



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

March 2023
 Open Mon-Fri 8a-4p

Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
27 Spiritual Mindfulness and Healing 10-11a All Recovery 11a-12p Life Skills 1-2p AA Meditation 5:30-6:30p	28 Zentangle 10-11a Drawing your way to increased creativity, focus, and well-being Woman's AR 2-3p V-LGBTQ+ 5-6p	1 Yoga 9-10a V-Spanish AR 9:30-10:30a Wellness Art 10-11a Gong Bath 11a-12p Recovery Dharma 12-1:30p SMART Recovery 12-1:30p	2 Paint & Talk 9-11a Men's AR 11a-12p Women's AR 2-3p	3 All Recovery 10-11a Recovery Dharma 12-1p	4/5 AA Newcomers Sunday 5-6p
6 Spiritual Mindfulness and Healing 10-11a All Recovery 11a-12p Life Skills 1-2p AA Meditation 5:30-6:30p	7 Zentangle 10-11a COMMUNITY GRIEF SUPPORT GROUP 10-11A Women's AR 2-3p V-LGBTQ+ 5-6p Circle of Parents 6-7:30p	8 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	9 Paint & Talk 9-11a Men's AR 11a-12p Women's AR 2-3p	10 VETERANS COFFEE HOUR 9-10A All Recovery 10-11a Recovery Dharma 12-1p	11/12 AA Newcomers Sunday 5-6p
13 Spiritual Mindfulness and Healing 10-11a All Recovery 11a-12p Life Skills 1-2p AA Meditation 5:30-6:30p	14 Zentangle 10-11a Women's AR 2-3p V-LGBTQ+ 5-6p	15 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	16 Paint & Talk 9-11a Men's AR 11a-12p Women's AR 2-3p	17 All Recovery 10-11a Recovery Dharma 12-1p	18/19 AA Newcomers Sunday 5-6p
20 Spiritual Mindfulness and Healing 10-11a All Recovery 11a-12p Life Skills 1-2p AA Meditation 5:30-6:30p	21 Zentangle 10-11a COMMUNITY GRIEF SUPPORT GROUP 10-11A Women's AR 2-3p V-LGBTQ+ 5-6p Circle of Parents 6-7:30p	22 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	22 Paint & Talk 9-11a Men's AR 11a-12p Women's AR 2-3p	24 VETERANS COFFEE HOUR 9-10A All Recovery 10-11a EVENT: Planting Seeds of Hope 11-1p Recovery Dharma 12-1p	25/26 AA Newcomers Sunday 5-6p
27 Spiritual Mindfulness and Healing 10-11a All Recovery 11a-12p Life Skills 1-2p AA Meditation 5:30-6:30p	28 Zentangle 10-11a Women's AR 2-3p V-LGBTQ+ 5-6p	29 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	30 Paint & Talk 9-11a Men's AR 11a-12p Women's AR 2-3p	31 All Recovery 10-11a Recovery Dharma 12-1p	April 1/2 AA Newcomers Sunday 5-6p

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/j/93492962462> 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