



STRENGTH IN PEERS

Community Resource & Peer Recovery Center 2024 SCHEDULE

540-217-0869

StrengthInPeers.org

COMMUNITY RESOURCE & PEER RECOVERY CENTER

Walk-Ins Welcome! Monday – Friday, 9:00 AM – 2:00 PM

Our Harrisonburg-based 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 to help you navigate recovery from substance use, mental health, trauma, and gambling challenges. For more information or to schedule an appointment outside of our walk-in hours, please email us at Services@StrengthInPeers.org or give us a call at 540-217-0869.

★ PEER SUPPORT GROUPS

We offer in-person peer support groups at 3:30 PM, Monday - Friday, 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, 4:30 PM – 5:30 PM *Hybrid group offered in-person in Harrisonburg and virtually 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>.

SMART© Recovery Family & Friends, 6:00 PM - 7:00 PM *On-line group offered virtually via Zoom*

Self-Management and Recovery Training (SMART) for Family & Friends is a confidential mutual support group for family members and friends of individuals who are struggling with addictive behavior. Each week we will discuss a new topic and explore specific activities designed to help us identify our stressors, develop coping strategies, and improve our relationships. Learn how to set boundaries, implement self-care practices, and move forward in your life -- all from the comfort of your home! Join us Tuesdays via our Zoom link: <https://strengthinpeers-org.zoom.us/my/groups>.





PEER SUPPORT GROUPS

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WEDNESDAYS

Women's Empowerment Group, 3:30 PM - 4:30 PM

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 welcome!

THURSDAYS

Entrenamiento de Autogestión y Recuperación, 9:00 AM - 10:00 AM

"SMART Recovery®" en ESPAÑOL. Un grupo de ayuda mutua para personas que quieren dejar y superar la adicción a las drogas o al alcohol. Las reuniones ayudan a 1) construir y mantener la motivación para cambiar; 2) enfrentar los deseos e impulsos; 3) mejorar el manejo de los pensamientos, sentimientos y comportamientos; y 4) vivir una vida equilibrada.

Dual Recovery Therapy (DRT) & Acudetox, 3:30 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.

FRIDAYS

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>.

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.

Strength In Peers' Community Resource & Peer Recovery Center

Walk-Ins WELCOME -- Mondays - thru - Fridays, 9:00 AM - 2:00 PM

or call us for an appointment -- 540-217-0869!

In-person peer support groups meet Mon. - Fri., 3:30 PM at Strength In Peers Harrisonburg office.

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

Virtual Zoom link for on-line peer support meetings:

<https://strengthinpeers-org.zoom.us/my/groups>



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We also offer HIV & Hepatitis C testing, needle exchange and other harm reduction services, integrated therapy and peer support programs, and more! For more info, visit StrengthInPeers.org and follow us on Facebook and Instagram.