



## Weekly Meetings & Groups

### Monday:

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  
 6:00-7:00pm Bible Study  
 6:00-7:00pm SMART Recovery  
 6:00-7:15pm NA "Sisters with Hope" (Women)

### Tuesday:

9:30-10:30am AA "Daylight Sobriety"  
 9:30-10:30am SMART Recovery  
 10:00-11:00am Closed Group  
 10:00-12:00pm Anthem Information Table (2<sup>nd</sup> Tues/Mo)  
 10:30-11:30am Prenatal Information wGabi (2<sup>nd</sup> & 4<sup>th</sup> Tues)  
 9:30-12:00pm Ear Acupuncture/Manch. Acupuncture Studio  
 12:00-1:00pm NA "Serenity For Lunch"  
 2:00-3:00pm All Recovery Meeting  
 2:00-3:00pm Got Jesus?  
 4:00-5:00pm Anger & Emotion Management Group  
 5:00-6:00pm Recovery Dharma "Out of the Mud"  
 6:00-7:00pm SMART Recovery  
 6:00-7:30pm AA "Open Door" (LGBTQ)  
 6:30-7:30pm The Universal Church (Christian Svcs)  
 7:00-8:00pm "Two Challenges, One Solution" (DTR)  
 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  
 10:00-12:00pm Rock Painting with Michael  
 12:00-1:00pm NA "Serenity For Lunch"  
 12:30-1:30pm Cranial Massage  
 2:00-3:00pm All Recovery Meeting  
 6:00-7:00pm SMART Recovery  
 6:00-7:30pm Family Support Group (F.A.S.T.E.R.)  
 6:30-8:00pm Al Anon District Meeting (2nd Wed )  
 7:15-8:45pm Seeking the Great Mystery  
 7:30-8:30pm Young People's 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  
 6:00-7:00pm SMART Recovery  
 6:00-7:00pm "First 164" (AA BB study beginners mtg)  
 7:00-8:00pm Debtors Anonymous  
 7:15-8:45pm Foster Family Education & Support (3<sup>rd</sup> Thu)  
 7:30-8:45pm Recovery Dharma "Out of the Mud"

### 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  
 5:00-6:00pm AA "1-2-3 Big Book"  
 6:00-7:00pm SMART Recovery  
 6:00-7:00pm Closed Group (Blueprint Recovery Alumni)  
 7:00-8:00pm Heroin Anonymous

### Saturday:

3:15-4:15pm Parents in Recovery  
 3:15-4:30pm Recovery Dharma "Out of the Mud"  
 5:00-6:30pm SMART Recovery  
 6:00-7:00pm NA Meeting  
 6:00-7:00pm 12 & 12 Big Book Step Study  
 7:15-8:15pm MTC 3 Principles (1<sup>st</sup>, 2<sup>nd</sup>, and 4<sup>th</sup> Sat)  
 7:00-9:00pm Board Game Night (2<sup>nd</sup> Sat)  
 7:30-10:30pm Sicker Than Most Show (3<sup>rd</sup> Sat)

### Sunday:

10:00-12:00pm King's Cross Church  
 1:00-2:00pm Getting Out of Your Head (writing)  
 3:00-4:00pm Universal Principles—Recovery Group  
 4:00-5:00pm All Recovery Meeting  
 5:00-6:30pm SMART Recovery  
 5:00-7:00pm Private meeting 2nd Sun/mo

Revised 2-27-20

## Meeting Descriptions

\*If you are interested in starting a meeting, please reach out to our staff.

\*\*OPEN ART STUDIO – Every Day! Stop in and make art for us to display or take it home with you! No skills required - just come try!

---

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

---

**Heroin Anonymous (HA)** is 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 & 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** 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, 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

---

**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/ spiritual outlets can serve as a stabilizing and motivating force for many.

---

**3 Principles of Mind, Consciousness, & Thought:** First is Thought - 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. Second is Consciousness - bringing awareness of thought to the senses, so we have a human experience of it. Third is Mind – the energy behind everything that provides us with ongoing wisdom.

---

**Recovery Dharma** is a peer-led movement using Buddhist practices and principles to overcome addiction through meditation, self-inquiry, and community. The intention and purpose of this group is to support people's recovery and to discuss ideas and questions directly related to using the Four Noble Truths, the Eightfold Path, and the Five Precepts to recover from addictions of all kinds.

---

**Two Challenges, One Solution**, a Double Trouble in Recovery (DTR) meeting, is a Twelve Step fellowship of men and women who share their experience, strength and hope with each other so that they may solve their common problems and help others to recover from their particular addiction(s) and manage their mental disorder(s).

---

**Parents in Recovery Group** is open to all parents who are in recovery and those who are currently struggling. Talk with, share experiences, and gain support from other parents in the community.

---

**Foster Family Education & Support Group** is designed to give foster parents and relative caregivers, whose placements are in care due to substance misuse, a place to learn about addiction mentorship strategies and to find support.

---

**Seeking the Great Mystery** is for anyone interested in the many faceted aspects of the "Great Mystery" of philosophical inquiry, esoteric mysticism, and chaos magick.

---

**Universal Principles—Recovery Group** is an All Recovery meeting focused on alternatives to the 12 steps.