

# Weekly Groups & Meetings

sunday Recovery Dharma **3:30-5pm**

monday Men's All Recovery Meeting **6-7:30pm**  
Parents of Addicted Loved Ones (PAL) **6-7:30pm**  
Recovery Dharma **6:30-8pm**  
Alcoholics Anonymous **8-9pm**

tuesday SMART Recovery Friends & Family Group **6:30-7:30pm**  
Free Community Yoga Class **6:30-7:30pm**  
Secular Alcoholics Anonymous **6:30-7:30pm**  
Crystal Meth Anonymous (CMA) **8-9pm**

wednesday Women's Step Study **6-7:30pm**  
Young Adult All Recovery Meeting **6:30-7:30pm**  
Peer Support Support Group **6:30-7:30pm**  
Alcoholics Anonymous **8-9pm**

thursday Women's Bible Study **4:30-6pm**  
Free Community Yoga Class **6:30-7:30pm**  
Milestones Grief Support Group **7-8pm**  
Narcotics Anonymous **7-8:30pm**

friday SMART Recovery **6:30-7:30pm**  
Alcoholics Anonymous **8-9pm**

saturday Recovery Dharma **3:30-5pm**  
Alcoholics Anonymous **8-9pm**

## New in October

Adoptees in Recovery  
**Weds. October 2 • 7:45-9pm**

## Special Events

**Women's Ballroom Dancing**  
**Thurs. October 10 • 5:30-6:30pm**

**Sober Football Party**  
UK vs Arkansas  
**Sat. October 12 • Time TBA**

**Learn How to Save a Life**  
Overdose Response Training  
**Weds. October 30**  
**5:30-7pm**



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

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**OCTOBER 2019**