



Hope Recovery Community Center of Newport County
 294 Valley Rd #6, Middletown, RI 02842
 p: 401-324-5861 f: 401-324-7196 fb: @HopeNewportCounty
 e: hoperecovery@psnri.org w: hoperecoverycenter.org

May 2023
 Open Mon-Fri 8a-4p

Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
1 Monday Funday 11-1p All Recovery 1:30-2:30p	2 All Recovery 10-11a	3 V-Spanish AR 9:30-10:30a Spiritual Mindfulness and Healing 10-11a V-Smart Recovery 12-1p	4 Yoga 10-11a Recovery Dharma 11-12p Wellness Art 12-1p	5 NAMI Connection 10-11:30a	6/7 Circle of Parents 1-2:30p/Sat AA Beginner's Big Book Step Study Meeting 2-3p/Sun
8 MENTAL HEALTH MONTH EVENT: Taking Our Emotional Temperature Fluid Painting 11a-1p All Recovery 1:30-2:30p	9 All Recovery 10-11a	10 V-Spanish AR 9:30-10:30a Spiritual Mindfulness and Healing 10-11a V-Smart Recovery 12-1p	11 Yoga 10-11a Recovery Dharma 11-12p Wellness Art 12-1p	12 NAMI Connection 10-11:30a	13/14 Circle of Parents 1-2:30p/Sat AA Beginner's Big Book Step Study Meeting 2-3p/Sun
15 Monday Funday 11-1p All Recovery 1:30-2:30p	16 All Recovery 10-11a	17 V-Spanish AR 9:30-10:30a Spiritual Mindfulness and Healing 10-11a V-Smart Recovery 12-1p	18 Yoga 10-11a Recovery Dharma 11-12p Wellness Art 12-1p	19 NAMI Connection 10-11:30a	20/21 Circle of Parents 1-2:30p/Sat AA Beginner's Big Book Step Study Meeting 2-3p/Sun
22 Monday Funday 11-1p All Recovery 1:30-2:30p	23 All Recovery 10-11a	24 V-Spanish AR 9:30-10:30a Spiritual Mindfulness and Healing 10-11a V-Smart Recovery 12-1p	25 Yoga 10-11a Recovery Dharma 11-12p Wellness Art 12-1p	26 NAMI Connection 10-11:30a	27/28 Circle of Parents 1-2:30p/Sat AA Beginner's Big Book Step Study Meeting 2-3p/Sun
29 CLOSED MEMORIAL DAY	30 All Recovery 10-11a H-LGBTQ+ Support 2-3p	31 V-Spanish AR 9:30-10:30a Spiritual Mindfulness and Healing 10-11a V-Smart Recovery 12-1p	June 1	2	3/4

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**