

# September at the Latah Recovery Community Center

Recovery Coaching and Peer Support	Every day, and by appt.
Alcoholics Anonymous	Every day, noon
Positive Affirmations	Mondays, 1-2
Recovering Parents	Monday Sept 9, 16 and 30, 3-4
Eat Smart Idaho: Nutrition	Monday Sept 9 AND 23, 5-6
Life Skills	Mondays, 5-6
<b>Recovery Peer Volunteer Training-MUST RSVP latahrecoverycenter@gmail.com</b>	<b>Mon Sept 16 AND Tues Sept 17, 6-9</b>
Recovery Peer Volunteer Meeting	Last Monday of month, 6pm
AA Big Book Study	Tuesdays, 1:30
Chess w/Steve	Tues and Thurs 5-6
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 6:30-8
Mental and Addiction Self Help (MASH)	Wednesdays 4-5
Positive Affirmations	Wednesdays 5-6
Recovery International: Mental Health Self-Help	Wednesdays, 6:30-8
New Volunteer Orientation	Thursdays 4-5
Write for You Writing Support Group (Open to all)	<b>Support Group: Thursdays 5-6:30 Lab: 1<sup>st</sup> and 4<sup>th</sup> Thurs, 7-8:30</b>
NAMI: North Central Idaho Family Support Program	<b>2<sup>nd</sup> Thurs of month 7-8:30</b>
All Recovery Meeting	<b>Fridays 5-6</b>
Young Adult Addiction Support Group	<b>Fridays 7-8</b>
Movie/Games: Check website for listing	<b>Fridays 6:30-9</b>
Veterans Coffee and Bitch Session (American Legion Cabin on Howard St)	<b>1<sup>st</sup> and 3<sup>rd</sup> Sat. 1pm</b>
Learn How to Crochet & Calm Your Mind	<b>4<sup>th</sup> Sat of month, 10-12</b>
Family and Teen Recovery Info Day	Sat. 14 <sup>th</sup> , 9-noon at LRC
Opioid Crisis Hits Home	Sat. 21 <sup>st</sup> , 8-Noon at City Hall
PEER Social Activity: Latah Recovery Festival	Sat. 28 <sup>th</sup> , 4-9pm@Fairgrounds
Adult Children of Alcoholics, Women's Meeting	<b>Sundays 6-7:30</b>

**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!

October

Soups On 10/23 11-2

Recovering Parents 10/7, 14, and 21 3-4pm

Eat Smart Idaho: 10/7 and 21, 5pm

Bead Workshop with Jeanne Leffingwell 10/21, 6pm

November

Recovering Parents 11/4, 11, 18 and 25 3-4pm

Eat Smart Idaho 11/4, 5pm

ECHO Online Classes

Date Class

5/1/19 Co-Occurring Disorders

5/15/19 Personality Disorders

5/23/19 Harm Reduction

6/5/19 Sleep Disorders

6/19/19 Sleep Disorders

6/13/19 Motivating the Unmotivated Patient : Motivational Interviewing

6/27/19 Short Term Opioids- How to Educate Patients

7/11/19 Patients on very High Doses of Opioids

8/7/19 Safety Planning

8/21/19 Community Resources for Mental Health Crises

11/20/19 Anxiety

531 S Main, Moscow 208-883-1045 [www.LatahRecoveryCenter.org](http://www.LatahRecoveryCenter.org)

Find us on Facebook!



## ECHO Online Classes

5/9/19 Setting up a Suboxone Clinic - Tips from the Field 5/23/19 Harm Reduction 6/13/19 Motivating the Unmotivated Patient: Motivational Interviewing 6/27/19 Short Term Opioids - How to Educate Patients 7/11/19 Patients on Very High Doses of Opioids 7/25/19 Pain Control in Geriatrics PHARMACOLOGY 8/8/19 Methadone 8/22/19 Non Opiate Drugs for Treating Pain 9/12/19 Drug Interactions with Pain Meds 9/26/19 Safe Opiate Prescribing: Med calculation 10/10/19 When to use Long Acting Opioids NON PHARMACEUTICAL TREATMENTS FOR PAIN 10/24/19 An Interdisciplinary Approach to Treating Pain/OD 11/14/19 Exercise and Chronic Pain 11/28/19 NO ECHO - Holiday 12/12/19 Sleep 12/26/19 No ECHO - Holiday

# Latah Recovery Center

a community of peer support