



Ambassadors for Recovery

SOUTHERN BUCKS RECOVERY COMMUNITY CENTER



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
2 Co-Occurring Group 10:30 AM NA Meeting 1:00 PM	3 Gateway to Work 10:30AM	4 Volunteer Orientation 9:30 AM Health and Wellness Wednesday 10:30 AM WON Institute (Acupuncture) 1:00 PM – 3:00 PM BCHIMP-Dental 2PM	5 Gateway to Work 10:30AM G.R.A.S.P 7:00 PM Family Program 7:00 PM	6 Living in Recovery 10:30 AM	7 Advocacy Leadership Meeting 10AM – 11:30AM
9 <i>Happy Columbus Day</i> Co-Occurring Group 10:30 AM NA Meeting 1:00 PM Group Leadership Facilitation 9:30AM	10 Stress off your Chest 10:30 PM Information Line Training 9:30 AM to 3:30 PM	11 Health and Wellness Wednesday 10:30 AM WON Institute (Acupuncture) 1:00 PM – 3:00 PM	12 Understanding Recovery 10:30 AM Family Program 7:00 PM	13 Living in Recovery 10:30 AM	14 Center Closed Have a Safe Weekend
16 Co-Occurring Group 10:30 AM NA Meeting 1:00 PM Peer Mentor Training 1 9:30 AM to 3:30 PM	17 Gateway to Work 10:30AM Peer Mentor Training 2 9:30 AM to 3:30 PM	18 Health and Wellness Wednesday 10:30 AM WON Institute (Acupuncture) 1:00 PM – 3:00 PM Recovery House Forum @ BCCC 6:30 PM	19 Gateway to Work 10:30AM Vision Team 6PM G.R.A.S.P 7:00 PM Family Program 7:00 PM	20 Living in Recovery 10:30 AM	21 Center Closed Have a Safe Weekend
23 Co-Occurring Group 10:30 AM NA Meeting 1:00 PM	24 Stress off your Chest 10:30 PM	25 Health and Wellness Wednesday 10:30 AM WON Institute (Acupuncture) 1:00 PM – 3:00 PM	26 Understanding Recovery 10:30 AM	27 Living in Recovery 10:30 AM	28 WORK GEAR WEEKEND 10 AM-2 PM
30 Co-Occurring Group 10:30 AM NA Meeting 1:00 PM					

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



OCTOBER HIGHLIGHTS



- ★ **PRO-ACT VOLUNTEER TRAININGS** – 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.
- ★ **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** – TAKES PLACE THE FIRST AND THIRD TUESDAYS/THURSDAYS OF THE MONTH AT 10:30 AM
 - ★ **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 DUALY 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. THE SECOND AND FOURTH TUESDAY OF THIS MONTH AT 10:30 AM.
- ★ **HEALTH AND WELLNESS WEDNESDAY** – THERE ARE 8 DIMENSIONS FOR WELLNESS; EMOTIONAL, FINANCIAL, SOCIAL, SPIRITUAL, OCCUPATIONAL, PHYSICAL, INTELLECTUAL, AND ENVIRONMENTAL. THIS GROUP AIMS TO COVER WELLNESS HABITS FOR PEOPLE IN RECOVERY.
- ★ **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. THE SECOND AND FOURTH THURSDAYS OF THIS MONTH 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.
- ★★ **BCHIMP (DENTAL)** - THE COUNCIL OF SOUTHEAST PA & ST MARY MEDICAL CENTER HAVE TEAMED UP TO START THE BUCKS COUNTY HEALTH INTEGRATION MANAGEMENT PROGRAM (BCHIMP). FREE HEALTH & WELLNESS WORKSHOPS WILL TAKE PLACE THE FIRST WEDNESDAY EACH MONTH OVER THE NEXT YEAR. EACH MONTH WILL HAVE ITS OWN TOPIC AIMED TO SUPPORT AND PROMOTE OVERALL HEALTH AND WELLNESS FOR THOSE IN RECOVERY. FOR MORE INFORMATION CONTACT JIM KOWALSKI AT JKOWALSKI@COUNCILSEPA.ORG OR 215-788-3738 EXT. 110

**For More Information please contact: Victoria Spencer, Volunteer Coordinator 215-788-3738 x112
Information/Intervention line 1-800-221-6333 (Available 9AM to 5PM)**

