



Advocacy. Community. Recovery. *Unlimited* Potential.

## RECOVERY GROUPS AT THE SAARA CENTER

**2000 Mecklenburg Street, Richmond, VA 23223**

Many peer to peer recovery groups meet weekly at the SAARA Center, and new ones are being added all the time. Currently our groups include:

### **All Recovery**

Monday, Thursday and Friday, 11 am – 12 pm; Wednesday, 3 pm - 4 pm

All Recovery is an inclusive, open discussion Recovery Group. In accordance with SAARA's mission, all pathways to recovery are honored in this group. General recovery principles, as opposed to 12 step principles, are explored by the participants.

All are welcome!

### **Letting Go**

Mondays, 1 pm – 2 pm

Letting Go focuses on building self-esteem in recovery through acceptance and self-care. Participants learn that creating healthy lives for themselves is the foundation for healthy relationships with others.

### **Resource Time**

Monday through Friday, 3 pm – 4 pm

Peers (Center participants) are encouraged to work on computer skills, watch educational videos, or engage in on-on-one sessions with peer coaches.

### **Life Skills**

Tuesdays, 11 am – 12 pm

Life Skills addresses personal growth through the exploration of new skills and experiences. This group often features speakers in long term recovery who provide hope and inspiration.

### **Women's Recovery**

Tuesdays, 1 pm – 2 pm

The Women's Recovery Group highlights issues that are relative to women's recovery experiences. The SAARA Center provides an oasis of safety and confidentiality where women can discuss their challenges and gain support and resources.

### **Men's Recovery**

Tuesdays, 1 pm – 2 pm

The Men's Recovery Group addresses barriers that many men find in recovery from addiction. The SAARA Center provides a confidential space where men can meet and support each other, and where they can learn more.

### **Early Recovery**

Tuesdays, 3 pm – 4 pm

This group is for people of all ages who have a year or less in recovery. The group is led by experienced peers in long term recovery but focused solely on the thoughts, experiences and questions of those in early recovery.

### **MARS Recovery**

Wednesdays, 1 pm – 2 pm

This group focuses on creating a network and safe space for those who are in medically assisted recovery.

### **Addictive Thinking**

Thursdays, 11 am – 12 pm

Addictive thinking addresses the thought process that pushes an individuals towards substance use regardless of the negative consequences. Participants identify personal triggers, learn coping techniques and skills to assist in long term recovery.

### **Marijuana Recovery**

Mondays, 3 pm – 4 pm

Marijuana Recovery is a group that supports peers who have a desire to remain abstinent from marijuana.

### **Coming Soon Friends & Family Support**

Friends and Family Support is a group for family members, caregivers, and loved ones of an individual with an addiction.

VISIT US AT [WWW.SAARA.ORG](http://WWW.SAARA.ORG) FOR THE MOST UP TO DATE GROUP SCHEDULE.

OR CALL US AT 804-762-4445