



HOPE IN RECOVERY CENTER |

September

A place where we live recovery together one day at a time | Phone # (701) 809-3758

Sun. CLOSED	Monday LHC	Tuesday LHC	Wednesday LHC	Thursday LHC	Friday LHC	Saturday CLOSED
		1 9:30 AM- Daily Check In 11:30 AM- Cards/Games 1:30 PM- Journaling Grp. 3:00 PM- CODA 4:00 PM- RA	2 9:30 AM- Daily Check In 10:00 AM- Cards/Games 11:30-12:30: Meal 12:30-3:30 PM- AH 4:00 PM- MH GRP.	3 9:30 AM- Daily Check In 10:00 AM- Mindful Movement 1:00 PM- Member's Movie 5:00 PM- GYST Planner	4 9:30 AM- Daily Check In 11:30-12:30- Meal 12:00 PM- OA 1:00 PM- Brain Injury Support & Education 2:30 PM- Check In	5
6	7 CLOSED FOR LABOR DAY	8 9:30 AM- Daily Check In 11:30 AM- Cards/Games 1:30 PM- Journaling Grp. 3:00 PM- CODA 4:00 PM- RA	9 9:30 AM- Daily Check In 10:00 AM- Cards/Games 11:30-12:30: Meal • FCN available 12:30-3:30 PM- AH 4:00 PM- MH GRP.	10 9:30 AM- Daily Check In 10:00 AM- Mindful Movement 1:00 PM- Member's Movie 5:00 PM- GYST Planner	11 9:30 AM- Daily Check In 11:30-12:30- Meal 12:00 PM- OA 1:00 PM- Recovery Education 2:30 PM- Check In	12
13	14 OPEN 9-12:30 9:30 AM- Daily Check In 10:00 AM- Mindful Movement	15 CLOSED FOR BEHAVIORAL HEALTH CONFERENCE	16 CLOSED FOR BEHAVIORAL HEALTH CONFERENCE	17 OPEN 12-6 1:00 PM- Member's Movie 5:00 PM- GYST Planner	18 9:30 AM- Daily Check In 11:30-12:30- Meal 12:00 PM- OA 1:00 PM- Recovery Education 2:30 PM- Check In	19
20	21 9:30 AM- Daily Check In 10:00 AM- Mindful Movement 11:00 AM- Member Meeting	22 9:30 AM- Daily Check In 11:30 AM- Cards/Games 1:30 PM- Journaling Grp. 3:00 PM- CODA 4:00 PM- RA	23 9:30 AM- Daily Check In 10:00 AM- Cards/Games 11:30-12:30: Meal • FCN available 12:30-3:30 PM- AH 4:00 PM- MH GRP.	24 9:30 AM- Daily Check In 10:00 AM- Mindful Movement 1:00 PM- Member's Movie EVENT 1-4 PM 5:00 PM- GYST Planner	25 9:30 AM- Daily Check In 11:30-12:30- Meal 12:00 PM- OA 1:00 PM- Recovery Education 2:30 PM- Check In 3:00 PM- Kitchen 101	26
27	28 Fishing Event- 1-4 PM 9:30 AM- Daily Check In 10:00 AM- Mindful Movement	29 9:30 AM- Daily Check In 11:30 AM- Cards/Games 1:30 PM- Journaling Grp. 3:00 PM- CODA 4:00 PM- RA	30 9:30 AM- Daily Check In 10:00 AM- Cards/Games 11:30-12:30: Meal 12:30-3:30 PM- AH 4:00 PM- MH GRP.			

LHC: Lighthouse Church

AH: Art Hangout

CODA: Codependents Anonymous

RA: Recoveries Anonymous

MH GRP: Mental Health Group

FCN: Faith Community Nurse

OA: Overeaters Anonymous

GYST: Get Your Stuff Together Planner Group

Check the back for event details & more! →

HIRC Weekly Hours

Monday | 9:00 AM-5:00 PM

Tuesday | 9:00 AM-5:00 PM

Wednesday | 9:00 AM-5:00 PM

Thursday | 9:00 AM-6:00 PM

Friday | 9:00 AM-4:00 PM

Sat. & Sun. | CLOSED

HIRC Location

The Hope In Recovery Center is located at Lighthouse Church in the basement.

LHC: 21 9th St S, Fargo

August Fishing Trip



Kitchen 101



September Events

HIRC CLOSED

9/7- Labor Day
9/14- open 9-12:30
9/15- Closed
9/16- Closed
9/17- open 12-6 PM

The Hope In Recovery Center will be closed on several dates this month. We will be closed on September 7th for Labor Day.

The Center will also be closed for portions of the Behavioral Health Conference so that our staff can learn about the best practices and how to better serve our members. We will be open from 9AM-12:30PM on Monday the 14th, closed on Tuesday the 15th and Wednesday the 16th and open from 12-6PM on Thursday the 17th. We will be back to our normal hours of operation on Friday the 18th.

Member Meeting September 21st

Join us for our Member Meeting on Monday, September 21st at 11 AM! We will be meeting at Lighthouse Church. Come join us as we discuss HIRC related information and vote on future activities. This meeting is open to everyone- so bring a friend!

New Groups September

Check In Groups

Overeaters
Anonymous

Mindful Movement

Check In Groups: We will meet every day at 9:30 AM for Daily Check In. Let's start the day together and share how we are doing, as well as share the plans we have for the day! On Fridays, there is an extended Check In time at 2:30 PM to share about their week and weekend plans!

Overeaters Anonymous will meet on Fridays at 12:00 PM in the sanctuary. OA is a community of people who support one another in recovering from unhealthy relationships with food. This is an open meeting and all are welcome.

The Mindful Movement Group has added another meeting time on Thursdays at 10 AM.

Mooncake Making Workshop September 24th

Join us at the HIRC on September 24th from 1-4 PM to learn about the Chinese Mid-Autumn Festival! This event is a celebration of family, togetherness, and gratitude while learning how to make traditional mooncakes!

Faith Community Nurse September 9th & 23rd

The HIRC Faith Community Nurses will now be coming twice a month! FCN come to do blood pressure checks and answer questions you may have about physical and mental health. They will be here this month on September 9th and 23rd during the meal time, 11:30AM-12:30PM.

Fishing Outing September 28th

Fishing is back and *in town* this month in South Fargo from 1-4 PM! The HIRC has ND Fishing Licenses, poles, tackle, sunscreen and snacks! Make sure you sign up at the HIRC to get your spot!

SAVE THE DATE | October 5th | Member Meeting | 11:00 AM