



Hope Recovery Community Center of Newport County
 50 Washington Square, Newport, RI 02840
 p: 401-324-5626 fb: @HopeNewportCounty
 w: hoperecoverycenter.org

November 2022
 Open Mon-Fri 8a-4p

Monday	Tuesday	Wednesday	Thursday	Friday
31 Plan with Purpose 12-1p	1 Inspirational Intentions 10:30-12p Welcome Home 12:30-1:30p All Recovery 2-3p V-LGBTQ+ 5-6p	2 V-AR en Español 9:30-10:30a Nourish Nutrition 12-1p V-Smart Recovery 12-1:30p Mental Wellness 1:30-2:30p	3 Reflective Journaling 12-1p Wellness Art 1:30-2:30p All Recovery 2:30-3:30p	4 Why Worry? 12-1p Nurturing Resilience 1:30-2:30p
7 OPENING AT 2PM	8 Inspirational Intentions 10:30-12p Welcome Home 12:30-1:30p All Recovery 2-3p V-LGBTQ+ 5-6p	9 V-AR en Español 9:30-10:30a Nourish Nutrition 12-1p V-Smart Recovery 12-1:30p Mental Wellness 1:30-2:30p	10 Reflective Journaling 12-1p Wellness Art 1:30-2:30p All Recovery 2:30-3:30p	11 Closed for Veteran's Day
14 Plan with Purpose 12-1p	15 Inspirational Intentions 10:30-12p Welcome Home 12:30-1:30p All Recovery 2-3p V-LGBTQ+ 5-6p	16 V-AR en Español 9:30-10:30a Nourish Nutrition 12-1p V-Smart Recovery 12-1:30p Mental Wellness 1:30-2:30p	17 Reflective Journaling 12-1p Wellness Art 1:30-2:30p All Recovery 2:30-3:30p	18 Why Worry? 12-1p Nurturing Resilience 1:30-2:30p
21 Plan with Purpose 12-1p	22 Inspirational Intentions 10:30-12p Welcome Home 12:30-1:30p All Recovery 2-3p V-LGBTQ+ 5-6p	23 V-AR en Español 9:30-10:30a Nourish Nutrition 12-1p V-Smart Recovery 12-1:30p Mental Wellness 1:30-2:30p	24 Closed for Thanksgiving	25 Why Worry? 12-1p Nurturing Resilience 1:30-2:30p
28 Plan with Purpose 12-1p	29 Inspirational Intentions 10:30-12p Welcome Home 12:30-1:30p All Recovery 2-3p V-LGBTQ+ 5-6p	30 V-AR en Español 9:30-10:30a Nourish Nutrition 12-1p V-Smart Recovery 12-1:30p Mental Wellness 1:30-2:30p	Dec 1 Reflective Journaling 12-1p Wellness Art 1:30-2:30p All Recovery 2:30-3:30p	2 Why Worry? 12-1p Nurturing Resilience 1:30-2:30p

All meetings are in person unless otherwise noted.

LEGEND:
 AR = All Recovery
 H = Hybrid (virtual or in person)
 V = Virtual

SAME ZOOM LINK EXCEPT SMART
<https://us02web.zoom.us/j/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 401-324-5626 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