

Weekly Meetings

- monday All Recovery Meeting **6-7pm**
Harm Reduction Works (online only) **6-7pm**
- tuesday Tai Chi - Moving Meditation **5-6pm**
Free Community Yoga Class **6:30-7:30pm**
Family & Friends SMART Meeting **6:30 - 7:30pm**
- wednesday Al-Anon **12-1pm**
SMART Recovery **12-1pm**
Young People's All Recovery Meeting **5-6pm**
LifeRing Secular Recovery **6:30-7:30pm**
Mindfulness Meditation **8-9pm**
- 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**
- Saturday Narcotics Anonymous **7:00-8:30pm**

Special Events

Ice Cream Social

April 5th @ 5:00pm (before All Recovery Meeting)

Recovery Comedy Night w/ Zane Helberg

April 28th @ 7:09 via Zoom <https://us02web.zoom.us/j/84656496982>

Overdose Response Training

April 21st @ 6:00pm

In-Person or register to attend online at https://us02web.zoom.us/webinar/register/WN_RkEBHEunTnONZ5YvTbj7MQ

Virtual Options

Zoom meetings are available at linktr.ee/recoveronline



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of **HOPE**

CALENDAR
APRIL 2021