





Ambassadors for Recovery

Southern Bucks Recovery Community Center

May 2017

1286 Veterans Highway, Bristol, Pa. 215-788-3738

Monday 8:30a-4:30p	Tuesday 8:30a-4:30p	Wednesday 8:30a-4:30p	Thursday 8:30a-8:00p	Friday 8:30a-4:30p	Saturday Hours Below
1 Coffee and Conversation 10:30 AM Co-Occurring Group 2:30 PM NA Meeting 1:00 PM	2 Stress off your Chest 10:30 AM	3 Effective Communication 10:30 AM	4 Understanding Recovery 10:30 AM G.R.A.S.P 7:00 PM Family Program 7:00 PM No Shame AA 7:00 PM	5 Living in Recovery 10:30 AM	6 Center Closed Have a Safe Weekend
8 Coffee and Conversation 10:30 AM Co-Occurring Group 2:30 PM NA Meeting 1:00 PM	9 Stress off your Chest 10:30 AM Volunteer Orientation 9:30 AM	10 Effective Communication 10:30 AM	11 Understanding Recovery 10:30 AM Family Program 7:00 PM YOGA 7:00 PM (Register) No Shame AA 7:00 PM	12 Living in Recovery 10:30 AM FUN FRIDAY Karaoke Event 7PM-9PM	13 Advocacy Leadership Meeting 10AM – 11:30AM
15 Coffee and Conversation 10:30 AM Co-Occurring Group 2:30 PM NA Meeting 1:00 PM	16 Stress off your Chest 10:30 AM	17 Effective Communication 10:30 AM Volunteer Meeting 9:30 AM	18 Understanding Recovery 10:30 AM G.R.A.S.P 7:00 PM Family Program 7:00 PM No Shame AA 7:00 PM Vision Team 6PM	19 Living in Recovery 10:30 AM	20 Center Closed Have a Safe Weekend
22 Coffee and Conversation 10:30 AM Co-Occurring Group 2:30 PM NA Meeting 1:00 PM	23 Stress off your Chest 10:30 AM Mentor Training 9:00AM-3:00PM	24 Effective Communication 10:30 AM Mentor Training 9:00AM-3:00PM	25 Understanding Recovery 10:30 AM YOGA 7:00 PM (Register) No Shame AA 7:00 PM	26 Living in Recovery 10:30 AM	27 Center Closed Have a Safe Memorial Day Weekend
29 Center Closed For Memorial Day 	30 Stress off your Chest 10:30 AM	31 Effective Communication 10:30 AM			

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1286 Veterans Highway Bristol, Pa 19007 Phone: 215-788-3738 Fax: 215-788-2919

Victoria Spencer vspencer@councilsepa.org



PRO-ACT is hosted by The Council of Southeast Pennsylvania, Inc., a private, nonprofit 501(c)3 organization.



May Highlights



★ **Coffee and Conversation**- Start your day off right by connecting with a peer support group over a cup of coffee. Discussions are all recovery based.

★ **YOGA**- Come learn tools for everyday living that can help quiet the mind and reduce stress.

To register for yoga, please call 215-788-3738

★ **PRO-ACT Volunteer Orientation** – We are committed to the success of our Volunteers. All Volunteers complete this training to help them identify strengths and skills to ensure success in your volunteer experience.

★ **Volunteer Meeting**- Our monthly meeting for volunteers to touch base with each other and discuss any concerns and generate new ideas for our center. There will be a training after the meeting.

★ **Advocacy Leadership Program; Karaoke Event** – (May 12th, 7-9) Come and see what the Advocacy Leadership Program is all about! We're having a Karaoke Night that includes food and music trivia!!

★ **G.R.A.S.P.** - Grief Recovery after Substance Passing. This support was created to help provide sources of help, compassion and most of all, understanding for families who have had a loved one die through drug use.

★ **Family Program; To Register: 1- 800-221-6333** – Gather the information and resources you need to help your family deal with addiction. Part one: understanding addiction; Part two: the impact on the family; and Part three: developing a support network.

★ **GATEWAY TO WORK** – **To Register; call 215-788-3738 Ext.110**

★ **Resume Building** – Resumes tips, how to write a resume that will attract prospective employers.

★ **Jobs and Technology** – This workshop will focus on how to apply for employment on line. How to upload resumes and effective websites will also be addressed.

★ **Barriers and Motivation** – Criminal background, gaps in employment and other barrier to obtaining employment will be addressed. Tools for increasing motivation will also be presented.

★ **Co-Occurring Group**-meets every Monday of each month. Informational and emotional support for those who are dually diagnosed. Learn how to manage and navigate your mental health and recovery.

★ **Stress Off your Chest** – Discussion identifying sources of stress and learning and applying practical tools to manage and lower stress level. Every Tuesday at 10:30 am.

★ **Effective Communication in Recovery**-Recovery is all about change and improving our lives. Effective communication is fundamental to success in many aspects of life. It is a key interpersonal skill. Each session will practice using techniques such as active listening, setting boundaries, paying attention to nonverbal signals, managing conflicts, reflecting, and clarifying. Every Wednesday at 10:30 am.

★ **Understanding Recovery**-Discussions will explore the question, "what is recovery?" Topics will include identifying the multiple pathways to recovery, stages of recovery, stages of change in recovery, and developing a relapse prevention plan. Every Thursday at 10:30 am.

★ **Living in Recovery**- As many of us know, Recovery is not a switch that you can turn on or off. It's a life change. This group is made to support the individuals that are transitioning into a recovery based mindset.

★ **Mentor Training**- Training for volunteers ONLY. If you are interested in volunteering, please speak with Vikki or a volunteer at the front office.

**For More Information please contact: Victoria Spencer, Volunteer Coordinator 215-788-3738 x110
Information/Intervention line 1-800-221-6333 (Available 9AM to 5PM)**

