



# 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	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			
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

Updated 10/16/2018



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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.

Updated 10/16/2018