



# HOPE IN RECOVERY CENTER |

# MARCH

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

Sun. CLOSED	MONDAY HOH	TUESDAY HOH	Wednesday LHC	Thursday HOH	Friday LHC	Saturday CLOSED
1	2 <b>11:00 AM- Members Meeting</b> 3:00 PM- Cards & Board Games	3 11:30 AM- Rummy 3:00 PM- CODA	4 10:00 AM- P&B Games <b>11:30-12:30 AM- Meal</b> 1:00-3:30 PM- AH 4:00 PM- MH GRP	5 1:00 PM- Member's Choice 3:00 PM- Relationship Coffee Chat	6 10:30 AM- GYST Planner Group <b>11:30-12:30 PM- Meal</b> <b>1:00 PM- Brain Injury Support and Education Group</b>	7
8	9 3:00 PM- Cards & Board Games	10 11:30 AM- Rummy 3:00 PM- CODA	11 10:00 AM- P&B Games <b>11:30-12:30 AM- Meal</b> • <b>FCN available</b> 1:00-3:30 PM- AH 4:00 PM- MH GRP	12 1:00 PM- Member's Choice 3:00 PM- Relationship Coffee Chat	13 10:30 AM- GYST Planner Group <b>11:30-12:30 PM- Meal</b>	14
15	16 3:00 PM- Cards & Board Games	17 11:30 AM- Rummy 3:00 PM- CODA	18 10:00 AM- P&B Games <b>11:30-12:30 AM- Meal</b> 1:00-3:30 PM- AH 4:00 PM- MH GRP	19 1:00 PM- Member's Choice 3:00 PM- Relationship Coffee Chat	20 10:30 AM- GYST Planner Group <b>11:30-12:30 PM- Meal</b>	21
22	23 3:00 PM- Cards & Board Games	24 11:30 AM- Rummy 3:00 PM- CODA <b>Event: 7:00 PM Guest Recital</b>	25 10:00 AM- P&B Games <b>11:30-12:30 AM- Meal</b> 1:00-3:30 PM- AH 4:00 PM- MH GRP	26 1:00 PM- Member's Choice 3:00 PM- Relationship Coffee Chat	27 10:30 AM- GYST Planner Group <b>11:30-12:30 PM- Meal</b> <b>3:00 PM- Kitchen 101 Group</b>	28 <b>Event: 5:00 PM Woodlands &amp; High Plains Powwow</b>
29	30 3:00 PM- Cards & Board Games	31 11:30 AM- Rummy 3:00 PM- CODA				

**LHC:** Lighthouse Church

**HOH:** House of Hope

**AH:** Art Hangout

**CODA:** Codependents Anonymous

**MH GRP:** Mental Health Group

**P&B Games:** Puzzles and Board Games

**FCN:** Faith Community Nurse

**GYST:** Get Your Stuff Together Planner Group

**Check the back for event details & more!** →

## HIRC Weekly Hours

**Sunday** | CLOSED

**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

**Saturday** | CLOSED

## HIRC Locations

**HOH: 111 9<sup>th</sup> St S, Fargo**

Mondays, Tuesdays,  
Thursdays

**LHC: 21 9<sup>th</sup> St S, Fargo**

Wednesdays & Fridays

## The Hope In Recovery Center's Mission

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.

### Recovery Milestones!

Three Hope In Recovery Members celebrated their recovery milestones! Between the three of them, there was a combined total of over 75 years of recovery!



### Giving Hearts Day Fun!

Giving Hearts Day at Lighthouse Church was a blast! There were lots of activities, games and treats to share and our members created some beautiful heart-shaped cookies!



## March Events

### Member Meeting March. 2<sup>nd</sup>

Join us for our Member Meeting on Monday, March 2nd at 11 AM! We will be meeting at the House of Hope as we discuss HIRC related information and vote on future events.

### Concordia College Guest Recital March 24<sup>th</sup>

We will be attending the Concordia Guest Recital, featuring Dr. Matthew Cataldi. Cataldi has enjoyed a wildly versatile career as a soloist, collaborative artist, conductor, composer and educator. He enjoys bridging the classical and popular music by creating and presenting new works that cater to his unique backgrounds and interests.

**Please sign up by March 20<sup>th</sup>** and we will meet at the HOH on the 24<sup>th</sup> at 7:00 PM before attending!

### Woodlands & High Plains Powwow March 28th

This celebration brings together dance, music and traditions that have been cherished and passed down through generations. Attendees can also appreciate the beauty of traditional regalia and well as the crafts show cased by Indigenous vendors.

We plan to leave from the House of Hope and departure times will be decided soon! The Hope In Recovery Center will cover the cost for the first 10 people who sign up. Admission is \$5 per adult and \$3 for seniors. **Please sign up by March 25th!**

## Save the Date!

April 6<sup>th</sup> | Member Meeting | 11:00 AM | HOH  
Make sure to put the April Member Meeting on your calendar!

