



October 2025



Montgomery County Recovery Community Center

484-383-0802 | 601 DEKALB ST. SUITE 1, NORRISTOWN, PA 19401 | WWW.COUNCILSEPA.ORG

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|--|--|
|  |  | 1 Wednesday Schedule Below | 2 Thursday Schedule Below | 3 Friday Schedule Below |
| 6 Monday Schedule Below | 7 Tuesday Schedule Below Volunteer Training 12:00pm—2:00pm | 8 Wednesday Schedule Below | 9 Thursday Schedule Below | 10 Friday Schedule Below |
| 13 Monday Schedule Below | 14 Tuesday Schedule Below | 15 Wednesday Schedule Below | 16 Thursday Schedule Below | 17 Friday Schedule Below |
| 20 Monday Schedule Below | 21 Tuesday Schedule Below Gateway to Work 11:00am—1:00pm | 22 Wednesday Schedule Below Gateway to work 11:00am—1:00pm | 23 Thursday Schedule Below Gateway to Work 11:00am –1:00pm | 24 Friday Schedule Below |
| 27 Monday Schedule Below | 28 Tuesday Schedule Below | 29 Wednesday Schedule Below | 30 Thursday Schedule Below | 31 Friday Schedule Below HAPPY HALLOWEEN! |
| <u>EVERY MONDAY</u> Coffee & Conversation 9:00am-10am <u>Musical Monday</u> 11am-12pm <u>Recovery Planning</u> 1pm-2pm <u>Job Search/Computer</u> 9am-4pm | <u>EVERY TUESDAY</u> Coffee & Conversation 9:00am-10am <u>Stress off Your Chest</u> 2pm-3pm <u>Job Search/Computer</u> 9am-4pm | <u>EVERY WEDNESDAY</u> Coffee & Conversation 9:00am-10 am <u>Women’s Group</u> 2pm-3pm <u>Job Search/Computer</u> 9am-4pm | <u>EVERY THURSDAY</u> Coffee & Conversation 9:00am-10am <u>SMART Recovery</u> 10am-11am <u>Better Together</u> 6:30pm-8pm <u>Job Search/Computer</u> 9am-4pm | <u>EVERY FRIDAY</u> Coffee & Conversation 9:00am-10am <u>MARS</u> 1:00pm-2:00pm <u>Job Search/Computer</u> 9am-4pm |



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Recovery Support Chat with CRS available via ZOOM Mon-Fri 9:00a-4:00p — <https://zoom.us/j/703846091> Password: recovery
 Computer Lab open Mon-Fri 9:00a — 4:00p
 Information Line 1-800-221-6333 — 8:30a — 4:30p

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|------------|--|
| MON | <p>9:00am-10am Coffee & Conversation HYBRID Group—https://zoom.us/j/953945404 (Open discussion social group)</p> <p>11am-12pm Musical Monday — Musical Monday is a DRUM CIRCLE group that creates mindfulness, creates a sense of connectiveness which leads to improved state of well-being.</p> <p>1pm-2pm Recovery Planning HYBRID Group — https://us02web.zoom.us/j/86507313422 (Focus on individual goal setting; keeping each other accountable for working on and staying focused on their goals.)</p> |
| TUE | <p>9:00am-10am Coffee & Conversation_HYBRID Group—https://zoom.us/j/953945404 (Open discussion social group)</p> <p>2pm-3pm Stress Off Your Chest HYBRID Group — https://us02web.zoom.us/j/86507313422 (A support group with a variety of educational tools to help assist with stress reduction and promote healthy coping techniques.)</p> |
| WED | <p>9:00am-10am Coffee & Conversation_HYBRID Group—https://zoom.us/j/953945404 (Open discussion social group)</p> <p>2pm-3pm Women’s Group — https://us02web.zoom.us/j/86507313422 (Designed to help women gain insight and skills in order to better deal with any difficult, painful, and/or traumatic experience in their lives.)</p> |
| THU | <p>9:00am-10am Coffee & Conversation HYBRID Group—https://zoom.us/j/953945404 (Open discussion social group)</p> <p>10am-11am SMART Recovery HYBRID Group — https://us02web.zoom.us/j/86507313422 (Self-Management and is an evidence based program that helps people recover from addictive behaviors. SMART Recovery uses techniques from Cognitive Behavioral Therapy, Rational Emotive Behavior and Motivational Enhancement Therapy.)</p> <p>6:30pm-8pm Better Together HYBRID Group — https://us02web.zoom.us/j/83170653114 (Self empowering program that uses tools based on cognitive therapy to help you level out your emotional roller coaster and learn better ways of dealing with your unique situation.)</p> |
| FRI | <p>9:00am-10am Coffee & Conversation HYBRID Group—https://zoom.us/j/953945404 (Open discussion social group)</p> <p>1pm-2pm MARS HYBRID Group — https://us02web.zoom.us/j/86507313422 This group recognizes and celebrates MAR (medicated assisted recovery) as a recovery pathway. All are welcome!</p> |

Please note that all HYBRID/ZOOM groups will be locked 15 min. after the group start time. This is to encourage timely attendance, avoid disruption, maximize group time for our participants, and ensure confidentiality.