

Rob Constantine  
Recovery Community and Outreach  
Center  
86 Briggs St, Suite 6  
Johnstown, NY 12095  
518-705-4626  
**24 hr Peer Hotline: 518-705-4627**  
recoverycenter@hfm-preventioncouncil.com

Hours:

Monday 8:30-7:00  
Tuesday 8:30-7:00  
Wednesday 8:30-6:00  
Thursday 8:30-7:00  
Friday 8:30-4  
Saturday Closed  
Sunday Closed

Other hours as indicated on  
calendar

Our center is part of Southern Adirondack  
Recovery Alliance (SARA) – a network of  
Recovery Community and Outreach Centers  
with other sites in Saratoga Springs and  
Hudson Falls.

[www.sararecovery.org](http://www.sararecovery.org)



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April 2019



## COMMUNITY BASED PEER RECOVERY AND SUPPORT

HFM Prevention Council operates a Recovery Community and Outreach Center to help prevent relapse and sustain long-term recovery. The Center facilitates recovery of individuals and their families by providing a meeting location, support groups, social functions, and resource/referral center for services in the area. The Center also has Peer Engagement Specialists and a Family Support Navigator. The Specialists use their own experience with addiction and recovery to be resources for individuals with a substance use disorder. The Family Support Navigator utilizes their own family addiction and recovery expertise to engage with families who have loved ones with a substance use disorder. The center focuses on building the recovery community, and providing a positive outlook for individuals seeking help with addiction and throughout the recovery process.

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# April 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 6:00 You're in Recovery 	2 6-7:30 Open hours 5:45-7:15 Y12SR with Maria 7:30 Men's group	3 6:00 Family Recovery Group 6:00 Women's Creative Connection	4 6:00 You're in Recovery 	5 6-8 Coffee House Music night 	6
7	8 6:00 You're in Recovery 	9 6-7:30 Open hours 5:45-7:15 Y12SR with Maria 7:30 Men's group	10 6:00 Family Recovery Group 6:00 Women's Creative Connection	11 6:00 You're in Recovery 	12	13
14 10:00 Refuge Recovery  1:00 Bowling  RSVP by 4/10	15 6:00 You're in Recovery 	16 6-7:30 Open hours 5:45-7:15 Y12SR with Maria 7:30 Men's group	17 6:00 Family Recovery Group 6:00 Women's Creative Connection	18 6:00 You're in Recovery 	19 Office Closed Good Friday	20
21	22 6:00 You're in Recovery 	23 6-7:30 Open hours 5:45-7:15 Y12SR with Maria 7:30 Men's group	24 6:00 Family Recovery Group 6:00 Women's Creative Connection	25 6:00 You're in Recovery 	26 6-8 Coffee House Art night 	27 9-12 Clean Up Day Please register by 4/22 
28 10:00 Refuge Recovery  1:00 Bowling  RSVP by 4/24	29 6:00 You're in Recovery 	30 6-7:30 Open hours 5:45-7:15 Y12SR with Maria 7:30 Men's group	27 6:00 Family Recovery Group 6:00 Women's Creative Connection	28 6:00 You're in Recovery 	29	30 10:00 Veterans in Peace

**Coffee House:** All are welcome for coffee, and fun! Each week we will host a different activity: art, music, games, etc.

**Family Recovery Group:** A support group open to anyone with a family member, friend, or loved one who is in recovery or impacted by substance use disorder.

**Men's group:** A recovery group for men who are looking for ongoing support to remain alcohol and drug free.

**Open hours:** Free time at the Center.

**Refuge Recovery:** A program grounded in the belief that Buddhist principles and practices create a strong foundation for a path to freedom from addiction.

**Veteran's in Peace:** A closed group for veterans and active duty military to come together with the goal of wellness.

**Women's Creative Connection:** A group for women in recovery from addiction. All women are encouraged and welcome to attend for coffee, cookies and creativity through all forms of artistic expression.

**Y12SR:** Combines the practical tools of the 12-step program with the ancient wisdom of yoga. All are welcome.

**You're in recovery:** Welcome all who are in recovery, are affected by addiction and/or support the recovery lifestyle. All pathways of recovery are embraced.

**CLEAN UP DAY:** Join us as we help clean up Fulton County. Please register with us by 4/22. This project is sponsored by the FM Chamber of Commerce.

**All of our events, classes, services, and programs are free and open to those in recovery & those that support the recovery community.**