


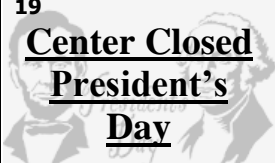


Ambassadors for Recovery

Southern Bucks Recovery Community Center

February 2018

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

| 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) |
|---------------------------|---|--|--|---|--|-----------------------------|
| | | Job Search Monday – Friday 9:00 AM – 4:00 PM | One-on-One Peer Support Available for all Participants | 1 <u>Understanding Recovery</u> 10:30 PM <u>Family Program 7:00 PM</u> <u>GRASP: 7:00 PM</u> | 2 <u>Living in Recovery</u> 10:30 AM  | 3 |
| 4 | 5 <u>Living in Recovery</u> 10:30 AM <u>NA Meeting</u> 1:00 PM | 6 <u>Gateway to Work</u> 10:30 AM <u>Stress off your Chest</u> 1:30 PM | 7 <u>Volunteer Orientation</u> 9:30 AM <u>Wellness Wednesday</u> <u>Meditation for Recovery</u> 10:30 AM <u>WON Institute: Acupuncture</u> 1:30 – 3:30 PM | 8 <u>Gateway to Work</u> 10:30 AM <u>Understanding Recovery</u> 1:30 PM <u>Family Program 7:00 PM</u> | 9 <u>Living in Recovery</u> 10:30 AM | 10 |
| 11 | 12 <u>Living in Recovery</u> 10:30 AM <u>NA Meeting</u> 1:00 PM | 13 <u>Group Facilitation Training</u> 9:30 AM <u>Stress off your Chest</u> 10:30 PM | 14 <u>Wellness Wednesday</u> <u>Reiki for Recovery</u> 10:30 AM <u>WON Institute:</u> <u>Acupuncture</u> 1:30 – 3:30 PM | 15 <u>Understanding Recovery</u> 10:30 PM <u>Vision Team Meeting</u> 6:00 PM <u>Family Program 7:00 PM</u> <u>GRASP: 7:00 PM</u> | 16 <u>Living in Recovery</u> 10:30 AM | 17 |
| 18 | 19  Center Closed President's Day | 20 <u>Gateway to Work</u> 10:30 AM <u>Stress off your Chest</u> 1:30 PM | 21 <u>Wellness Wednesday</u> <u>Meditation for Recovery</u> 10:30 AM <u>WON Institute:</u> <u>Acupuncture</u> 1:30 – 3:30 PM | 22 <u>Gateway to Work</u> 10:30 AM <u>Understanding Recovery</u> 1:30 PM | 23 <u>Living in Recovery</u> 10:30 AM | 24 |
| 25 | 26 <u>Living in Recovery</u> 10:30 AM <u>NA Meeting</u> 1:00 PM | 27 <u>Stress off your Chest</u> 10:30 PM <u>Volunteer Meeting</u> 6:00 PM | 28 <u>Wellness Wednesday</u> <u>Yoga for Recovery</u> 10:30 AM <u>WON Institute:</u> <u>Acupuncture</u> 1:30 – 3:30 PM | | | |

Staff: James T. Kowalski - Volunteer Coordinator jkowsalski@councilsepa.org Phone: 215-788-3738 x 110 Brian S. Kaye, CRS bkaye@councilsepa.org Phone: 215-788-3738 x 112
PRO-ACT is hosted by The Council of Southeast Pennsylvania, Inc., a private, nonprofit 501(c)3 organization.



This project is made possible by funding through the Bucks County Drug Alcohol Commission, Inc.

February 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.

★ **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 215-788-3738 x110

Brian Kaye 215-788-3738 x112

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

