

# March at the Latah Recovery Center



Recovery Coaching and Peer Support	Every day, and by appt.
Alcoholics Anonymous	Every day, noon
Positive Affirmations	Mondays, 1-2
Life Skills	Mondays, 5-6
Recovery Peer Volunteer Meeting	Last Monday of month, 6pm
Stretch and Relax (Sponsored by Moscow Yoga Ctr)	Tuesdays 12:30-1:15
Chess w/Steve	Tues and Thurs 5-6
Parents in Recovery (Kids Welcome)	Tues and Sat 4-5
Narcotics Anonymous	Tuesdays 5:30, Fridays 5:30
Free Meal or Snack Sponsored by Good Sam	Tuesdays, 5:30-out of food
Addiction Support Group	Tuesdays 7-8
Fundraising Breakfast at Best Western RSVP <a href="mailto:Latahrecoverycenter@gmail.com">Latahrecoverycenter@gmail.com</a> by 3/1	Wednesday, 7AM
Mental and Addiction Self Help (MASH)	Wednesdays 4-5
Positive Affirmations	Wednesdays 5-6
Veterans Coffee and B!@#% Session at American Legion Cabin on Howard St.	Wednesday 3/13, 5:30
Recovery International: Mental Health Self-Help	Wednesdays, 6:30-8
Recovery Radio on KRFP 90.3 OR Itunes and GooglePlay podcast	Thursdays, 1:10pm on air
New Volunteer Orientation	Thursdays 4-5
Recovering Parents	Thursdays 5-6:30
LAMI: Family Support Program	2 <sup>nd</sup> Thurs of month 7-8:30
All Recovery Meeting	Fridays 5-6
Movie/Games: Check website for listing	Fridays 6:30-9
AA Speakers Meeting	3 <sup>rd</sup> Saturday of month, 11-2:30
Mental Health First Aid MUST RSVP <a href="mailto:latahrecoverycenter@gmail.com">latahrecoverycenter@gmail.com</a> by 3/10	3/16, time TBD. Lewiston.
Management of Aggressive Behavior RSVP <a href="mailto:latahrecoverycenter@gmail.com">latahrecoverycenter@gmail.com</a> by 3/10	3/23, time tbd. Lewiston.
Learn How to Crochet & Calm Your Mind	4 <sup>th</sup> Sat of month, 10-12
Food Not Bombs St. Patricks Day Supper@ Unitarian Universalist Church	Sunday, 3/17, 4:30
Adult Children of Alcoholics, Women's Meeting	Sundays 6-7:30

**Classes and Groups are ALWAYS FREE OR AT COST AND OPEN TO ALL.**

**Bolded Date=Regular offering.** Plain text=Special offering for month. Need an understanding person to talk to? We have Recovery Peer Volunteers here to help you in recovery from mental health and addiction issues all hours of operation. We are here to help!

March  
Rec Parents Thursdays 5-6:30

April  
Rec Parents Thursdays 5-6:30

# Latah Recovery Center



a community of peer support