

# November 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
Eat Smart Idaho: Nutrition	Monday, Nov. 4, 5pm
Adult Children of Alcoholics, Women's Meeting	Mondays 5:30-7
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
Time Management and Organization	Tuesdays, 7-8
Pay It Back: Leaf Pick-Up Downtown (B.Y.O. Tools)	Wednesday, 11/6, 2-4:30
Positive Affirmations	Wednesdays 5-6
Recovery International: Mental Health Self-Help	Wednesdays, 6:30-8
New Volunteer Orientation	Thursdays 4-5
Thanksgiving Dinner	Thursday, 11/21 6-8pm
Write for You Writing Support Group (Open to all)	Support Group: Thursdays 5-6:30 Lab: 1 <sup>st</sup> and 4 <sup>th</sup> Thurs, 7-8:30
NAMI: North Central Idaho Family Support Program	2 <sup>nd</sup> Thurs of month 7-8:30
All Recovery Meeting	Fridays 5-6
Young Adult Addiction Support Group	Fridays 7-8
Movie/Games	Fridays 6:30-9
Alcoholics Anonymous: No EtOH	Saturdays 5:30
Veterans Coffee and Bitch Session (American Legion Cabin on Howard St)	1 <sup>st</sup> and 3 <sup>rd</sup> Sat. 1pm
Learn How to Crochet & Calm Your Mind	4 <sup>th</sup> Sat of month, 10-12

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