope" (Women)  
7:00-8:00pm Dual-Diagnosis Support Group  
7:30-8:30pm Recovery-general "For the people,  
by the people"  
7:30-9:00pm Private meeting

## Tuesday:

9:30-10:30am AA "Daylight Sobriety"  
9:30-10:30am SMART Recovery  
10:00-11:00am Private meeting  
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  
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"  
9:30-10:30am SMART Recovery  
12:00-1:00pm NA "Serenity For Lunch"  
12:30-1:30pm Cranial Massage  
2:00-3:00pm All Recovery Meeting  
4:00-5:00pm "Love Stepped In" All Recovery-LGBTQ  
5:30-7:30pm Connect with Planned Parenthood  
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.)  
6:30-7:30pm Info on Prenatal Services with Gabi  
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"  
9:30-10:30am SMART Recovery  
12:00-1:00pm NA "Serenity For Lunch"  
2:00-3:00pm All Recovery Meeting  
5:00-7:00pm Hope Ensemble  
5:30-7:00pm Open Art Studio  
6:00-7:00pm SMART Recovery  
6:00-7:00pm "First 164" (Big Book study beginners mtg)  
7:00-8:00pm Debtors Anonymous  
7:00-8:30pm Mixed Media/Junk Art Class (3rd Thurs)  
7:00-8:30pm Al-Anon Step Study Group  
7:15-8:00pm AA "Children of Chaos"  
8:05-9:00pm Sexual Recovery Anonymous

## Friday:

9:30-10:30am AA "Daylight Sobriety"  
9:30-10:30am SMART Recovery  
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  
3:30-4:30pm Intro to the 3 Principles  
5:00-6:00pm SMART Recovery  
6:00-7:00pm Women's Journey through the Big Book  
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  
1:00-2:00pm "Love Stepped In" All Recovery-LGBTQ  
3:00-4:00pm 3 Principles  
4:00-5:00pm All Recovery Meeting  
5:00-6:00pm SMART Recovery  
5:00-7:00pm Private meeting 2nd Sunday/month  
6:00-8:00pm Game Night w/King's Cross (4<sup>th</sup> Sun)

## 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 <sup>desire</sup> 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

**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.

**AI-Anon** Family Group meetings friends and family members of problem drinkers share their experiences and learn how to apply the principles of the AI-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 AI-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.

**For the People, by the People** is a general recovery group. This is a very loose format meeting that explores all networks – all pathways to recovery.

**Faith-Based Groups** 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.

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