

# Weekly Meetings

- monday All Recovery Meeting **6-7p**  
Harm Reduction Works (online only) **6-7pm**  
Mindfulness Meditation **7-8pm**
- tuesday Tai Chi - Moving Meditation **5-6**  
Free Yoga Class **6:30-7:30pm**  
Family & Friends SMART Meeting **6:30-7:30pm**
- wednesday AI-Anon **12-1pm**  
SMART Recovery **12-1pm**  
Young People's All Recovery Meeting **5-6pm**  
LifeRing Secular Recovery **6:30-7:30pm**
- thursday Tai Chi - Moving Meditation **5-6pm**  
Grief Support Group **6:30-7:30pm**  
Medication Assisted Recovery Anonymous **8-9pm**
- friday SMART Recovery **6:30-7:30pm**  
LGBTQ+ All Recovery Meeting **8-9pm**
- saturday Narcotics Anonymous **7:00-8:30pm**

## Special Events

### Meeting Changes

Mindfulness Meditation moves to Mondays!

Free HIV/Hep C testing June 2nd  
4pm-8pm no appointment needed!

### Save the Date

Overdose Awareness Day Is Aug 28th. If you are interested in volunteering, please send an email to [lindy@voicesofhopelex.org](mailto:lindy@voicesofhopelex.org)

## Virtual Options

Zoom meetings are available at [linktr.ee/recoveronline](https://linktr.ee/recoveronline)



**VOICES**  
*of* **HOPE**

**CALENDAR**  
**JUNE 2021**