



Let your recovery shine in the summertime! Come to the RUCC!

Recovery Dharma

Supports recovery using Buddhist practices and principles.

Mondays @ 7:15 PM

At the RUCC and on Zoom: 845 6759 0714

Password: CARE

Mindful Movement

Join Lauren Hodson in basic yoga practices to strengthen your mind and body.

Mondays @ 6:00 PM | Wednesdays @ 2:00 PM

At the RUCC and on Zoom: 869 0829 4534

Password: CARE

Women in Recovery

Women only recovery group.

Tuesdays @ 6:30 PM

At the RUCC and on Zoom: 840 2492 9365

Password: CARE

Men in Recovery

Men only recovery group.

Tuesdays @ 10:30 AM

At the RUCC

Game Night

Join us with The Phoenix sober active community for a night of games, snacks and fun in recovery!

Thursday, August 25th @ 5:30 PM

At the RUCC

Persons in Recovery

Persons gather to share with each other and listen to various recovery related topics.

Thursdays @ 10:30 AM and 6:30 PM

At the RUCC

LGBTQIA+ in Recovery

LGBTQ+ identifying members share in their recovery.

Thursdays @ 4:30 PM

At the RUCC

Create with a Coach

Come create art in a fun recovery environment!

Friday, August 19th @ 11:00 AM

At the RUCC

ACCESS Point

HIV & Hepatitis C rapid testing in a recovery environment.

Friday, August 19th @ The Family Fun Night!

At the RUCC

Maple Grove Family Program

A two part in-person meeting for adult family, friends, and allies of people with substance use disorders.

Skill Building & Share Group:

Mondays @ 6:00 PM

At the RUCC

We do everything we can to provide the most accurate information so you can plan accordingly,

however, we live in a unique time. Please check www.ruccfraser.com for the most up to date information.



Follow us on



@RecoveryUnitedCommunityCenter

August 2022



Join us for fun in the sun at our Family Fun Night!

MARA

MARA is Medication-Assisted Recovery Anonymous for those who are open to multiple pathways of recovery.

Mondays @ 4:00 PM

At the RUCC and on Zoom: 942 0498 2478

Password: CARE

Job Readiness

Join a RUCC Peer Recovery Coach to learn what you need to enter the workforce and develop new skills that will help you stand out! Join either class.

Tuesdays @ 6:00 PM | Wednesdays @ 10:00 AM

At the RUCC

Computer Basics

Drop in anytime during business hours for guidance on basic computer skills such as navigating a computer, email, the internet or utilizing software like Microsoft Word.

At the RUCC

Project Vox

Get involved in the advocacy, education and celebration aspects of recovery.

Wednesday August 3rd @ 5:30 PM

At the RUCC and on Zoom: 499 454 3474

Passcode: CARE

Recovery Messaging Training and Narcan 101

Register with Mark Kilgore at mkilgore@careofsem.com.

Veteran Peer Recovery

Veterans gather to share with each other about their common needs in recovery from substance use disorder.

Mondays @ 6:00 PM | Tuesdays @ 10:00 AM

At the RUCC and on Zoom: 931 9643 8079

Password: CARE

Nar-Anon - Live and Let Live

A worldwide fellowship for those affected by someone else's addiction. We offer our help by sharing our experience, strength and hope.

Tuesdays @ 7:00 PM

At the RUCC

Seeking Safety

A present-focused and evidence-based trauma counseling group for those in recovery to develop coping skills and find themselves empowered.

Thursdays

NEW DAY AND TIME!

Women's 5:00 to 6:30 pm

At the RUCC

VOX Family Fun Night

Come learn more about the RUCC, our mission and what we have to offer. Backyard BBQ and fun activities for all ages!

August 19th

At the RUCC

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Questions? Please call us at 586.552.1120 or visit us at www.ruccfraser.com

