



A NEW PEER-SUPPORT COMMUNITY IN LITTLETON

Recovery Day is a welcoming space for people to talk honestly about recovery, the lives they are building, the challenges they encounter, and the choices available to them moving forward. Recovery Day is built around a simple principle: recovery is an active exercise of agency. You are more than your substance use. You do not have to identify as powerless, adopt a particular label, or accept a single explanation of addiction or recovery to participate. Whatever has brought you to this point, you retain a meaningful role in deciding what happens next.

FIRST MEETING

Saturday, September 12, 2026

10:00–11:00 AM

Littleton Public Library - McLure Program Room

WHAT TO EXPECT

Recovery Day offers peer support, community, conversation, accountability, and encouragement. Meetings use a topic-driven discussion format exploring subjects such as honesty, authenticity, responsibility, trust, fear, relationships, setbacks, grief and loss, boundaries, self-respect, purpose, and building a life worth protecting. Each gathering also returns to two questions:

- What did you do this week that strengthened your recovery?
- What do you want to work on during the week ahead?

YOUR RECOVERY. YOUR CHOICES.

Recovery Day does not prescribe a single pathway to recovery. Participants remain free to determine which resources, approaches, and forms of support are useful in their own lives. Recovery Day is peer support, not clinical treatment or therapy. It is an independent, community-based program with no religious or national affiliation. Participation is free, there is no donation basket, and no financial contribution is expected.

Come as you are. Bring your experience. Decide what comes next.
For more information, email LittletonCommunityServices@pm.me.