



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

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

Monday	Tuesday	Wednesday	Thursday	Friday
1 Plan with Purpose 12-1p	2 Inspirational Intentions 10:30-12p Make Community Work 12:30-1:30p All Recovery 2-3p	3 V-Spanish AR 9:30-10:30a Why Be Well? 12-1p V-Smart Recovery 12-1p Mental Wellness 1:30-2:30p	4 Reflective Journaling 12-1p Wellness Art 1:30-2:30p All Recovery 2:30-3:30p	5 Why Worry? 12-1p Nurturing Resilience 1:30-2:30p
8 <b>MENTAL HEALTH MONTH EVENT: Time Travel 11a-1p - create a collaborative Growth Chart</b> Plan with Purpose 2-3p	9 Inspirational Intentions 10:30-12p Make Community Work 12:30-1:30p All Recovery 2-3p	10 V-Spanish AR 9:30-10:30a Why Be Well? 12-1p V-Smart Recovery 12-1p Mental Wellness 1:30-2:30p	11 Reflective Journaling 12-1p Wellness Art 1:30-2:30p All Recovery 2:30-3:30p	12 Why Worry? 12-1p Nurturing Resilience 1:30-2:30p
15 Plan with Purpose 12-1p	16 Inspirational Intentions 10:30-12p Make Community Work 12:30-1:30p All Recovery 2-3p	17 V-Spanish AR 9:30-10:30a Why Be Well? 12-1p V-Smart Recovery 12-1p Mental Wellness 1:30-2:30p	18 Reflective Journaling 12-1p Wellness Art 1:30-2:30p All Recovery 2:30-3:30p	19 Why Worry? 12-1p Nurturing Resilience 1:30-2:30p
22 Plan with Purpose 12-1p	23 Inspirational Intentions 10:30-12p Make Community Work 12:30-1:30p All Recovery 2-3p	24 V-Spanish AR 9:30-10:30a Why Be Well? 12-1p V-Smart Recovery 12-1p Mental Wellness 1:30-2:30p	25 Reflective Journaling 12-1p Wellness Art 1:30-2:30p All Recovery 2:30-3:30p	26 Why Worry? 12-1p Nurturing Resilience 1:30-2:30p
29 <b>CLOSED MEMORIAL DAY</b>	30 Inspirational Intentions 10:30-12p Make Community Work 12:30-1:30p All Recovery 2-3p V-LGBTQ+ Support 2-3p	31 V-Spanish AR 9:30-10:30a Why Be Well? 12-1p V-Smart Recovery 12-1p Mental Wellness 1:30-2:30p	June 1	2

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/97943224371> or by phone: 301-715-8592, meeting ID: 294 153 7242 or hoperecovery, code: 1234  
 SMART: <https://smartrecovery.zoom.us/j/97943224371> or by phone: 301-715-8592, meeting ID: 979 4322 4371

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