

Our Mission is to...

empower, encourage, and support individuals as they work to improve their lives and face the challenges of recovery.

East Bay Recovery Center is not a treatment agency or a 12-step group (although aspects of those may be present), but it is a safe and supportive place that emphasizes self-direction where an individual can embrace and experience what the peer-recovery movement has to offer.

People We Serve:

The Recovery Center serves any individual who is contemplating recovery or is actively in recovery from substance use or mental health disorders. All participants are asked to respect each other's confidentiality and personal boundaries, and honor each other's culture, life experience, and belief system. All are welcome!

Questions?

Contact:

Andrew S.(CPRS) (CCHW)- (401) 585 - 4756

Kimberly S. (CPRS) - (401) 895 - 6710



Hours of Operation;

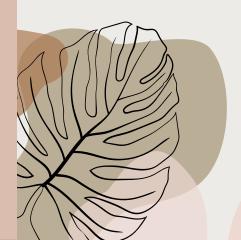
MONDAY - FRIDAY 8am-4pm





EAST BAY RECOVERY CENTER

? 23 Marlborough St, Newport, RI 02840



Cultivate Creativity

Mondays @ 9AM

- Use creative outlets to foster expression & connection
 - Explore creative mind & energy
- Build self-awareness & emotional healing
 - Cultivate talents or interests



NAMI Connection

Tuesdays @ 9AM

- Structured support for adults with mental health conditions
- Gain community insights through shared stories
- Led by NAMI-trained facilitators with lived experience



Recovery Dharma

Wednesdays @ 12;30PM

- Based on Buddhist principles: Four Noble Truths & Eightfold Path
- incorporates Mindfulness, self-reflection, and group discussion
- -guides individuals to understand addiction and cultivating tools for recovery



Soulful Serenity

Thursdays @ 9AM
- Mindfulness & tools for anxiety relief

- Learn your triggers; participate in calming exercises







Fridays @ 9AM
- Light-hearted, recovery-centered games
to promote joy & connection



All Recovery

Monday–Friday @ 11AM
- Open, inclusive space for healing of any kind

- Facilitated by Certified Peer Recovery Specialists
 - Share stories in a nonjudgmental, validating environment

