STRENGTH IN PEERS

Community Resource Centers & Peer Support Groups

540-217-0869

StrengthInPeers.org

COMMUNITY RESOURCE CENTERS

Our Community Resource Centers in Harrisonburg and New Market provide free case management and connections to housing, jobs, healthcare, and recovery services. Each Center offers a computer lab, small food pantry, and emergency supplies for those in need.

Harrisonburg - 917 N. Main St., Ste. 1 Harrisonburg 22802 - walk-ins welcome Monday–Friday, 9 AM–2 PM.

New Market - 9560 S. Congress St., New Market 22844 - walk-ins welcome Thursdays, 9 AM–4 PM.

If our walk-in times don't work for you, please call us at 540-217-0869 to make an appointment!

Peer Support Groups meet in-person at our Harrisonburg location Monday–Thursday. We also offer Anger Management virtually on Tuesdays at 4:00 pm and SMART Recovery online Fridays at noon (12 pm) via Zoom!

PEER SUPPORT GROUPS

We offer in-person peer support groups Monday - Thursday at our Harrisonburg location. We also have virtual groups!

MONDAYS

SMART© Recovery, 3:30 PM - 4:30 PM

Self Management And Recovery Training (SMART) group meetings are for individuals who are working to overcome drug or alcohol addiction. Meetings emphasize 1) motivation, 2) coping with urges, 3) managing behaviors, and 4) living a balanced life.

TUESDAYS

Sober Living Group, 3:30 PM – 4:30 PM

This peer-led workshop addresses various recovery topics such as willingness, dealing with frustration, self-acceptance, and coping with painful situations. We will share our fears and apprehensions about recovery, explore various wellness tools, and learn coping mechanisms for when times get tough. Participants are provided with a recovery booklet for greater reflection. This group is especially helpful for those individuals who are seeking abstinence-based recovery from substance use.

Anger Management, 4:00 PM - 5:00 PM *On-line group offered virtually via Zoom!*

Anger Management, 4:30 PM – 5:30 PM (In-person)

Struggling with anger or frustration? Our Certified Anger Management Specialists have got you covered! Individuals who want to receive a "Certificate of Completion" must complete all 12 Anger Management topic sessions. Others are welcome to drop-in to any session. Join us through our Zoom link: **https://strengthinpeers-org.zoom.us/my/groups**.

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PEER SUPPORT GROUPS

We offer in-person peer support groups Monday - Thursday at our Harrisonburg location. We also have virtual groups!

WEDNESDAY

Yoga & Meditation, 3:30 PM – 4:45 PM

End your busy week with mindful activities that provide a sense of calm. Bring balance and harmony to your mind and body by engaging in yoga practices that include light stretching, breathing techniques, and meditation exercises. Our first 45 minutes are devoted to yoga, and we will close with a relaxing 30-minute meditation session.

THURSDAY

Dual Recovery Therapy (DRT) & Acudetox, 3:45 PM – 5:00 PM

Dual Recovery Therapy (DRT) is for people with both substance use and mental health challenges. It combines addiction treatment therapies (Relapse Prevention, Motivational Enhancement Therapy, and 12-Step Facilitation) and mental health approaches (Cognitive-Behavioral Therapy and Social Skills Training). Acudetox is a three-to-five-point acupuncture protocol specifically designed for those struggling with substance use issues. The acupuncture needles are gently placed by an Acupuncture Detoxification Specialist (ADS) in the ear at specific points. This helps balance the body's energy and assists the healing process. The DRT & Acudetox group is facilitated by our partnering counselors from the Harrisonburg Center for Relational Health.

FRIDAY

SMART© Recovery, 12:00 PM - 1:00 PM *On-line group offered virtually via Zoom!*

Self Management And Recovery Training (SMART) group meetings are for individuals who struggle with drug and alcohol addiction. Meetings emphasize 1) motivation, 2) coping with urges, 3) managing behaviors, and 4) living a balanced life. Grab your lunch, get comfortable, and connect with us on Zoom!
https://strengthinpeers-org.zoom.us/my/groups.

Community Resource Centers

Walk-ins welcome!

Harrisonburg - 917 N. Main St., Suite 1 - Monday through Friday, 9 AM–2 PM

New Market - 9560 S. Congress St. - Thursdays, 9 AM–4 PM

Peer Support Groups: In-person in Harrisonburg 917 N. Main St., Ste.1, Mon–Thurs.

Zoom link for virtual groups: https://strengthinpeers-org.zoom.us/my/groups

STRENGTH IN PEERS 540-217-0869 | StrengthInPeers.org

Free, nonjudgmental services led by peers in recovery.

We also offer HIV and Hepatitis C testing, harm reduction services, integrated recovery programs, and much more!

Learn more at **StrengthInPeers.org** and follow us on Facebook and Instagram!