

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 Al-Anon **12-1pm**
Young People's All Recovery Meeting **5-6pm**
Narcotics Anonymous **6:00-7:30pm** 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 **12:00-1:30pm**
Narcotics Anonymous **7:00-8:30pm**

Special Events

Meeting Changes

Mindfulness Meditation moves to Mondays!

You Are Rise Up program will meet every Friday in July starting July 9th! See website for more information.

Save the Date

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

Virtual Options

Zoom meetings are available at linktr.ee/recoveronline

CALENDAR
JULY 2021

