



Independent Living's Recovery Center

January 2025

Se Habla Español



Sunday	Monday (9A-5P)	Tuesday (9A-7P)	Wednesday (9A-5P)	Thursday (9A-5P)	Friday (9A-5P)	Saturday (11A-7P)
			 CLOSED	 Women's Empowerment 2PM – 3PM	 Mindful Minds 11AM - 12PM Fun Friday 3PM-4PM	 Express Yourself 11AM-12:30PM
5 CLOSED	6 INSPIRATION Inspirational Monday 11AM-12PM Renewed Strength 2PM - 3PM	 7 Men's Circle 2PM - 3PM	 8 LGBTQ+ 11AM - 12PM	 9 Women's Empowerment 2PM – 3PM	 10 Mindful Minds 11AM - 12PM Fun Friday 3PM-4PM	 11 Express Yourself 11AM-12:30PM
12 CLOSED	13 Inspirational Monday 11AM-12PM Renewed Strength 2PM - 3PM	14 No Groups	15 No Groups	 16 Women's Empowerment 2PM – 3PM	 17 Mindful Minds 11AM - 12PM Fun Friday 3PM-4PM	 18 Express Yourself 11AM-12:30PM
19 CLOSED	 20 CLOSED	 21 Men's Circle 2PM - 3PM	 22 LGBTQ+ 11AM - 12PM	 23 Women's Empowerment 2PM – 3PM	 24 Mindful Minds 11AM - 12PM Fun Friday 3PM-4PM	 25 Express Yourself 11AM-12:30PM
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263 Route 17K, Suite 212, Newburgh, NY 12550

Credentialed Peers are available during business hours to talk, video chat, email, or text.

(845) 725-1230 ext. 601

Call or text (914) 359-9648

Email: RecoveryCenter@MyIndependentLiving.org



These meetings are facilitated by Certified Peer Specialists &/or Certified Recovery Peer Advocates who have had experience with either mental health, substance use, or both.

These meetings are open to anyone age 18 or older. All pathways in recovery are respected.

Virtual Groups Hosted by Reach One

Inspirational Monday: Inspire and empower each other to approach the week with confidence, enthusiasm and uplifting motivation.

Mindful Minds: A safe space to have honest conversations about mental health challenges, sharing resources, coping strategies, and building a Strong community of understanding and encouragement.

Zoom: <https://us02web.zoom.us/j/85157557295?pwd=wIKf1yaxHW3fafCWOetTtWP8yM1mDI.1>

Meeting ID: 851 5755 7295

Passcode: 051157

Call in Number: (646) 876-9923

Virtual Groups Hosted by Onward Recovery RCOC

Fun Friday: Game your way through exciting rounds of trivia and riddles from pop culture to the eight dimensions of wellness.

Hybrid Groups Hosted by Onward Recovery

Renewed Strength: Discuss the challenges of recovery, share coping techniques, brainstorm to overcome barriers & encourage others In their journey.

Men's Circle: A safe, non-judgmental environment where men can share experiences, triumphs and struggles to overcome challenges and obstacles.

LGTBQ+: A safe supportive network that values each individual's identity and gender, and works together towards a more inclusive and understanding world.

Women's Empowerment: An empowering and comprehensive environment where every woman can discuss her struggles, embrace her strengths, pursue her passions, and achieve her goals with confidence.

Express Yourself: Explore different ways of planning and manifesting creativity with various art projects.

Zoom: <https://us02web.zoom.us/j/8898696>

Meeting ID: 889 8696 2229

Call in Number: (646) 876-9923

Esta reunión es facilitada por defensores homólogos certificados de recuperación que han vivido experiencia con el uso de sustancias. Esta reunión está abierta a cualquier persona mayor de 18 años.