



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Virtual SMART Recovery 8 AM Coffee Club 9-10 Movie Monday 10-12	2 All Recovery 12-1 SMART Recovery 4:45-5:45 Virtual SMART Recovery Friends and Family 6PM	3 Coffee Club 9 AM Creative Minds 3-4	4 Steppingstones 12-1:30 Drug Court 1-2 Music Expression 2:30-3:30	5 Coffee Club 9-10 SMART Recovery 12-1:00	6 CLOSED Run For Recovery at Fairgrounds 9AM
7 CLOSED	8 Closed	9 Closed	10 Closed	11 Steppingstones 12-1:30 Drug Court 1-2 Music Expression 2:30-3:30	12 Coffee Club 9-10 SMART Recovery 12-1:00	13 CLOSED
<u>Naloxone Training</u> As Needed Call or Walk-in						
14 CLOSED Suicide Awareness Walk Clayton 11-2	15 Wellness Day Yoga 9-10 Drumming 12-1 Bullet Journaling 3-4 Haircuts: 10-12/1-3 (First Come First Serve)	16 All Recovery 12-1 SMART Recovery 4:45-5:45 Creative Expressions Jewelry Making 9-12 Recovery Painting 11-3 (Limited Spots for painting, Call to sign up)	17 SNACK AND CINEMA Make a Snack 11-12 Movies and Popcorn 12-4	18 Talent Showcase Karaoke 10-11:30 Talent Show 2:30-4	19 Create and Celebrate Music Exploration Group 9:30-10:30 Tie-Dyeing 10:30-12 (call to reserve shirt size) Hot Dogs and Games 12-2	20 FAMILY Recovery Celebration at Thompson Park! 1-4 pm
21 CLOSED	22 Virtual SMART Recovery 8 AM Coffee Club 9-10 Movie Monday 10-12	23 All Recovery 12-1 SMART Recovery 4:45-5:45 Virtual SMART Recovery Friends and Family 6PM	24 Coffee Club 9 AM Creative Minds 3-4	25 Steppingstones 12-1:30 Drug Court 1-2 Music Expression 2:30-3:30	26 Coffee Club 9-10 SMART Recovery 12-1:00	27 CLOSED
28 CLOSED	29 Virtual SMART Recovery 8 AM Coffee Club 9-10 Movie Monday 10-12	30 All Recovery 12-1 SMART Recovery 4:45-5:45 Virtual SMART Recovery Friends and Family 6PM	<div>  </div> <div> 241 State Street Watertown, NY 13601 315-836-3460 Visit us on Facebook at Anchor Recovery Center of NNY or online at www.anchorrecoverycenter.com </div>			Drop-in hours Monday, Tuesday, Wednesday, Friday 1 to 3 pm and Thursday 2-4 pm.

All Recovery: A safe place for people to go and discuss their journey with recovery. This is NOT a 12-step group.

Coffee Club- Spend an hour of your day with Staff. Have coffee and chat.

Connections (skill building)- Group for ALL individuals whether you are in recovery or are supporting a person with an addiction. Come and learn some skills to improve your relationships.

Creative Minds- Come explore your creative side. This group will explore various activities including jewelry making, crafting, painting and more. Do you have any ideas? Share it with us and let's create together.

Cycling Club- Join us for communal rides. Cycling makes life better. (Spring, Summer)

Drug Court Alumni: This is a support group for anyone who is on Jefferson County Drug Court. Stop in and talk to people who have been where you are, people who can relate to the experiences you are having.

Drum Circle/Drumming- Rhythmic meditation.

Let's Move-We all know the importance of wellness and movement, so come join the Anchor Team in various activities that will get you moving.

Men's Group- A safe place for men to build confidence, learn skills and empower themselves to move forward.

Movie Monday: Watch a movie on SMART TV. (Staff Choice)

RCA: Recovery Coach Academy, 30 Hour training. Learn to become a peer advocate and help others.

Science of Addiction: Replace myths about addiction with science.

SMART Recovery- Self Management and Recovery Training

SMART Recovery Families & Friends: An evidence-based practice self-help group for families and friends of those who are living with a substance use disorder.

SOBEROKE- Lets have some fun doing Karaoke!!

Steppingstones- Does walking alone in recovery cause a little bit of fear? Do you need support? Come and join us as we explore various steppingstones in recovery.

Successful Life Skills (SLS) 12-week course. Bringing Science and Reason to Self-Help with Addictive Behaviors.

Women's Group- A safe space for women to build confidence, learn skills, and empower themselves to move forward.

Hours:

Monday 9-5, Tuesday 8-6, Wednesday 8-5, Thursday 8-6, Friday 8-5.

Drop-in Hours- 1-3 on Monday, Tuesday, Wednesday, Friday and Thursday 2-4.

*****Hours are subject to change without notice. *****

"It is often the small steps, not the giant leaps, that bring about the most lasting change." ~Queen Elizabeth II