



Recovery Support Services and Groups are ALWAYS FREE.
Drop-ins are always welcome!

January

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 FACEBOOK	 WEBSITE	Red: Offsite Blue: Family Group Green: Special Event Orange: Outreach Purple: ZOOM ONLY	HAPPY NEW YEAR	1 CNETER CLOSED! 8.30AM AA 5.45PM AL-ANON	2 8.30AM AA 10.30AM DROP -IN & "ASK A COACH" 1PM FAMILY FIRST FRIDAY GROUP	3 10AM YOGA FOR RECOVERY
4 11AM GOSNOLD FAMILY SUPPORT	5 CLOSED TILL NOON (STAFF TRAINING) 8.30AM AA 7.30PM YOUNG PEOPLE AA 	6 8.30AM AA 10AM WOMEN'S GROUP 7PM REFUGE RECOVERY	7 8.30AM AA 6PM RECOVERY ACUPUNCTURE 	8 8.30AM AA 1PM CREATIVE COMMUNITY 6PM AL-ANON	9 8.30AM AA 10.30AM DROP -IN & "ASK A COACH"	10 10AM YOGA FOR RECOVERY 
11 11AM GOSNOLD FAMILY SUPPORT 	12 8.30AM AA 7.30PM YOUNG PEOPLE AA	13 8.30AM AA 10AM WOMEN'S GROUP 5.30 COMMUNITY MEETING 7PM REFUGE RECOVERY	14 8.30AM AA 6PM RECOVERY ACUPUNCTURE	15 8.30AM AA 1PM CREATIVE COMMUNITY (GUEST ARTIST) 6PM AL-ANON	16 8.30AM AA 10.30AM DROP -IN & "ASK A COACH"	17 10AM YOGA FOR RECOVERY
18 11AM GOSNOLD FAMILY SUPPORT	19 CENTER CLOSED! 8.30AM AA 6PM MEDITATION FOR RECOVERY: YOGA NIDRA 7.30PM YOUNG PEOPLE AA 	20 8.30AM AA 10AM WOMEN'S GROUP 7PM REFUGE RECOVERY	21 8.30AM AA 6PM RECOVERY ACUPUNCTURE	22 8.30AM AA 1PM CREATIVE COMMUNITY 6PM AL-ANON 	23 8.30AM AA 10.30AM DROP -IN & "ASK A COACH"	24 10AM YOGA FOR RECOVERY 
25 11AM GOSNOLD FAMILY SUPPORT	26 8.30AM AA 7.30PM YOUNG PEOPLE AA	27 8.30AM AA 10AM WOMEN'S GROUP 7PM REFUGE RECOVERY	28 8.30AM AA 6PM RECOVERY ACUPUNCTURE	29 8.30AM AA 1PM CREATIVE COMMUNITY 6PM AL-ANON	30 8.30AM AA 10.30AM DROP -IN & "ASK A COACH"	31 10AM YOGA FOR RECOVERY