

Group Schedule June, July & August 2017

Groups are **FREE**.
ALL are welcome.



STRENGTH
IN PEERS

WEDNESDAYS

"Winner's Circle" 6:30-7:30pm; Harrisonburg, VA

This group is for individuals who are on parole, probation or have been justice-involved at some point in their life. Come together to share experiences, resources, and to support one another. Group meets at the Strength In Peers office, Harrisonburg, VA.

THURSDAYS

"Parenting Under Stress" 10-11am; Woodstock, VA

Share stressful parenting situations and daily struggles while developing coping skills in this supportive group. We meet at Family Promise located at 781 Spring Pkwy. Woodstock, VA. To register for free child care during this meeting, call Family Promise at 540-459-4599. *Please note, there is NO meeting on Thursday, June 22, 2017.*

"Alcohol & Substance Abuse Recovery" 12-1pm; Woodstock, VA

Develop skills for avoiding triggers, and staying clean and sober. Bring a bagged lunch and make it a lunchtime meeting! Group meets at Family Promise, 781 Spring Pkwy. Woodstock, VA. *Please note, there is NO meeting on Thursday, June 22, 2017.* This group is not allied with AA or NA.

"Friends of Recovery" 12-1pm; Harrisonburg, VA

This Christian-based group is for any person struggling with addiction and seeking recovery. Bring a bagged lunch and make it a lunchtime meeting at the Strength In Peers office. People of all faiths and denominations are welcome. Se habla Español.

Strength In Peers is located at:

**733 E. Market St. Ste. A
Harrisonburg, VA 22801
540-217-0869**

www.StrengthInPeers.org

FRIDAYS

"Turn the Page" 10-11am; Stanley, VA

This open-discussion group is focused on substance abuse recovery. Join us at the VA Cooperative Extension at 215 W. Main St. Ste C., Stanley, VA. This group is not allied with NA or AA.

"Recharge Your Batteries" 12-1pm; Harrisonburg, VA

For those struggling with anxiety and depression join us for this lunchtime meeting where we develop self-care strategies and share our experiences. Consider bringing a bagged lunch and a friend!

**DROP-IN
RECOVERY CENTER
10am - 3pm**

THURSDAYS & FRIDAYS

**FREE one-on-one peer support,
computer lab access, and
information resource.**



Find us @ Strength In Peers