



# Weekly Calendar

For the most current and up-to-date information, please visit [www.myusara.com/events](http://www.myusara.com/events).

| MONDAY  |                    |            |                                 |
|---|--------------------|------------|---------------------------------|
| Seeking Safety                                    | 5:30 PM - 7:00 PM  | Every Week | Open Group                      |
| Young People in Recovery                          | 7:30 PM - 9:00 PM  | Every Week | Open Group                      |
| TUESDAY   |                    |            |                                 |
| Veterans' Recovery Support Group                  | 5:00 PM - 6:00 PM  | Every Week | Open Group                      |
| Recovery Leadership Initiative                    | 6:00 PM - 8:00 PM  | Every Week | Open Group                      |
| CRAFT Family Support Group                        | 7:00 PM - 8:30 PM  | Every Week | Open Group                      |
| WEDNESDAY   |                    |            |                                 |
| Coffee & Recovery                                 | 9:30 AM - 10:30 AM | Every Week | Open Group                      |
| SMART Recovery                                    | 6:00 PM - 7:30 PM  | Every Week | Open Group                      |
| CRAFT Family Support Group                        | 6:00 PM - 7:30 PM  | Every Week | Open Group                      |
| THURSDAY  |                    |            |                                 |
| You're Not Alone, Double Trouble Recovery Meeting | 4:00 PM - 5:00 PM  | Every Week | Open Group                      |
| LifeRing – Secular Recovery                       | 7:00 PM - 8:00 PM  | Every Week | Open Group                      |
| FRIDAY  |                    |            |                                 |
| Refuge Recovery                                   | 12:00 PM - 1:00 PM | Every Week | Open Group                      |
| Family Fun Night                                  | 6:00 PM - 9:00 PM  | Every Week | Social Event / Everyone Welcome |
| Crystal Meth Anonymous                            | 7:00 PM - 8:00 PM  | Every Week | Open Group                      |
| SATURDAY  |                    |            |                                 |
| SMART Recovery                                    | 9:30 AM - 11:00 AM | Every Week | Open Group                      |
| Recovery Leadership Initiative                    | 11:00 AM - 1:00 PM | Every Week | Open Group                      |
| SUNDAY  |                    |            |                                 |
| Crystal Meth Anonymous (LGBT Focus)               | 1:30 PM - 2:30 PM  | Every Week | Open Group                      |
| Refuge Recovery (Book Study)                      | 12:00 PM - 1:00 PM | Every Week | Open Group                      |
| Sex Addicts Anonymous                             | 7:00 PM - 8:00 PM  | Every Week | Open Group                      |

Updated 7/12/2018



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### **Recovery Leadership Initiative:**

USARA is offering a new 12-week course to help educate, guide, and inspire members of the recovery community to discover their individual pathways to long term recovery and peer leadership!

### **CRAFT Family Support Group:**

USARA's Family Support Group is a FREE program for the family members and friends concerned about someone close to them who lives with a substance use disorder using the CRAFT (Community Reinforcement and Family Training) model.

### **Coffee & Recovery:**

An all pathways to recovery meeting. As its title suggests, peers enjoy a cup of coffee and share about their recovery.

### **LifeRing – Secular Recovery:**

LifeRing's approach is based on developing, refining, and sharing our own personal strategies for continued abstinence and crafting a rewarding life in recovery. In short, we are sober, secular, and self-directed.

### **SMART Recovery:**

SMART (Self-Management and Recovery Training) is the leading self-empowering, non-12-step addiction recovery support group.

### **Young People in Recovery:**

Group dedicated to promoting active, healthy, and productive young people in or seeking recovery.

### **Family Fun Night:**

Bring your family for movies, music, games, and tons of sober fun! Refreshments provided. Every Friday from 6- 10 PM. Animated movie starts at 6:10 PM, Live action movie at 8 PM>.

### **Refuge Recovery:**

A mindfulness-based addiction recovery community that practices and utilizes Buddhist philosophy as the foundation of the recovery process.

### **Double Trouble Recovery Meeting:**

A 12-step fellowship for those living with mental illness, substance use disorder, gambling addiction, etc.

### **Seeking Safety:**

A group addressing the intersection between trauma and substance use disorders based on the Seeking Safety model.

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