



## 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**



*WEEKLY WELLNESS  
RECOVERY GROUPS*

*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



### Play to Heal

*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

