

November 2020

24 hour Peer Support Hotline 518-705-4627

www.youreinrecovery.com

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>1</p> <p>10:00 Hike Kane Mt.</p> <p>Sign up: 10/22-10/28 Weather permitting</p>	<p>2</p> <p>6:00 You're in Recovery</p>	<p>3</p> <p>VOTE</p> <p>6:00 Men's Group 6:00 Yoga with Andrea</p>	<p>4</p> <p>6:00 Women's Group 6:00 Family Recovery Group 7:30 We Recover</p>	<p>5</p> <p>6:00 You're in Recovery</p>	<p>6</p> <p>6:00 Music Night</p> <p>6:00 You're in Recovery St. Ann's Episcopal Amsterdam</p>	<p>7</p> <p>10-12 Community Clean-up Meet at the Center</p>
<p>8</p>	<p>9</p> <p>11:00 Family Recovery Group St. Ann's Episcopal Amsterdam 6:00 You're in Recovery</p>	<p>10</p> <p>6:00 Men's Group</p>	<p>11</p> <p>VETERANS DAY</p> <p>Center closed</p>	<p>12</p> <p>6:00 You're in Recovery</p>	<p>13</p> <p>6:00 You're in Recovery St. Ann's Episcopal Amsterdam</p>	<p>14</p>
<p>15</p> <p>10:00 Hike Vroman's' Nose</p> <p>Sign up: 11/5 -11/12 Weather permitting</p>	<p>16</p> <p>11:00 Family Recovery Group St. Ann's Episcopal Amsterdam 6:00 You're in Recovery</p>	<p>17</p> <p>6:00 Men's Group 6:00 Yoga with Andrea</p>	<p>18</p> <p>6:00 Women's Group 6:00 Family Recovery Group 7:30 We Recover</p>	<p>19</p> <p>2:00 Opioid Overdose Prevention (Narcan) RSVP 11/13 6:00 You're in Recovery</p>	<p>20</p> <p>6:00 You're in Recovery St. Ann's Episcopal Amsterdam</p>	<p>21</p>
<p>22</p>	<p>23</p> <p>11:00 Family Recovery Group St. Ann's Episcopal Amsterdam 6:00 You're in Recovery</p>	<p>24</p> <p>6:00 Men's Group</p>	<p>25</p> <p>6:00 Women's Group 6:00 Family Recovery Group 7:30 We Recover</p>	<p>26</p> <p>6:00 You're in Recovery</p> <p>Center closed</p>	<p>27</p> <p>6:00 You're in Recovery St. Ann's Episcopal Amsterdam</p> <p>HAPPY Thanksgiving</p> <p>Center closed</p>	<p>28</p>
<p>29</p>	<p>30</p> <p>11:00 Family Recovery Group St. Ann's Episcopal Amsterdam 6:00 You're in Recovery</p>					

It our mission to provide and promote peer-based recovery supports and services that empower individuals and families to lead healthy, joyful lives in sustained, long-term recovery.
Our vision is ongoing recovery support and awareness for all.

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. Also open to those that have lost a loved one.

Men's Group: A recovery group for men who are looking for ongoing support.

Music Night: Can you sing, play guitar or another musical instrument? If you are interested in playing with other people in recovery than this night is for you! Bring your own instrument or use one of ours.

Opioid Overdose Prevention: How to recognize and respond to an opioid overdose. Includes Narcan administration instructions and kit.

We Recover: A recovery meeting for individuals ages 19-30.

Women's Group: A group for women in recovery who are looking for ongoing support.

Yoga: Gentle yoga postures that provide deep relaxation to rejuvenate your mind, body, and spirit.

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.

Friday night meeting is at St. Ann's Church 37 Division St. Amsterdam

All programs are free and open to those in recovery & those that support the recovery community.

All meetings and events are at the Center except where noted.

How can we help you with your recovery?

518-705-4627