

# March 2020

## RISE Center Regular Hours:

Monday - Friday 12 - 6pm      Saturday 12 - 4PM  
702 N. 8th Street, Reading, PA – Ground Floor



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 4PM OA Meeting 7-8:30PM <i>Courage to Change</i> NA Group	2 6-8PM <i>Recovery with Hope</i> Support Group (Bi-Lingual) 7-8:30PM <b>Common Ground Educational Series*</b>	3 11AM SMART Recovery (English)	4 6:30-7:30PM <b>Nutrition in Recovery</b>	5 7-8 PM Recovery Dharma	6 10:30-11:30AM AA Meeting (O) 1-3PM <b>Arts &amp; Crafts</b> 6:30-8PM Family Support Group Meeting (Spanish)	7 <b>Center Open 12- 4 PM</b>
8 4PM OA Meeting 7-8:30PM <i>Courage to Change</i> NA Group	9 6-8PM <i>Recovery with Hope</i> Support Group (Bi-Lingual) 7-8:30PM <b>Common Ground Educational Series*</b>	10 11AM SMART Recovery (English) GRASP meeting – contact Lori (610) 334-9845 or email BERKSGRASP@gmail.com	11 1-2PM <b>Career Training &amp; You (more info online)</b> 5:30-6:30PM Zumba 6:30-7:30PM <b>Nutrition in Recovery</b>	12 7-8 PM Recovery Dharma	13 10:30-11:30AM AA Meeting (O) 1-3PM <b>Arts &amp; Crafts</b> 6:30-8PM Family Support Group Meeting (Spanish)	14 <b>CRS Training</b> <b>*registration required*</b> <b>Center Open 12- 4 PM</b>
15 4PM OA Meeting 7-8:30PM <i>Courage to Change</i> NA Group Meeting	16 6-8PM <i>Recovery with Hope</i> Support Group (Bi-Lingual) 7-8:30PM <b>Common Ground Educational Series*</b>	17 9AM – 4PM TRAINING: <b>Confidentiality</b> 11AM SMART Recovery (English)	18 6:30-7:30PM <b>Nutrition in Recovery</b>	19 7-8 PM Recovery Dharma	20 10:30-11:30AM AA Meeting (O) 1-3PM <b>Arts &amp; Crafts</b> 6:30-8PM Family Support Group Meeting (Spanish)	21 <b>CRS Training</b> <b>*registration required*</b> <b>Center Open 12- 4 PM</b>
22 4PM OA Meeting 7-8:30PM <i>Courage to Change</i> NA Group	23 6-8PM <i>Recovery with Hope</i> Support Group (Bi-Lingual) 7-8:30PM <b>Common Ground Educational Series*</b>	24 11AM SMART Recovery (English)	25 10AM – 2PM TRAINING: <b>Compassion Fatigue</b> 5:30-6:30PM Zumba 6:30-7:30PM <b>Nutrition in Recovery</b>	26 7-8 PM Recovery Dharma	27 10:30-11:30AM AA Meeting (O) 1-3PM <b>Arts &amp; Crafts</b> 6:30-8PM Family Support Group Meeting (Spanish)	28 <b>Esperanza para Berks</b> <b>10:30AM – 2 PM</b> <b>Center Open 12- 4 PM</b>
29 4PM OA Meeting 7-8:30PM <i>Courage to Change</i> NA Group	30 6-8PM <i>Recovery with Hope</i> Support Group (Bi-Lingual) 7-8:30PM <b>Common Ground Educational Series*</b>	31 11AM SMART Recovery (English)	Free Activity Group Meeting <b>*REGISTRATION Required*</b>		All activities are free unless otherwise noted. <b>*Events subject to change. Please check website or Facebook for updates.*</b>	

Learn more at [BerksRISE.org](http://BerksRISE.org)

The RISE Center is an addiction recovery resource center that will support Berks County individuals in recovery and their families.