



**STRENGTH  
IN PEERS**

540-217-0869 | [StrengthInPeers.org](http://StrengthInPeers.org)



**Community Resource & Recovery Center  
and Peer Recovery Groups  
Weekly Schedule**

## **MONDAYS**

### **8:00 AM - 9:30 AM - DUAL RECOVERY THERAPY (DRT)**

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). The workshop is taught by one of our partnering counselors from the Harrisonburg Center for Relational Health.

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

Our Center provides INDIVIDUAL case management and peer recovery support to ANYONE. We can help you apply for public benefits, look for employment, and get referrals to other community services. We also have Certified Peer Recovery Specialists available to help you navigate recovery from substance use and mental health challenges. For more information or to schedule an appointment, please email us at [Services@StrengthInPeers.org](mailto:Services@StrengthInPeers.org) or give us a call at **540-217-0869**.

## **TUESDAYS**

### **10:00 AM - 11:30 AM - RECOVERY PLAN WORKSHOP**

Set goals and identify strategies to stay on track with your personal recovery journey. Many people share their plans with loved ones and other service providers to help them understand how you want to be supported when you experience setbacks or a crisis. *This 4-week workshop is only offered quarterly and requires registration.* Save your spot by visiting: <https://RecoveryPlanWorkshop.eventbrite.com> or call us **540-217-0869**.

### **12:00 PM - 1:00 PM - SMART® Recovery**

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. Bring a bagged lunch and find support with others!

### **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! 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>.

## **WEDNESDAYS - WALK-INS Welcome!**

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

Our INDIVIDUAL case management and peer recovery support services are open to walk-ins! ALL are welcome and no appointment is required. Come meet our team of peers and learn more about the support and services Strength In Peers has to offer.

**Community Resource & Recovery Center activities and in-person  
Peer Recovery Groups take place at our Harrisonburg Office location:  
917 N. Main St. Unit 1 Harrisonburg 22802  
540-217-0869 | [StrengthInPeers.org](http://StrengthInPeers.org)**

*But, wait, there's more!* 



## THURSDAYS

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

In this women-only group, we explore what it means to be a woman, build our self-esteem, and develop healthy boundaries. Topics encourage social interaction and the opportunity for learning and personal growth. Trans-women are also welcome!

### 12:00 PM - 1:00 PM - MISSION: RECOVERY

This peer-led workshop addresses various recovery topics such as willingness, dealing with frustration, self-acceptance, and coping with painful situations. We'll 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.

### 5:30 PM - 7:00 PM - DUAL RECOVERY THERAPY - On-line via TinyURL link

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). The workshop is taught by one of our partnering Counselors from the Harrisonburg Center for Relational Health. Join us Thursdays at 5:30 PM at <https://tinyurl.com/ycku3tth>.

## FRIDAYS - WALK-INS Welcome!

### 9:00 AM - 2:00 PM - COMMUNITY RESOURCE & RECOVERY CENTER

Our INDIVIDUAL case management and peer recovery support services are open to walk-ins! ALL are welcome and no appointment is required. Come meet our team of peers and learn more about the support and services Strength In Peers has to offer.

### 9:00 AM - 1:00 PM - HIV & HEPATITIS C TESTING

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.

### 12:00 PM - 1:00 PM - SMART® Recovery - On-line 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 at noon on Zoom! Zoom link: <https://strengthinpeers-org.zoom.us/my/groups>.

**Our services are FREE, confidential, and nonjudgemental.**

Strength In Peers is a peer-run, nonprofit organization. More than half of our Board of Directors and all of our staff are in active recovery from substance use, mental health and trauma-related challenges. Grounded in our lived experience, we envision a world where we are supported in our right to decide our recovery pathway. Toward our vision, our mission is to offer hope, support and advocacy for those seeking recovery so they can build resilience and thrive in their lives and communities.

**Harrisonburg Office Location: 917 N. Main St. Unit 1 Harrisonburg 22802**

**New Market Office Location: 9560 S. Congress St. New Market 22844**

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