



Hope Recovery Community Center of Washington County  
 55 Beach St, Building #4, Westerly, RI 02891  
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 e: hoperecoverywc@psnri.org w: hoperecoverycenter.org

**January 2023**  
 Open Mon-Fri 8a-4p

Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
2 <b>CLOSED FOR NEW YEAR'S</b>	3 Zentangle 10-11a Drawing your way to increased creativity, focus, and well-being Woman's AR 2-3p V-LGBTQ+ 5-6p	4 Yoga 9-10a V-Spanish AR 9:30-10:30a Wellness Art 10-11a Gong Bath 11a-12p Recovery Dharma 12-1:30p SMART Recovery 12-1:30p	5 Making Comfort/Meditation Beads 9-10a Zentangle 10-11a Men's AR 11a-12p Women's AR 2-3p	6 All Recovery 10-11a Recovery Dharma 12-1p V-SMART Recovery 12:30-2p	7/8 AA Newcomers Sunday 5-6p
9 Spiritual Mindfulness and Healing 10-11a All Recovery 11a-12p Life Skills 1-2p AA Meditation 5:30-6:30p	10 Zentangle 10-11a <b>COMMUNITY GRIEF SUPPORT GROUP 10-11A</b> Women's AR 2-3p V-LGBTQ+ 5-6p Circle of Parents 6-7:30p	11 Yoga 9-10a V-Spanish AR 9:30-10:30a Wellness Art 10-11a Gong Bath 11-12p Recovery Dharma 12-1p SMART Recovery 12-1:30p	12 Making Comfort/Meditation Beads 9-10a Zentangle 10-11a Men's AR 11a-12p Women's AR 2-3p	13 <b>VETERANS COFFEE HOUR 9-10A</b> All Recovery 10-11a Recovery Dharma 12-1p V-SMART Recovery 12:30-2p	14/15 AA Newcomers Sunday 5-6p
16 <b>CLOSED IN OBSERVANCE OF MARTIN LUTHER KING DAY</b>	17 Zentangle 10-11a Drawing your way to increased creativity, focus, and well-being Women's AR 2-3p V-LGBTQ+ 5-6p	18 Yoga 9-10a V-Spanish AR 9:30-10:30a Wellness Art 10-11a Gong Bath 11-12p Recovery Dharma 12-1p SMART Recovery 12-1:30p	19 Making Comfort/Meditation Beads 9-10a Zentangle 10-11a Men's AR 11a-12p Women's AR 2-3p	20 All Recovery 10-11a Recovery Dharma 12-1P <b>WINTER WARMTH EVENT 1-3P</b> We will be giving away hats, gloves, socks, etc. Refreshments and other giveaways!!!	21/22 AA Newcomers Sunday 5-6p
23 Spiritual Mindfulness and Healing 10-11a All Recovery 11a-12p Life Skills 1-2p AA Meditation 5:30-6:30p	24 Zentangle 10-11a <b>COMMUNITY GRIEF SUPPORT GROUP 10-11A</b> Women's AR 2-3p V-LGBTQ+ 5-6p Circle of Parents 6-7:30p	25 Yoga 9-10a V-Spanish AR 9:30-10:30a Wellness Art 10-11a Gong Bath 11-12p Recovery Dharma 12-1p SMART Recovery 12-1:30p	26 Making Comfort/Meditation Beads 9-10a Zentangle 10-11a Men's AR 11a-12p Women's AR 2-3p	27 <b>VETERANS COFFEE HOUR 9-10A</b> All Recovery 10-11a Recovery Dharma 12-1p V- SMART Recovery 12:30-2p	28/29 AA Newcomers Sunday 5-6p
30 Spiritual Mindfulness and Healing 10-11a All Recovery 11a-12p Life Skills 1-2p AA Meditation 5:30-6:30p	31 Zentangle 10-11a Drawing your way to increased creativity, focus, and well-being Women's AR 2-3p V-LGBTQ+ 5-6p				

All meetings are in person unless otherwise noted.

LEGEND:  
 AA = Alcoholics Anonymous  
 AR = All Recovery  
 NA = Narcotics Anonymous  
 V = Virtual

**SAME ZOOM LINK EXCEPT SMART**

<https://us02web.zoom.us/my/hoperecovery> or by phone: 301-715-8592, meeting ID: 294 153 7242 or hoperecovery, code: 1234  
 SMART: <https://smartrecovery.zoom.us/j/93492962462> or by phone: 301-715-8592, meeting ID: 934 9296 2462

CALL HOPE RECOVERY WARM LINE 401-598-6400 FOR PEER SUPPORT M-F 8AM-4PM  
 OR BH LINK 401-414-LINK (5465) FOR 24/7 MENTAL HEALTH AND/OR SUBSTANCE USE CRISIS SUPPORT