



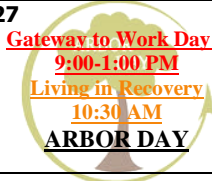


Ambassadors for Recovery

# Southern Bucks Recovery Community Center



## April 2018

Sunday (Center Closed)	Monday 8:30 AM – 4:30 PM	Tuesday 8:30 AM – 4:30 PM	Wednesday 8:30 AM – 4:30 PM	Thursday 8:30 AM – 4:30 PM	Friday 8:30 AM – 4:30 PM	Saturday (Center Closed)
1 	2 <u>Living in Recovery</u> 10:30 AM <u>NA Meeting</u> 1:00 PM	3 <u>Stress off your Chest</u> 10:30 AM	4 <u>Wellness Wednesday</u> <u>Reiki for Recovery</u> 10:30 AM <u>WON Institute:</u> <u>Acupuncture</u> 1:30 – 3:30 PM	5 <u>Understanding Recovery</u> 10:30 AM <u>Family Program 6:00 PM</u> <u>GRASP: 7:00 PM</u>	6 <u>Living in Recovery</u> 10:30 AM	7
8 <small>k12833089 fotosearch.com ©</small>	9 <u>Gateway to Work Day 1</u> 9:00-1:00 PM <u>Living in Recovery</u> 10:30 AM <u>NA Meeting</u> 1:00 PM	10 <u>Gateway to Work Day 2</u> 9:00-1:00 PM <u>Stress off your Chest</u> 1:30 PM	11 <u>Gateway to Work Day 3</u> 9:00-1:00 PM <u>Wellness Wednesday</u> <u>Meditation for Recovery</u> 10:30 AM <u>WON Institute: Acupuncture</u> 1:30 – 3:30 PM	12 <u>Gateway to Work Day 4</u> 9:00-1:00 PM <u>Understanding Recovery</u> 1:30 PM <u>Family Program 6:00 PM</u>	13 <u>Gateway to Work Day 5</u> 9:00-1:00 PM <u>Living in Recovery</u> 10:30 AM	14
15	16 <u>Living in Recovery</u> 10:30 AM <u>NA Meeting</u> 1:00 PM	17 <u>Stress off your Chest</u> 10:30 AM	18 <u>Wellness Wednesday</u> <u>Reiki for Recovery</u> 10:30 AM <u>WON Institute:</u> <u>Acupuncture</u> 1:30 – 3:30 PM	19 <u>Understanding Recovery</u> 10:30 AM <u>Vision Team Meeting</u> 6:00 PM <u>Family Program 6:00 PM</u> <u>GRASP: 7:00 PM</u>	20 <u>Living in Recovery</u> 10:30 AM <u>Volunteer Orientation</u> 9:30 AM	21 <u>Amends in Action</u> <u>Silver Lake Clean-up</u> 9:00AM -1:00PM
22 	23 <u>Gateway to Work Day 1</u> 9:00-1:00 PM <u>Living in Recovery</u> 10:30 AM <u>NA Meeting</u> 1:00 PM	24 <u>Gateway to Work Day 2</u> 9:00-1:00 PM <u>Stress off your Chest</u> 1:30 PM	25 <u>Gateway to Work Day 3</u> 9:00-1:00 PM <u>Wellness Wednesday</u> <u>Meditation for Recovery</u> 10:30 AM <u>WON Institute: Acupuncture</u> 1:30 – 3:30 PM	26 <u>Gateway to Work Day 4</u> 9:00-1:00 PM <u>Understanding Recovery</u> 1:30 PM	27  <u>Gateway to Work Day 5</u> 9:00-1:00 PM <u>Living in Recovery</u> 10:30 AM <u>ARBOR DAY</u>	28
29	30 <u>Living in Recovery</u> 10:30 AM <u>NA Meeting</u> 1:00 PM		<u>Job Search</u> <u>Monday – Friday</u> 9:00 AM – 4:00 PM	<u>One-on-One</u> <u>Peer Support</u> <u>Available for all</u> <u>Participants</u>		

Staff: James T. Kowalski - Volunteer Coordinator [jkowalski@councilsepa.org](mailto:jkowalski@councilsepa.org) Phone: 215-788-3738 x 110 Brian S. Kaye, CRS [bkaye@councilsepa.org](mailto:bkaye@councilsepa.org) Phone: 215-788-3738 x 112  
 SBRC 1286 Veterans Highway, Suite D6, Bristol, PA 19007 PRO-ACT is hosted by The Council of Southeast Pennsylvania, Inc., a private, nonprofit 501(c)3 organization.



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 In association with the Substance Abuse and Mental Health Services Association



# April Highlights

★ **Volunteer Meeting** - Our monthly meeting for volunteers to touch base with each other and discuss any concerns and generate new ideas for our center.

★ **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 lost a loved one due to substance 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** – 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 barriers to obtaining employment will be addressed. Tools for increasing motivation will also be presented.

★ **Stress Off your Chest** - Discussion identifying sources of stress and learning and applying practical tools to manage and lower stress level. Every Tuesday.

★ **Wellness Wednesday** - Wellness Wednesday – A discussion on all things wellness. We will offer a range of topics, including: Mindfulness, Yoga, Reiki, and others. 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. Every Monday and Friday at 10:30 am.

★ **WON Institute:Acupuncture** - Every Wednesday from 1:30-3:30PM the WON Institute provides free NADA Acupuncture for the community.

★ **Amends in Action** – We will be participating in a community clean-up day at Silver Lake Park Visitor's Center on Bath Rd. in Bristol from 9:00 AM until 1:00 PM.

★ **Job Search** – Computers are open to all participants for job search as well as local employment tips provided by staff and volunteers.

★ **One-On-One Peer Support available for all participants.**

**For More Information please contact:**

**James Kowalski, Volunteer Coordinator 215-788-3738 x110**

**Brian Kaye, CRS 215-788-3738 x112**

**Information/Intervention line 1-800-221-6333 (Available 9AM to 5PM)**

