

October 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, Oct. 7, 14 and 21, 3-4
Eat Smart Idaho: Nutrition	Monday, Oct. 7 AND 21, 5-6
Vibrational Sound Therapy w/Jason Shull of Brain Body Balance	Monday, Oct. 14, 6-7
Life Skills	Mondays, 5-6
Bead Workshop w/Jeanne Leffingwell	Mon., Oct. 21, 6-7pm
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
Soup's On: A Soup Tasting Event: Tickets \$20	Wed., Oct 23 11-2 at 1912 Ctr
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)	Support Group: Thursdays 5-6:30 Lab: 1 st and 4 th Thurs, 7-8:30
NAMI: North Central Idaho Family Support Program	2 nd Thurs of month 7-8:30
All Recovery Meeting	Fridays 5-6
Young Adult Addiction Support Group	Fridays 7-8
Movie/Games: Check website for listing	Fridays 6:30-9
Veterans Coffee and Bitch Session (American Legion Cabin on Howard St)	1 st and 3 rd Sat. 1pm
Learn How to Crochet & Calm Your Mind	4 th Sat of month, 10-12
Adult Children of Alcoholics, Women's Meeting	Sundays 6-7:30

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