



HOPE - Berlin Recovery Community Center

823 Main Street, Berlin, NH 03570 • 603.752.9900

Monday, Wednesday & Friday 9am – 7pm •

Tuesdays - Thursdays 9am - 5pm •

Weekly Meetings and Groups

Monday:

10:00-11:00am	All Recovery
11:00-11:45am	Alternative Recovery - Mindfulness/Meditation
12:00-1:00pm	AA - Topic/discussion
1:30 – 2:30pm	Creative Writing
7:00-8:00pm	NA -Speaker discussion

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 - Topic/discussion
3:00-4:00pm	Alternative Recovery - Mindfulness/Meditation
7:00-8:00pm	NA - 12 step

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
3:00-5:00pm	Game Haven

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.

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.

Narcotics Anonymous (NA): A fellowship 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 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.

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.

Never too Late: Meetings for parents and grandparents of those with substance use disorder who are in recovery themselves. 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 and mended our relationships with our children and families.

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.

Young Parents in Recovery: Meetings for parents in recovery that provides for and welcomes the attendance of children. 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 and positively impacted our parenting.

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**

Game Haven: New Program for youth interested in playing Dungeons and Dragons, Magic: The Gathering, Pokemon, chess, cards, checkers and video games. Community Connection is the best source of prevention there is so join our gaming community throughout the summer on Friday afternoons for some safe fun!
For teens ages 10 to 15

Revised 8/2/19

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