

# December 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
Adult Children of Alcoholics, Women's Meeting	Mondays 5-6:30
Life Skills	Mondays, 5-6
Bead Workshop w/Jeanne Leffingwell	Mon., 12/9 6-7:30
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
Al-Anon	Wednesdays, 1:15
Positive Affirmations	Wednesdays 5-6
Vibrational Sound Therapy w/Jason Schull	Wednesday, 12/4 6-7:30
Recovery International: Mental Health Self-Help	Wednesdays, 6:30-8
Pay It Back: Bell Ringing	Thursday, 12/12, 12-6
New Volunteer Orientation	Thursdays 4-5
Christmas Dinner	Thursday, 12/19 6-9pm
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>
Toastmasters	Thursdays, 6:30-8
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
Learn How to Crochet & Calm Your Mind	4 <sup>th</sup> Sat of month, 10-12