

Hope & Healing in November

Join Us at

2 Maple St/Hudson Falls, NY 12839



Recovery Coach Academy—register by 11/3
Free RCA & Peer Certification for Weekend Session

Virtual Engagement Connections

Mon 10-12 /Wed 12-2 the Center is now your point of access to your virtual/telehealth/wellness/recovery appointments!

Meditation & Flow— start the week of right, Mon morning meditation & flow explores different meditation styles for wellness, join us 11/7 to kick off National Gratitude Month with journaling.

Book Club—Nov is National Literacy Month read & connect w/peers during book club Mon 4pm & check facebook for popup family engagement

Wednesday Morning Wind Down—8.30am alternating weeks of yoga style breath work and tai chi for recovery
*11/16 Van Gough Yoga, sign up required

Recovery Resilience—life, wellness, & recovery skills Wed @2pm

Thursdays are for Adventure!

Sign ups are required for these offsite fieldtrips connect with us for more info &/or to sign up











Social Saturdays

11/5 Bowling! *sign up required for transportation

11/19 **FRIENDSGIVING** 6PM

hopeandhealing@councilforprevention.org

call (518)480-5499 / text (518)683-0968

Sun	Mon 8am-8pm	Tues 4pm-8pm	Wed 8am-8pm	Thurs (FT)	Fri 4pm-8pm	Sat
	(C) onsite Center program (H) onsite & virtual access (V) zoom only (FT) Field Trip	1 Family Literacy Day 4pm Dual Recovery (H) 5.30pm One Recovery (H) 7pm We Recover Together (H) 	2 *Modified Hours 4pm-8pm* 4pm Refuge Recovery (C) 5.30pm Rewired (C) 7pm HA (H) 7pm NarAnon (V)	3 Indoor Rock Climbing	4 National Candy Day 4pm Crafting Corner (C) *Candy Crafts* 6pm All Recovery Meeting (H)	5 Bowling (FT) 
6 	7 8.30a m Meditation & Flow (C) *gratitude journaling* 12pm Friends & Family Support (C) 1.30pm Parent Power (C) 2pm SMART Recovery (C) 4pm Book Club (C) 5.30pm TEA Time	8 4pm Dual Recovery (H) 5.30pm One Recovery (H) 7pm We Recover Together (H) 	9 *Modified Hours 4pm-8pm* 4pm Refuge Recovery (C) 5.30pm Rewired (C) 7pm HA (H) 7pm NarAnon (V)	10 Pickleball Crandall Park	11 Veteran's Day 4pm Crafting Corner (C) *guided painting* 6pm All Recovery Meeting (H)	12 
13 	14 8.30a m Meditation & Flow (C) 12pm Friends & Family Support (C) 1.30pm Parent Power (C) 2pm SMART Recovery (C) 4pm Book Club (C) 5.30pm TEA Time	15 4pm Dual Recovery (H) 5.30pm One Recovery (H) 7pm We Recover Together (H) 	16 8.30am Breathe & Move (FT) 2pm Recovery Resilience (C) *healthy holiday boundaries* 4pm Refuge Recovery (C) 5.30pm Rewired (C) 7pm HA (H) 7pm NarAnon (V)	17 AM Hike PM Candle Making	18 4pm Crafting Corner (C) *leaf bowls* 6pm All Recovery Meeting (H)	19 FRIENDSGIVING 
20	21 8.30a m Meditation & Flow (C) 12pm Friends & Family Support (C) 1.30pm Parent Power (C) 2pm SMART Recovery (C) 4pm Book Club (C) 5.30pm TEA Time	22 4pm Dual Recovery (H) 5.30pm One Recovery (H) 7pm We Recover Together (H) 	23 8.30am Breathe & Move (C) 2pm Recovery Resilience (C) 4pm Refuge Recovery (C) 5.30pm Rewired (C) 7pm HA (H) 7pm NarAnon (V)	24	25 4pm Crafting Corner (C) *winter wreaths* 6pm All Recovery Meeting (H)	26
27	28 8.30a m Meditation & Flow (C) 12pm Friends & Family Support (C) 1.30pm Parent Power (C) 2pm SMART Recovery (C) 4pm Book Club (C) 5.30pm TEA Time	29 4pm Dual Recovery (H) 5.30pm One Recovery (H) 7pm We Recover Together (H) 	30 8.30am Breathe & Move (C) 2pm Recovery Resilience (C) 4pm Refuge Recovery (C) 5.30pm Rewired (C) 7pm HA (H) 7pm NarAnon (V)	Zoom Meeting IDs Dual Recovery 844 2214 0148 One Recovery 862 3960 4512 WeRecoverTogether 817 9477 8081 HA 602 686 511 NarAnon 885 1043 1254 All Recovery 841 4071 3980		

