



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

May 2023
 Open Mon-Fri 8a-4p

Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
1 All Recovery 11a-12p Move It Mondays 12:30-1p AA Meditation 5:30-6:30p	2 Zentangle 10-11a Women's AR 2-3p Circle of Parents 6-7:30p	3 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	4 Paint & Talk 9-11a Men's AR 11a-12p Women's AR 2-3p	5 All Recovery 10-11a Recovery Dharma 12-1P	6/7 AA Newcomers Sunday 5-6p
8 All Recovery 11a-12p Move It Mondays 12:30-1p AA Meditation 5:30-6:30p	9 NATIONAL FENTANYL DAY FREE Narcan/Test Strips Zentangle 10-11a Women's AR 2-3p	10 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	11 Paint & Talk 9-11a Men's AR 11a-12p Women's AR 2-3p	12 VETERANS COFFEE HOUR 9-10A All Recovery 10-11a Recovery Dharma 12-1P	13/14 AA Newcomers Sunday 5-6p
15 All Recovery 11a-12p Move It Mondays 12:30-1p AA Meditation 5:30-6:30p	16 Zentangle 10-11a Women's AR 2-3p Circle of Parents 6-7:30p	17 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	18 Paint & Talk 9-11a Men's AR 11a-12p QPR Training 11a-12:30p (suicide prevention) Women's AR 2-3p	19 All Recovery 10-11a Recovery Dharma 12-1P	20/21 AA Newcomers Sunday 5-6p
22 All Recovery 11a-12p Move It Mondays 12:30-1p AA Meditation 5:30-6:30p	23 Zentangle 10-11a Women's AR 2-3p	24 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	25 Paint & Talk 9-11a Men's AR 11a-12p Women's AR 2-3p	26 VETERANS COFFEE HOUR 9-10A All Recovery 10-11a Recovery Dharma 12-1p	27/28 AA Newcomers Sunday 5-6p
29 CLOSED MEMORIAL DAY	30 Zentangle 10-11a Women's AR 2-3p V-LGBTQ+ Support 2-3p Circle of Parents 6-7:30p	31 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	June 1	2	3/4

All meetings are in person unless otherwise noted.

LEGEND:
 AA = Alcoholics Anonymous
 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 401-598-6400 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