



# Salt Lake City Weekly Calendar

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

## MONDAY

Seeking Safety	5:30 PM - 7:00 PM	Every Week	Open Group
Kindful Recovery Yoga	6:00 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
CRAFT Family Support Group	6:00 PM - 7:30 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

Volunteer Orientation/TRS Training/PAC Meeting	6:00 PM - 7:00 PM	1st/2nd/3rd Thursdays	Open Group
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## FRIDAY

Recovery Dharma	12:00 PM - 1:00 PM	Every Week	Open Group
Family Fun Night	6:00 PM - 8:00 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
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## SUNDAY

Crystal Meth Anonymous (LBGT Focus)	1:30 PM - 2:30 PM	Every Week	Open Group
Recovery Dharma (Book Study)	12:00 PM - 1:00 PM	Every Week	Open Group
Recovery Champs	5:00 PM - 6:30 PM	Every Week	Open Group

Updated 3/11/2020



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### **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.

### **Kindful Recovery Yoga:**

Kindful yoga is an accessible, sustainable practice which combines awareness, movement, and breath to promote a healthy mind-body connection. This class is designed for beginners through intermediate students. In kindful yoga, you'll be guided through postures in a Vinyasa style revolving around Patanjali's wisdom that poses should be steady and comfortable. This is a great class for students looking for a more gentle experience, those who are new to yoga, or those who need a change of pace, yet still have the option to take it to the next level.

### **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>.

### **Recovery Dharma:**

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

### **Seeking Safety:**

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

### **Recovery Champs:**

Recovery Champs is an all pathways, whole health recovery group promoting healing physically, mentally and spiritually.

### **Medication Assisted Recovery Support (MARS):**

An All Pathways to Recovery group for all those that benefit from medically assisted recovery supports

Updated 3/11/2020