



APRIL IS  
**ALCOHOL AWARENESS**  
MONTH



**Independent Living's Recovery Center**

**April 2024**

*Se Habla Español*



**STRESS**  
**AWARENESS MONTH**

#StressAwarenessMonth

Sunday	Monday (9A-5P)	Tuesday (9A-7P)	Wednesday (9A-5P)	Thursday (9A-5P)	Friday (9A-5P)	Saturday (11A-7P)
	1	2 WORLD Autism Awareness Day Men's Circle 3PM-4PM	3 Recovery wellness 11AM – 12PM	4 Women's Empowerment 3PM – 4PM	5 SELF CARE DAY Afternoon Coffee 2PM-3PM Fun Friday 3PM-4PM	6 Express Yourself 11AM-12:30PM
7 CLOSED	8 Inspirational Monday 10AM-11AM Resources for Recovery 3PM-4PM	9 Men's Circle 3PM-4PM	10 Arts & Crafts 11AM-1PM	11	12 Afternoon Coffee 2PM-3PM Fun Friday 3PM-4PM	13 Express Yourself 11AM-12:30PM
14 CLOSED	15 Inspirational Monday 10AM-11AM Resources for Recovery 3PM-4PM	16 Karaoke 11AM-12PM Men's Circle 3PM-4PM	17 Recovery wellness 11AM – 12PM	18 Women's Empowerment 3PM – 4PM	19 Afternoon Coffee 2PM-3PM Fun Friday 3PM-4PM	20 Express Yourself 11AM-12:30PM
21 CLOSED	22 Inspirational Monday 10AM-11AM Resources for Recovery 3PM-4PM	23 Karaoke 11AM-12PM Men's Circle 3PM-4PM	24 Recovery wellness 11AM – 12PM	25 Open Mic 3PM - 4PM	26 Afternoon Coffee 2PM-3PM Fun Friday 3PM-4PM	27 Express Yourself 11AM-12:30PM
28 CLOSED	29 Inspirational Monday 10AM-11AM Resources for Recovery 3PM-4PM	30 Karaoke 11AM-12PM Men's Circle 3PM-4PM				

**263 Route 17K, Suite 212, Newburgh, NY 12550**

Credentialed Peers are available during business hours to talk, video chat, email, or text.

(845) 725-1230 ext. 601

Call or text (914) 359-9648

Email: [RecoveryCenter@MyIndependentLiving.org](mailto:RecoveryCenter@MyIndependentLiving.org)



These meetings are facilitated by Certified Peer Specialists &/or Certified Recovery Peer Advocates who have had experience with either mental health, substance use, or both.

These meetings are open to anyone age 18 or older. All pathways in recovery are respected.

#### Virtual Groups Hosted by Reach One

**Karaoke:** A therapeutic hour of singing along to some of our favorite songs.

**Inspirational Monday:** A space where you can meditate through music, poetry and visuals.

**Afternoon Coffee:** An informal group where we discuss the 8 dimensions of wellness, stressors, overcoming barriers, finding solutions, etc.

**Zoom:** <https://us02web.zoom.us/j/73694704393?pwd=la1G7aykbSeINmpTnwUHq1qrS9tWZZ.1>

**Meeting ID:** 736 9470 4393

**Passcode:** 2g3VMR

**Call in Number:** (646) 876-9923

#### **In Person Group Hosted by Reach One**

**Arts & Crafts:** Express thoughts and feelings through arts and crafts!

#### Virtual Groups Hosted by Onward Recovery RCOC

**Fun Friday:** Game your way through exciting rounds of trivia and riddles from pop culture to the eight dimensions of wellness.

**Open Mic:** Join us and share your talent! Singers, poets, dancers, rappers, readers, musicians, comedians, magicians and hidden talents.

**Zoom:** <https://us02web.zoom.us/j/8898696>

**Meeting ID:** 889 8696 2229

**Call in Number:** (646) 876-9923

#### **Hybrid Groups Hosted by Onward Recovery**

**Women's empowerment:** An empowering and comprehensive environment to effectively deal with the hardships of substance disorders and mental health.

**Recovery Wellness:** Examine the eight dimensions of wellness for achieving optimal health in the recovery process.

**Men's Circle:** A safe, non-judgmental environment where men can share experiences, triumphs and struggles to overcome challenges and obstacles.

**Express Yourself:** Explore different ways of planning and manifesting creativity with various art projects.

**Resources for Recovery:** Talk about resources that can help us during our journey to recovery.

Esta reunión es facilitada por defensores homólogos certificados de recuperación que han vivido experiencia con el uso de sustancias. Esta reunión está abierta a cualquier persona mayor de 18 años.