



# STRENGTH IN PEERS RECOVERY CENTER SCHEDULE

SCHEDULE  
BEGINS  
AUGUST  
2ND  
2021!

*FREE, Confidential & Non-Judgmental.*

## MONDAYS

### **9:00 AM - 2:00 PM - Members-Only Peer Support and Case Management**

Individual peer recovery support and case management services are available to our members by appointment. Membership is free! Interested? Give us a call at 540-217-0869 to find out about the perks!

## TUESDAYS

### **1:00 PM - 2:00 PM - STRENGTH THRU RECOVERY**

New to recovery? If so, then this group is for you! We'll discuss what recovery means to us, share our initial fears and apprehensions about recovery, explore various wellness tools, and learn coping mechanisms for when times get tough.

### **3:00 PM - 4:00 PM - WHOLE HEALTH & RESILIENCY**

This group workshop is all about setting your own goals, getting motivated to achieve those goals, and reaping the benefits of your actions! We discuss various topics such as stress management, restful sleeping, social support, health and wellness, and more!

### **4:00 PM - 5:00 PM - SMART Recovery<sup>®</sup> for TEENS Ages 14-17, via ZOOM!**

Self-Management And Recovery Training (SMART) offers teens the chance to get together virtually with other teens to look into behaviors that might hurt themselves or others. In this judgment-free environment, teens are invited to talk about the pressures they are experiencing as they relate to school, home life, drinking, drugging, fighting, anger, relationships, etc. along with coping techniques to calm and soothe. Zoom Website: [zoom.us/j/88216010316](https://zoom.us/j/88216010316) Meeting ID: **882 1601 0316** Password: **Teen**

## WEDNESDAYS

### **9:00 AM - 2:00 PM - Resource Center Walk-Ins Welcome!**

Need to connect to local resources? Or maybe you just need help with a job search or an online application? Come on in and use our Community Resource Center and computer lab to get connected to what you need! ALL are welcome!

### **12:00 PM - 1:00 PM - SMART Recovery<sup>®</sup> for Friends & Family In-person & on Zoom!**

Are you looking for resources to help you support someone struggling with addiction? Is someone else's addiction negatively affecting you? Perhaps you're seeking an alternative to tough love? We provide effective, easy-to-learn tools to help both you and your loved one. Join us for your lunch break, in-person at our Harrisonburg office, or online through Zoom! Zoom Website: [zoom.us/j/81228707674](https://zoom.us/j/81228707674) Meeting ID: **812 2870 7674** Password: **Family**

*"But wait, there's more!"* →

Trying to manage anger and frustration?

Our Certified Anger Management Specialists have got you covered!

Ask us about our next ANGER MANAGEMENT class and we'll get you registered!

## THURSDAYS

### 10:00 AM - 11:00 AM - WOMEN'S EMPOWERMENT GROUP

In this women-only group, we will explore what it means to be a woman, build our self-esteem, and set healthy boundaries. Topics encourage group discussion, social interaction, and opportunity for learning and personal growth.

### 3:00 PM - 4:00 PM - WRAP - Wellness Recovery Action Plan<sup>®</sup> In-Person & on Zoom!

WRAP is a wellness and recovery approach that helps people to 1) decrease and prevent intrusive or troubling feelings and behaviors, 2) increase personal empowerment, 3) improve quality of life, and 4) achieve their own life goals and dreams. Offered in-person at our Harrisonburg office and via Zoom. Website: [zoom.us/j/85645569677](https://zoom.us/j/85645569677) Meeting ID: 856 4556 9677 Meeting Passcode: WRAP123!

### 6:00 PM - 7:00 PM - SMART Recovery<sup>®</sup> Ages 18 & up, via Zoom

Self Management And Recovery Training (SMART) group meetings emphasize 1) motivation, 2) coping with urges, 3) managing behaviors, and 4) living a balanced life. This is a great group for individuals who struggle with addiction. Join this meeting online through Zoom! Website: [zoom.us/j/83588193479](https://zoom.us/j/83588193479) Meeting ID: 835 8819 3479 Passcode: Smart

## FRIDAYS

### 9:00 AM - 2:00 PM - Resource Center Walk-Ins Welcome!

Need to connect to local resources? Or maybe you just need help with a job search or an online application? Come on in and use our Community Resource Center and computer lab to get connected to what you need! ALL are welcome!

### 9:00 AM - 1:00 PM - HIV & Hepatitis C Testing Day!

Play safe, keep others safe & know your status! In the event of a positive test, we'll connect you to health and human services that can help -- you don't have to walk through it alone! Call us if you'd rather make an appointment for another day and we'll be happy to help you.

### 2:00 PM - 3:00 PM - SMART Recovery<sup>®</sup> Ages 18 & up, in-person

This in-person recovery meeting emphasizes coping strategies, self-care, and social support. If you are like some of us and struggle with substance use and/or mental health challenges, then this is the group for you! Self Management And Recovery Training (SMART) helps us build motivation and empowers us to make positive changes.

In-person peer groups, walk-in hours, and testing services  
take place at our Harrisonburg office location:



**STRENGTH IN PEERS**

**917 N. Main Street, Unit 1  
Harrisonburg, VA 22802**

*Attend 4 peer groups and receive a free wellness gift!*

**StrengthInPeers.org | 540-217-0869 |  /StrengthInPeers**