



HOPE IN RECOVERY CENTER |



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 10:00 AM- Mindful Movement 1:00 PM- Member's Movie 5:00 PM- GYST Planner	2 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	3
4	5 9:30 AM- Daily Check In 11:00 AM- Member Meeting 10:00 AM- Mindful Movement	6 9:30 AM- Daily Check In 11:30 AM- Cards/Games 1:30 PM- Journaling Grp. 3:00 PM- CODA 4:00 PM- RA	7 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.	8 9:30 AM- Daily Check In 10:00 AM- Mindful Movement 1:00 PM- Member's Movie 5:00 PM- GYST Planner	9 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	10
11	12 9:30 AM- Daily Check In 10:00 AM- Mindful Movement	13 9:30 AM- Daily Check In 11:30 AM- Cards/Games 1:30 PM- Journaling Grp. 3:00 PM- CODA 4:00 PM- RA	14 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.	15 1:00 PM- Member's Movie 5:00 PM- GYST Planner	16 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 EVENT	17 EVENT
18	19 9:30 AM- Daily Check In 10:00 AM- Mindful Movement	20 9:30 AM- Daily Check In 11:30 AM- Cards/Games 1:30 PM- Journaling Grp. 3:00 PM- CODA 4:00 PM- RA	21 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.	22 9:30 AM- Daily Check In 10:00 AM- Mindful Movement 1:00 PM- Member's Movie 5:00 PM- GYST Planner	23 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	24
25	26 9:30 AM- Daily Check In 10:00 AM- Mindful Movement	27 9:30 AM- Daily Check In 11:30 AM- Cards/Games 1:30 PM- Journaling Grp. 3:00 PM- CODA 4:00 PM- RA	28 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.	29 9:30 AM- Daily Check In 10:00 AM- Mindful Movement 1:00 PM- Member's Movie 5:00 PM- GYST Planner	30 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 & EVENT	31

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

HIRC Meals!

Join us for lunch every Wednesday and Friday afternoon from 11:30 AM-12:30 PM!



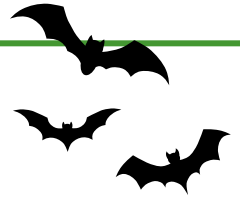
Strength in Recovery Booth



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.

October Events



Member Meeting October 5th

Join us for our Member Meeting on Monday, October 5th 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!

Art & Game In October 16th & 17th

There is an Art & Game In taking place on Friday, October 16th from 4-10 PM, and Saturday from 10-6 PM. Join us at the HIRC during this time as we get creative, play games and enjoy time spent with one another! Don't forget to sign up so we know you plan to come!

Faith Community Nurse October 14th & 28th

The HIRC Faith Community Nurses are now coming to the HIRC 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 October 14th & 28th during the meal time, 11:30AM-12:30PM.

Fall Festival & Kitchen 101 October 30th

On October 30th, the HIRC will be having a Fall Festival combined with the monthly Kitchen 101 Group from 2-8 PM. Come join for all the fun we have planned, including creating fall food, watching Charlie Brown and the Great Pumpkin, and much more! Please sign up at the HIRC!

SAVE THE DATE | November 2nd | Member Meeting | 11:00 AM