HOPE IN RECOVERY CENTER | November

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

Sun. CLOSED	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday CLOSED
1	**2** 9:30 AM- Daily Check In 10:00 AM- Mindful Movement **11:00 AM- Member Meeting** 2:00 PM- Expressive Journaling Grp. **5:00 PM- Bingo Night**	**3** 9:30 AM- Daily Check In 11:30 AM- Cards/Games 3:00 PM- CODA 4:00 PM- RA	**4** 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.	**5** 9:30 AM- Daily Check In 10:00 AM- Mindful Movement 1:00 PM- Movie 5:00 PM- GYST Planner	**6** 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	**7**
8	**9** 9:30 AM- Daily Check In 10:00 AM- Mindful Movement 2:00 PM- Expressive Journaling	**10** 9:30 AM- Daily Check In 11:30 AM- Cards/Games 3:00 PM- CODA 4:00 PM- RA	**11** **Closed**	**12** 9:30 AM- Daily Check In 10:00 AM- Mindful Movement 1:00 PM- Movie 5:00 PM- GYST Planner	**13** 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	**14**
15	**16** 9:30 AM- Daily Check In 10:00 AM- Mindful Movement **10:00 AM- Event** 2:00 PM- Expressive Journaling	**17** 9:30 AM- Daily Check In 11:30 AM- Cards/Games 3:00 PM- CODA 4:00 PM- RA	**18** 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.	**19** 1:00 PM- Movie 5:00 PM- GYST Planner	**20** 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	**21**
22	**23** 9:30 AM- Daily Check In 10:00 AM- Mindful Movement 2:00 PM- Expressive Journaling	**24** 9:30 AM- Daily Check In 11:30 AM- Cards/Games 3:00 PM- CODA 4:00 PM- RA	**25** 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.	**26** **Closed for Thanksgiving**	**27** **Closed**	**28**
29	**30**					

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

Game & Art-In!



Great Plains Food Bank Delivery



Hope In Recovery Center Mission Statement

The Recovery Center is committed to delivering recovery-based services that promote feelings of self-worth, self-respect, independence, choice, and hope to people with mental health challenges, enabling them to live meaningful lives in the communities of their choice while striving to achieve their full potential.

November Events

Member Meeting
November 2nd

Join us for our Member Meeting on Monday November 2nd at 11 AM to discuss HIRC related information and vote on future activities. This meeting is open to everyone- so bring a friend.

Expressive Journaling
November 2nd

The former "Journaling Group" has moved to Mondays from 2-4 PM at the HIRC! Do you want to learn how to make your own journal? Maybe you don't like writing in a journal or don't know what to put inside your journal--This is the spot for you! Even if you just want to visit with the group, you are welcome and no experience is needed! Join us on Mondays!

Bingo Night
November 2nd

There will be a Bingo Night on November 2nd starting at 5 PM! Join us for snacks and some BINGO! Winners will be awarded care baskets with household items (tissues, toilet paper), hygiene products (shampoo/conditioner/lotion), and more!

Brain Injury Support & Education
November 6th

The Brain Injury Support & Education Group meets on the first Friday of every month from 1-2:30 PM. This is open to the community and meets at the HIRC in the LHC basement. Shannan Stanke from the ND Brain Injury Network facilitates this group. Please join us if you're interested!

HIRC Closures
November 11th, 26th & 27th

The Hope In Recovery Center will be closed on Wednesday, November 11th, as well as Thanksgiving Day on Thursday, the 26th and the following day, November 27th.

Event: Mountainbrooke
November 16th

On November 16th, the HIRC will be traveling to Mountainbrooke Recovery Center in Grand Forks. The van will leave at 10 AM and we will return by 2:30 PM. Come join us as we enjoy lunch and see how the Mountainbrooke Recovery Center works and celebrates their recovery! Please sign up so travel arrangements can be made.

Faith Community Nurse
November 18th

There will be a Faith Community Nurse available to do blood pressure checks and answer any health & dental health related questions on Wednesday, November 18th during the HIRC meal from 11:30 AM-12:30 PM. Stop by and check it out!

Kitchen 101 Changes
November 20th

Kitchen 101 will be moving their date back in light of Thanksgiving. They will meet at 3:00 PM on November 20th. Join them for this group and come see what Mille has planned to create!

SAVE THE DATE | December 7th | Member Meeting | 11:00 AM