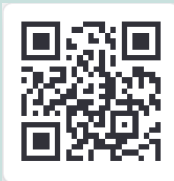






MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><b>Download Our APP!</b></p> 	<p>June 15<sup>th</sup>- July 22<sup>nd</sup></p> <p>* <b>Fit 2B YOU Challenge</b> Is In-Person Only</p> 		<p><b>1</b></p> <p><b>9am</b> Morning Check in <b>6pm</b> <b>Fit 2B YOU Challenge</b> <b>7:30pm</b> Your TURNing Point IN-Person Only</p> 	<p><b>2</b></p> <p><b>9am</b> Morning Check in <b>8pm</b> Friday Night lights</p>	<p><b>3</b></p> <p><b>9am</b> Morning Check in <b>10:30am</b> Mental Health Matters In-Person Only <b>1pm- COOKOUT!</b></p>	<p><b>4</b></p> 
<p><b>5</b></p> <p><b>CLOSED</b></p> 	<p><b>6</b></p> <p><b>9am</b> Morning Check in <b>12pm</b> Community Meeting <b>6pm</b> <b>Fit 2B YOU Challenge</b> <b>7pm</b> Family Recovery Support IN-Person Only</p>	<p><b>7</b></p> <p><b>9am</b> Coffee Corner (IN-Person/Zoom) <b>12pm</b> SMART RECOVERY Zoom/In Person</p>	<p><b>8</b></p> <p><b>9am</b> Coffee Corner <b>6pm</b> <b>Fit 2B YOU Challenge</b> <b>7:30pm</b> Your TURNing Point IN-Person Only</p>	<p><b>9</b></p> <p><b>9am</b> Coffee Corner <b>8pm</b> Friday Night lights</p>	<p><b>10</b></p> <p><b>9am</b> Coffee Corner <b>10:30am</b> Mental Health Matters In-Person Only</p>	<p><b>11</b></p>
<p><b>12</b></p> <p><b>9am</b> Coffee Corner <b>2pm</b> Monday Reset Zoom/In Person</p>	<p><b>13</b></p> <p><b>9am</b> <b>12pm</b> Community Meeting <b>6pm</b> <b>Fit 2B YOU Challenge</b> <b>7pm</b> Family Recovery Support</p>	<p><b>14</b></p> <p><b>9am</b> Coffee Corner (IN-Person/Zoom) <b>12pm</b> SMART RECOVERY Zoom/In Person</p>	<p><b>15</b></p> <p><b>9am</b> Coffee Corner <b>6pm</b> <b>Fit 2B YOU Challenge</b> <b>7:30pm</b> Your TURNing Point IN-Person Only</p>	<p><b>16</b></p> <p><b>9am</b> Coffee Corner <b>8pm</b> Friday Night lights</p>	<p><b>17</b></p> <p><b>9am</b> Coffee Corner <b>10:30am</b> Mental Health Matters In-Person Only <b>9-2pm- Farmers Market</b></p>	<p><b>18</b></p>
<p><b>19</b></p> <p><b>9am</b> Coffee Corner <b>2pm</b> Monday Reset Zoom/In Person</p>	<p><b>20</b></p> <p><b>9am</b> Coffee Corner <b>12pm</b> Community Meeting <b>6pm</b> <b>Fit 2B YOU Challenge</b> <b>7pm</b> Family Recovery Support IN-Person Only</p>	<p><b>21</b></p> <p><b>9am</b> Coffee Corner (IN-Person/Zoom) <b>12pm</b> SMART RECOVERY Zoom/In Person</p>	<p><b>22</b></p> <p><b>9am</b> Coffee Corner <b>6pm</b> <b>Fit 2B YOU Challenge</b> <b>7:30pm</b> Your TURNing Point IN-Person Only</p>	<p><b>23</b></p> <p><b>9am</b> Coffee Corner <b>8pm</b> Friday Night lights</p>	<p><b>24</b></p> <p><b>9am</b> Coffee Corner <b>10:30am</b> Mental Health Matters In-Person Only</p>	<p><b>25</b></p>
<p><b>26</b></p> <p><b>9am</b> Coffee Corner <b>2pm</b> Monday Reset Zoom/In Person</p>	<p><b>27</b></p> <p><b>9am</b> Coffee Corner <b>12pm</b> Community Meeting <b>6pm</b> <b>Fit 2B YOU Challenge</b> <b>7pm</b> Family Recovery Support</p>	<p><b>28 SAVE THE DATE!</b></p> <p><b>9am</b> Coffee Corner <b>12pm</b> SMART RECOVERY Zoom/In Person <b>6-8pm</b> <b>Discover Your Recovery Community Event!</b></p>	<p><b>29</b></p> <p><b>9am</b> Coffee Corner <b>7:30pm</b> Your TURNing Point IN-Person Only</p>	<p><b>30</b></p> <p><b>9am</b> Coffee Corner <b>5pm- Family Matters Dinner</b> <b>8pm</b> Friday Night lights</p>	<p><b>31</b></p> <p><b>9am</b> Coffee Corner <b>10:30am</b> Mental Health Matters In-Person Only <b>9-2pm- Farmers Market</b></p>	

**Monday RESET (In-Person/Zoom)** – This supportive, empowering, open discussion group will be meeting In-Person @ 2pm at the Center every Monday, to discuss topics such as how our weekend was and our plan for the week ahead. We'll be focusing on wellness planning and wellness practices.

**Family Recovery Support (In-Person Only)** - Our family support group will offer a confidential, supportive, and respectful space to share our experiences, strength, and hope when it comes to coping with our loved one's addiction. This group is offered in-person only.

**Fit 2B You Challenge-** This is open to anyone in recovery and/or supportive friends and family of recovery. Our group fitness classes are for all levels from beginner to athlete and will be split into 2 formats for optimization towards results, while keeping it fun, safe, and welcoming at the forefront.

**Fit2Recover Workouts-** We start with a quick check-in for Q & A before we get into our non-intimidating, never the same, challenging, and fun workouts! We also have a Group Page to help with support, accountability, and interaction along the way to your goals.

**Mental Health Matters (In-Person Only)-** A non-clinical, dual recovery group for those on a mental health recovery journey, as well as those who are afflicted by substance use. Family members, allies, and friends of loved ones are also welcome to attend.

**“Night Light” Read and Discussion-** This group is here for you to discuss your day and to ensure tomorrow's hope. Evening hours can be a tough time to wind down from the day's stresses.

**Outreach Team Meeting-** An open meeting to the Community where we embrace your thoughts, ideas, networks, and resources regarding Recovery support. We plan on doing this through relationship building and Outreach events throughout the community.

**SMART Recovery (IN-PERSON/Zoom)** - A science-based self-help support group whose methods can be used to alter any negative thinking or behavior (substance abuse, eating disorders, gambling, etc.) Brought to you by The New Way Recovery Center!

**Morning Check-In (Today's Gift)-** An open discussion around the daily reading from the “Hazelden's Meditations for Families” book, although we encourage those to share on any thoughts, emotions, or challenges they may be going through. This is a wonderful supportive group to start your day.

**Your TURNing Point Recovery Support Meeting (In-Person Only)-** This meeting is for anyone who has struggled with Substance Use Disorder no matter what the specific substance may be. Each meeting, we plan to have a speaker (followed by a topic to share on) in hopes for everyone to get a TURN to share their experience, strength, and hope with the intent on focusing on the Turning Points' of one's story that lead them to Recovery.

**Volunteer Team Meeting-** Join Andrea & Jody for their Turning Point Recovery & Support Center's Volunteer meeting! We meet bi-weekly to discuss Volunteer opportunities as they come up. If you want to get involved in Volunteering, we would love to know your thoughts and ideas. Please join us. Let's move forward together!!

*Together We Can*

