

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



May 15-August 04, 2017

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



Meridian
BEHAVIORAL HEALTH SERVICES
Inspiring personal change through innovation and compassion

May 15—August 04, 2017

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!



MONDAY	
Journey Into Recovery	9:30 - 11:30
Mindfulness Meditation Practice	11:30 - 12:30
Positive Psychology	1:00 - 2:30
Healthy Boundaries	2:30 - 4:00

TUESDAY	
Wellness Recovery Action Plan	10:00 - 11:30
Wise Mind	11:30- 1:00
Love and Logic for Parents	1:00 - 2:30
‘I Got This!’ : Distress Tolerance Skills	2:30 - 4:00

WEDNESDAY	
Journey Into Recovery	9:30 - 11:30
Walk and Talk	10:00- 11:30
Tai Chi + Yoga	11:30 - 12:30
Assert Yourself!	1:00—2:30
Reducing Anxiety	2:30 - 4:00

THURSDAY	
Acceptance Commitment Therapy in Action	9:30 - 11:00
Trauma, Hope, Resiliency	11:00 - 12:30
Seeking Safety for Women	1:00 - 2:30
Seeking Safety for Men	1:00 - 2:30
Taking Care of Business: Motivation in Recovery	2:30 - 4:00
Recovery Discovery—NIGHT CLASS	5:00 - 6:30

FRIDAY	
Journey Into Recovery	9:30 - 11:30
Navigating Reality: Psychosis and Recovery	10:00—11:30
Mindfulness Meditation Practice	11:30 - 12:30
Keys to Wellness	1:00—2:30
Creative Writing	1:00 - 2:00
Creative Recovery	2:00 - 4:00