



# STRENGTH IN PEERS

## RESOURCE CENTER & RECOVERY CENTER SCHEDULE

*FREE, Confidential & Non-Judgmental.*

### MONDAYS

#### **9:00 AM - 2:00 PM - RESOURCE CENTER & RECOVERY CENTER - By Appointment**

Individual peer recovery support and case management services are available to our guests by appointment. Give us a call at 540-217-0869 to schedule an appointment!

### TUESDAYS

#### **1:00 PM - 2:00 PM - STRENGTH THRU RECOVERY - In-Person Group**

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 - In-Person Group**

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!

### WEDNESDAYS

#### **9:00 AM - 2:00 PM - RESOURCE CENTER & RECOVERY CENTER - Walk-Ins Welcome!**

Need to connect to local resources? Or maybe you just need help with a job search or an online application? Maybe you are just having a hard time right now and need a little support? Come on in and use our Community Resource Center and Recovery Center to get connected to what you need! ALL are welcome!

#### **4:00 PM - 5:00 PM - ANGER MANAGEMENT - On-line via Zoom**

Struggling with anger or frustration? Our Certified Anger Management Specialists have got you covered! For those looking to find support in managing their anger this course is open for Zoom "drop-ins." Individuals that want to receive a "Certificate of Completion" need to complete all 12 Anger Management topic sessions. Join us at 4:00 pm through our Zoom link: <https://strengthinpeers-org.zoom.us/my/groups>. Questions about the class? Call us at 540-217-0869 or email [Services@StrengthInPeers.org](mailto:Services@StrengthInPeers.org).

### THURSDAYS

#### **10:00 AM - 11:00 AM - WOMEN'S EMPOWERMENT GROUP - In-Person 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. For Zoom, go to weblink: <https://strengthinpeers-org.zoom.us/my/groups>. (The facilitator will let you in once you are in the Zoom waiting room!)

*"But wait, there's more!"* →

## THURSDAYS continued

### **6:00 PM - 7:00 PM - SMART Recovery® - On-line 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 on-line through Zoom: <https://strengthenpeers-org.zoom.us/my/groups> (The facilitator will let you in once you are in the Zoom waiting room.)

## FRIDAYS

### **9:00 AM - 2:00 PM - RESOURCE CENTER & RECOVERY 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 - Walk-Ins Welcome!**

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! If you'd rather make an appointment for another day to get tested just give us a call at 540-217-0869 and we'll be happy to help you.

### **2:00 PM - 3:00 PM - SMART Recovery® - In-Person Group**

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**

Our current services are geared towards adults ages 18 & up.

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

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

Strength In Peers' Community Resource Center provides one-on-one support, connection to local services, and access to computers, WiFi, and printers.

The Center is FREE and open to the public for walk-ins on Wednesdays and Fridays from 9:00 AM until 2:00 PM.

For more information or to schedule a specific appointment please email us at [Center@StrengthInPeers.org](mailto:Center@StrengthInPeers.org) or give our Resource Center a call at 540-208-2941.

### OUR MISSION

We offer hope, support and advocacy for those seeking recovery so that we can build resilience and thrive in our lives and communities.

### OUR VISION

We envision a world where we have an abundance of recovery options and where we are supported in our right to decide our recovery path.