

Groups we offer in addition to 12-Step meetings

SMART Recovery: Self-Management And Recovery Training uses a 4-point program: Building and maintaining motivation, Coping with urges, Managing thoughts, feelings and behaviors & Living a balanced life. SMART Recovery encourages a holistic approach, with the goal being to achieve a healthy and balanced lifestyle. Discover the power of choice! **Wednesdays @ 12 PM**

Refuge Recovery: A Buddhist-inspired path to recovery from all addictions, using the practices of mindfulness, compassion, forgiveness, and generosity. This group offers a 20-minute guided meditation, followed by a brief reading from the Refuge Recovery book, and group sharing and discussion. **Wednesdays @ 2 PM and Mondays @ 6:00 PM**

All-Recovery: The facilitated group sharing is not focused on specific problems (drugs, alcohol, gambling, codependency, etc.) but on sharing the concepts of living comfortably in recovery, such as living in the solution, approaching one thing at a time, managing positive self-talk and seeking support for problems. **Thursdays @ 4 PM**

AcuD detox: Ear Acupuncture helps to alleviate symptoms of stress and anxiety, improve sleep, reduce cravings, and ease withdrawal from various substances including tobacco and alcohol. **Thursdays @ 5:30 PM**

Healing Path Yoga: Research shows that yoga, meditation, and mindfulness are powerful tools for recovery. Whether you are struggling with addiction, grief, PTSD, or depression and anxiety, come find out how yoga can help you navigate these challenges. This class will be gentle to moderate and will focus on the ancient philosophy of yoga as a healing tool. Facilitated by Cheryl Small. **Tuesdays, Thursdays and Saturdays @ 10 AM at SNAP Fitness**

Reiki for Recovery: Reiki is an excellent tool to aid the process of recovery! Reiki can help ease the discomfort of the physical, emotional, mental and spiritual symptoms experienced in early recovery. Addiction affects all of us; whether it's ourselves, our friends and families, or the whole community. Free and open to the public. Donations appreciated and go to support NCVRC. Offered by the Vermont Reiki Association. **The 2nd & 4th Saturdays of every month @ 11 AM at NCVRC**

Phoenix Rising: The Phoenix offers a free sober active community to individuals who have suffered from a substance use disorder and to those who choose a sober life. Using a peer support model, we help members heal and rebuild their lives while also striving to eliminate stigma around recovery. Together we..... **RISE | RECOVER | LIVE.**

Healing Arts: We host several arts programs throughout each month including **Music Jam Sessions, Healing Arts & Crafts, Create with Clay, and other arts and music workshops.** See our full schedule for more details.