

(518)480-5499

Hope & Healing

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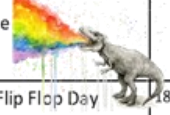






2 Maple St/Hudson Falls/NY 12839

8am-4pm

4pm-8pm

4pm-8pm

4pm-8pm

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
			1 4pm Refuge Recovery (C) 5.30pm Rewired (C) -Healthy Living- 7pm HA (H) 7pm NarAnon (V)	2 By Appointment	3 4pm Crafting Corner (C) -Rainbow Seed Balls- 6pm All Recovery Meeting (H)	Restorative Recovery 
CHANGES! TEA Time is now Tues 6pm						
5 Restorative Recovery	6 8.30am Meditation & Energy Flow (C) -gentle postures- 12pm Friends & Family Workshop (H) 1.30pm Parent Power (C) -Feelings & Needs- 	7 4pm Dual Recovery (H) 5.30pm One Recovery (H) 6pm Teen Empowerment (C) 7pm We Recover Together (H) Recovery Coach Academy	8 4pm Refuge Recovery (C) 5.30pm Rewired (C) -Healthy Living- 7pm HA (H) 7pm NarAnon (V)	9 By Appointment	10 National Movie Night 4pm Crafting Corner (C) -Pour Paining- 6pm All Recovery Meeting (H) 7.30pm Movie 	11
12	13 8.30am Meditation & Energy Flow (C) -zen garden- 12pm Friends & Family Workshop (H) 1.30pm Parent Power (C) -Communication-	14 Flag Day  4pm Dual Recovery (H) 5.30pm One Recovery (H) 6pm Teen Empowerment (C) 7pm We Recover Together (H) RCA	15 4pm Refuge Recovery (C) 5.30pm Rewired (C) -Nutrition- 7pm HA (H) 7pm NarAnon (V)	16 By Appointment	17 National Flip Flop Day  4pm Crafting Corner (C) -Melted Crayon Art- 6pm All Recovery Meeting (H) Flip Flops & Free Store! 	18 Free Store
19 	20 8.30am Meditation & Energy Flow (C) -meditative journaling- 12pm Friends & Family Workshop (H) 1.30pm Parent Power (C) -Problem Solving-	21 Happy Summer! 4pm Dual Recovery (H) 5.30pm One Recovery (H) 6pm Teen Empowerment (C) 7pm We Recover Together (H) RCA	22 4pm Refuge Recovery (C) 5.30pm Rewired (C) -Nutrition- 7pm HA (H) 7pm NarAnon (V)	23 By Appointment	24 4pm Crafting Corner (C) -DIY Wreaths- 6pm All Recovery Meeting (H)	25 Fishing!
26	27 National HIV Testing Awareness Day 8.30am Meditation & Energy Flow (C) -Guided Meditation- 10.30pm Yoga/Y12SR Private Testing 10am-6pm 12pm Friends & Family Workshop (H) 1.30pm Parent Power (C) -Healthy Families- 6pm Science of Addiction & Recovery	28 PRIDE  4pm Dual Recovery (H) 5.30pm One Recovery (H) 6pm Teen Empowerment (C) 7pm We Recover Together (H) RCA	29 4pm Refuge Recovery (C) 5.30pm Rewired (C) -Intro to Chakras- 7pm HA (H) 7pm NarAnon (V) 	Program Key (C) In person (V) Virtual (H) virtual & in person—hybrid		

Zoom IDs: SMART F/F

Dual Recovery 844 2214 0148

HA 602 686 511

One Recovery 862 3960 4512

NarAnon 885 1043 1254

We Recover Together 817 9477 8081

All Recovery 841 4071 3980

Check out what's happening at **Hope and Healing** this month!

6/4 & 5 Restorative Recovery—discover opportunities to be of service and give back to our communities

6/7 Recovery Coach Academy—register by June 6th to enroll in the RCA

6/10 Family Movie 7.30pm

the Dinosaurs that started a Dynasty! 9pm

6/17 Sandals & Sundaes! Summer Free Store open Friday and Saturday—sandals & more!

6/18 Social Saturday 6pm
Outdoor Game Night

6/25 Fishing—joining in the fun with Healing Springs Serenity Saturdays 3pm, transportation available, snacks and equipment included!

6/27 HIV/Hep C testing 10am-6pm

Science of Addiction & Recovery 6.30pm



hope&healing
Recovery Community and Outreach Center