

## Becoming Enrolled as a Student

1. CALL 828-883-2708 or  
WALK IN to our center
2. You will meet with a Recovery Coordinator to discuss your needs and identify your own personal goals for recovery.



Recovery is remembering who you are and using your strengths to become all that you are meant to be.

## What is a Recovery Education Center?

Recovery is a personal journey that invites attention and effort on the part of the student. The REC gives you opportunities to be the guiding force in your own recovery.

## PATHWAYS TO RECOVERY

*Hope*  
*Spirituality*  
*Empowerment*  
*Self-Advocacy*  
*Choice*  
*Personal Responsibility*  
*Recovery Environment*  
*Education*  
*Creativity*  
*Awareness*  
*Productivity*  
*Fulfillment*  
*Physical Wellness*  
*Purpose*  
*Emotional Wellbeing*  
*Community Connectedness*

## Brevard Recovery Education Center



August 7th – October 13th 2017

69 N. Broad Street  
Brevard, North Carolina, 28712  
Phone: 828-883-2708



**Meridian**  
BEHAVIORAL HEALTH SERVICES  
*Inspiring personal change through innovation and compassion*

# August 7th ~ October 13th, 2017

MONDAY	
Journey Into Recovery	9:30 - 11:30
Peer Support Practicum	11:45 - 12:45
Trauma, Hope, and Resiliency	1:00 - 2:30
Skills Practicum	3:00 - 4:00

TUESDAY	
Wellness Recovery Action Plan	10:00 - 11:30
Meditation	11:45 - 12:45
Art of Emotions	1:00 - 2:30
Music Within	3:00 - 4:00

WEDNESDAY	
Journey Into Recovery	9:30 - 11:30
Self-esteem	12:30 - 2:00
Acceptance Commitment Therapy in Action	02:30 - 4:00

THURSDAY	
Love and Logic	9:30 - 11:00
Seeking Safety for Women	11:15 - 12:45
Seeking Safety for Men	11:15 - 12:45
Healthy Boundaries	1:00 - 2:30
Kicking the Habit (exploring smoking cessation)	3:00 - 4:00
Recovery Discovery—NIGHT CLASS	5:00 - 6:30

FRIDAY	
Journey Into Recovery	9:30 - 11:30
Positive Psychology	11:45 - 12:45
Wise Mind	1:00 - 2:30
Creative Recovery	2:30 - 4:00

**FOR MORE INFORMATION**

Recovery Education Center  
**828-883-2708**  
 After Hours On-Call Phone  
**828-226-4818**

**Become an Expert in  
 Your Own Wellness**

**Learn how Recovery is Possible**



Got Doc?

Please talk to staff if you do not have a doctor for your physical health.

Need transit to the REC?

Please ask staff about transit services we provide to and from classes!

