



Hope Recovery Community Center of Washington County  
 55 Beach St, Building #4, Westerly, RI 02891  
 p: 401-598-6400 f: 401-868-1304 fb: @HRCWesterly  
 e: hoperecoverywc@psnri.org w: hoperecoverycenter.org

**November 2022**  
 Open Mon-Fri 8a-4p

Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
	1 All Recovery 10-11a Women's AR 2-3p V- LGBTQ+ 5-6p Circle of Parents 6-7:30p	2 Yoga 9-10 V-Spanish AR 9:30-10:30a Wellness Art 10-11a Gong Bath 11a-12p Recovery Dharma 12-1p V-Smart Recovery 12-1:30p All Recovery 2-3p	3 Making Comfort/Meditation Beads 9-10a All Recovery 10-11a Men's AR 11a-12p Women's AR 2-3p	4 All Recovery 10-11a Recovery Dharma 12-1p Zentangle 2-3p Drawing your way to increased creativity, focus, and well-being NA 3-4p	5/6 AA Newcomers Sunday 5-6p
7 <b>OPENING AT 1:30PM</b>  AA Meditation 5:30-6:30p	8 All Recovery 10-11a Women's AR 2-3p V-LGBTQ+ 5-6p	9 Yoga 9-10a V-Spanish AR 9:30-10:30a Wellness Art 10-11a Gong Bath 11-12p Recovery Dharma 12-1p V-Smart Recovery 12-1:30p All Recovery 2-3p	10 Making Comfort/Meditation Beads 9-10a All Recovery 10-11a Men's AR 11a-12p Women's AR 2-3p	11  <b>Closed for Veteran's Day</b>	12/13 AA Newcomers Sunday 5-6p
14 Spiritual Mindfulness and Healing 10-11a All Recovery 11a-12p Life Skills 1-2p AA Meditation 5:30-6:30p	15 All Recovery 10-11a Women's AR 2-3p V-LGBTQ+ 5-6p Circle of Parents 6-7:30p	16 Yoga 9-10a V-Spanish AR 9:30-10:30a Wellness Art 10-11a Gong Bath 11-12p Recovery Dharma 12-1p V-Smart Recovery 12-1:30p All Recovery 2-3p	17 Making Comfort/Meditation Beads 9-10a All Recovery 10-11a Men's AR 11a-12p <b>Join us for Game Day! 12-2p Everyone is Welcome!!!</b> Women's AR 2-3p	18 All Recovery 10-11a Recovery Dharma 12-1p Zentangle 2-3p Drawing your way to increased creativity, focus, and well-being NA 3-4p	19/20 AA Newcomers Sunday 5-6p
21 Spiritual Mindfulness and Healing 10-11a All Recovery 11a-12p Life Skills 1-2p AA Meditation 5:30-6:30p	22 All Recovery 10-11a Women's AR 2-3p V-LGBTQ+ 5-6p	23 Yoga 9-10a V-Spanish AR 9:30-10:30a Wellness Art 10-11a Gong Bath 11-12p Recovery Dharma 12-1p V-Smart Recovery 12-1:30p All Recovery 2-3p	24  <b>Closed for Thanksgiving</b>	25 All Recovery 10-11a Recovery Dharma 12-1p Zentangle 2-3p Drawing your way to increased creativity, focus, and well-being NA 3-4p	26/27 AA Newcomers Sunday 5-6p
28 Spiritual Mindfulness and Healing 10-11a All Recovery 11a-12p Life Skills 1-2p AA Meditation 5:30-6:30p	29 All Recovery 10-11a Women's AR 2-3p V-LGBTQ+ 5-6p Circle of Parents 6-7:30p	30 Yoga 9-10a V-Spanish AR 9:30-10:30a Wellness Art 10-11a Gong Bath 11-12p Recovery Dharma 12-1p V-Smart Recovery 12-1:30p All Recovery 2-3p			

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