



EVENTS

betherocc.org/calendar

*Email: info@betherocc.org to sign-up (space is limited)

SUN	MON	TUE	WED	THU	FRI	SAT
Jan. 31 AA 2 – 3 pm Art Expression 4 – 6 pm Ladies Faith-Based Group 6-7:30 pm	Feb. 01 NA – Finding Freedom 12 – 1 pm Recovery Yoga 6 – 7:30 pm	02  ARAD 8 am – 8 pm	03	04 Drawing Class 5 – 6 pm All Recovery 7 – 8 pm	05 NA – Finding Freedom 12 – 1 pm	06 Narcan Training & Overdose Awareness 10 am
07 AA 2 – 3 pm Art Expression 4 – 6 pm Ladies Faith-Based Group 6-7:30 pm	08 NA – Finding Freedom 12 – 1 pm Recovery Yoga 6 – 7:30 pm	09 12-Step class* Steps 8-10 5 – 6 pm	10	11 Drawing Class 5 – 6 pm All Recovery 7 – 8 pm	12 NA – Finding Freedom 12 – 1 pm	13
14  AA 2 – 3 pm Art Expression 4 – 6 pm Ladies Faith-Based Group 6-7:30 pm	15 NA – Finding Freedom 12 – 1 pm Recovery Yoga 6 – 7:30 pm	16 12-Step class* Steps 11-12 5 – 6 pm	17 Pound Aerobics Class 5:00 – 6:00 pm SMART Recovery facilitator training 6 – 7 pm	18 Drawing Class 5 – 6 pm All Recovery 7 – 8 pm	19 NA – Finding Freedom 12 – 1 pm	20
21 AA 2 – 3 pm Art Expression 4 – 6 pm Ladies Faith-Based Group 6-7:30 pm	22 NA – Finding Freedom 12 – 1 pm Recovery Yoga 6 – 7:30 pm	23 12-Step class* Steps 1-3 5 – 6 pm	24 Pound Aerobics Class 5:00 – 6:00 pm	25 Drawing Class 5 – 6 pm All Recovery 7 – 8 pm	26 NA – Finding Freedom 12 – 1 pm	27 Suicide Prevention role-play workshop 11 am All Recovery 4 – 5 pm
28 AA 2 – 3 pm Art Expression 4 – 6 pm Ladies Faith-Based Group 6-7:30 pm	Mar. 01 NA – Finding Freedom 12 – 1 pm Recovery Yoga 6 – 7:30 pm	02 12-Step class* Steps 4-7 5 – 6 pm	03 Pound Aerobics Class 5:00 – 6:00 pm	04 Drawing Class 5 – 6 pm All Recovery 7 – 8 pm	05 NA – Finding Freedom 12 – 1 pm	06 All Recovery 4 – 5 pm