

Weekly Meetings

- monday All Recovery Meeting **6-7p***
Harm Reduction Works (online only) **6-7pm**
- 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**
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**
LGBTQ+ All Recovery Meeting **8-9pm**
- saturday Narcotics Anonymous **7:00-8:30pm**

Special Events

Meeting Changes

LGBTQ+ All Recovery starts this month on Friday evenings

Yoga is back for in-person attendance!

Ice Cream Social

Join us on Friday May 7th at 7:30pm for an ice cream social before our new LGBTQ+ All Recovery meeting

Save the Date

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

*Office will be closed May 31st!

Virtual Options

Zoom meetings are available at linktr.ee/recoveronline



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CALENDAR
MAY 2021