

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



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Recovery Community
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May 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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May 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 6:00 Family Recovery Group 6:00 Women's Creative Connection	2 6:00 You're in Recovery 	3 6-8 Coffee House Music night 	4
5 10:00 Refuge Recovery 	6 6:00 You're in Recovery 	7 6-7:30 Open hours 5:45-7:15 Y12SR with Maria 7:30 Men's group	8 6:00 Family Recovery Group 6:00 Women's Creative Connection	9 6:00 You're in Recovery 	10	11
12 1:00 Bowling RSVP by 5/7 	13 6:00 You're in Recovery 	14 6-7:30 Open hours 5:45-7:15 Y12SR with Maria 7:30 Men's group	15 6:00 Family Recovery Group 6:00 Women's Creative Connection	16 6:00 You're in Recovery 	17 6-8 Coffee House Movie night "The Anonymous People" 	18
19 10:00 Refuge Recovery 	20 6:00 You're in Recovery 	21 6-7:30 Open hours 5:45-7:15 Y12SR with Maria 7:30 Men's group	22 6:00 Family Recovery Group 6:00 Women's Creative Connection	23 6:00 You're in Recovery 	24	25
26 10:00 Trip to Saratoga Battlefield RSVP by 5/21 	27 2:00-5:00 Memorial Day BBQ 6:00 You're in Recovery 	28 6-7:30 Open hours 5:45-7:15 Y12SR with Maria 7:30 Men's group	29 6:00 Family Recovery Group 6:00 Women's Creative Connection	30 6:00 You're in Recovery 	31	

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.

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.

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