**September at the Latah Recovery Center**

Alcoholics Anonymous **Every day**, noon

Positive Affirmations **Mondays and Weds** 1:10-2

YOU Can Create Your Own Job Monday 9/19, 6

Life Skills **Tuesdays** 5-6

Intro to WRAP pt.2 Wednesday 9/14, 1:15

Mindful Meditation and Yoga **Thursdays** 2-3

Journal Writing Thursday **9/1, 8, 15, 22** 4-5

How to Explain Things in Writing Thursday **9/1, 15, 22** 6:30-7:30

LAMI: Family Support Program 2nd Thurs of month 7-8:30

Narcotics Anonymous **Fridays** 7:30-8:30am

All Recovery Meeting **Fridays** 5-6, starts 9/9

Movie and Game Night **Fridays** 6:30-9

Learn to Crochet & Rewire your Brain Saturday 9/24 10-Noon

Latah Recovery Festival-East City Park Saturday 10/1 5-10

Presence: How to Transform Your Most

Challenging Emotions w/Ann Weiser Cornell Sunday 9/11 1-4

Adult Children of Alcoholics, Women’s Meeting **Sundays** 6-7:30

**Classes and Groups are ALWAYS FREE. Please RSVP.**



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**Upcoming:**