



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>7714 Number Three Road, Lowville NY 13367 315-836-3460</p> <p>Visit us on Facebook at Anchor Recovery Center of NNY or online at www.anchorrecoverycenter.com</p>					1	2 CLOSED
<p>Hours: Monday- Thursday 8-4 PM Friday 8-12 PM</p>						
3 CLOSED	4 Coffee Chat 9:30-10:30 (Anchor) SMART Recovery 2:30-4 (NRCIL)	5 Coffee Chat 9:30-10:30 (Anchor) All Recovery 1-2 (Anchor) Virtual SMART Recovery Friends and Family 6PM	6 Coffee Chat 9:30-10:30 (Anchor) Crafter's Cove 1:00-2:00 (Anchor)	7 CRPA Study Group 1-2	8	9 CLOSED
10 CLOSED	11 Coffee Chat 9:30-10:30 (Anchor) CRPA Study Group 12-1 PM SMART Recovery 2:30-4 (NRCIL) TYE DYE 5-7:30 PM	12 Coffee Chat 9:30-10:30 (Anchor) All Recovery 1-2 (Anchor) Virtual SMART Recovery Friends and Family 6PM	13 Coffee Chat 9:30-10:30 (Anchor) Crafter's Cove 1:00-2:00 (Anchor) Women's Group 3:00-4:00 (NRCIL)	14 Life Skills 2-3 (SMART)	15	16 CLOSED
17 CLOSED	18 Coffee Chat 9:30-10:30 (Anchor) CRPA Study Group 1-2 SMART Recovery 2:30-4 (NRCIL)	19 Coffee Chat 9:30-10:30 (Anchor) All Recovery 1-2 (Anchor) Virtual SMART Recovery Friends and Family 6PM	20 Coffee Chat 9:30-10:30 (Anchor) Crafter's Cove 1:00-2:00 (Anchor)	21 Life Skills 2-3 (SMART)	22	23 CLOSED <u>Naloxone Training</u> As Needed Call or Walk-in
24 CLOSED 31 CLOSED	25 Coffee Chat 9:30-10:30 (Anchor) CRPA Study Group 1-2 SMART Recovery 2:30-4 (NRCIL)	26 Coffee Chat 9:30-10:30 (Anchor) All Recovery 1-2 (Anchor) Virtual SMART Recovery Friends and Family 6PM	27 Coffee Chat 9:30-10:30 (Anchor) Crafter's Cove 1:00-2:00 (Anchor) Women's Group 3:00-4:00 (NRCIL)	28 Life Skills 2-3 (SMART) 	29	30 CLOSED

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.

Color Your Cares Away- Coloring Mandala Art.

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 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.

Freedom Flow- Learn and Experience Yoga, Qigong, meditation and breath work. Group is for EVERYONE.

Guided Meditation- Start your day with some calming guided 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- Men coming together to support each other in and out of recovery.

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, Tuesday, Wednesday, Thursday, 8-4 Friday 8-12

*****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