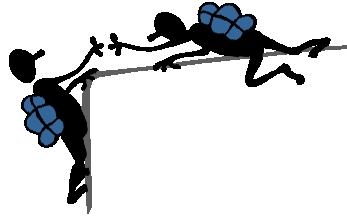


Becoming Enrolled as a Student

How do I become enrolled in classes?

1. CALL 828-456-8604 or WALK IN
2. You will meet with a Recovery Coordinator to discuss your needs and identify your own personal goals for recovery.



Quotes from current students:

"The REC gives you tools to help keep you in the 'now.' It doesn't work every day yet, but it worked yesterday."

"I was nervous about being in a classroom and around a lot of people. The staff at the REC worked with me on developing skills that assisted me with my nervousness and helped me to get to a place where I was comfortable enough to attend the classes. Now, I cannot imagine my life without the skills that I have developed."

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

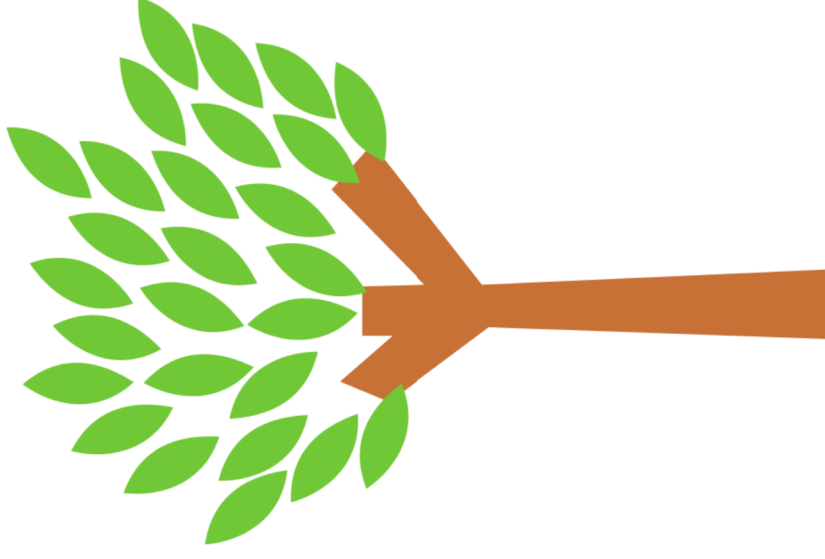
Physical Wellness

Purpose

Emotional Wellbeing

Community Connectedness

Haywood Recovery Education Center



131 Walnut Street
Waynesville North Carolina, 28786
Phone: 828-456-8604
Fax: 828-456-9018



Meridian
BEHAVIORAL HEALTH SERVICES
Inspiring personal change through innovation and compassion

February 27, 2017 - May 12, 2017

FOR MORE INFORMATION

Recovery Education Center
828-456-8604

After Hours On-Call Phone
828-226-4818

**Become an Expert in
Your Own Wellness**

Learn How Recovery is Possible



Got Doc?

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

Meridian's Mission

"Our mission is to partner with individuals who intend to bring about meaningful change in their lives through a personal journey of discovery and recovery."

MONDAY	
Accept, Choose, Take Action (ACT)	P 10:00 - 11:30
Healthy Boundaries	P 10:00 - 11:30
Mindfulness/Writing for Wellness (every other week)	C 12:00 - 12:45
Navigating Reality	P/C 1:30 - 3:00
Music Within	P 1:30 - 3:00

TUESDAY	
Wise Mind	P 10:00 - 11:30
Creativity	P 10:00 - 11:30
Watch Your Thinking	C 1:00 - 2:30
Chronic Pain	P 2:30 - 4:00
Toxic Temperaments	P 2:30 - 4:00

WEDNESDAY	
Facing Your Feelings	P 10:00 - 11:30
Effective Relationships	P 10:00 - 11:30
Seeking Safety - Men	C 1:00 - 2:30
Seeking Safety - Women	C 1:00 - 2:30
Positive Psychology	P 2:30 - 4:00
WHAM (Whole Health Action Management) referral only	P 2:30 - 4:00

THURSDAY	
Living in Balance referral only	C 10:00 - 11:30
CRM: Notice, Ground & Reset	C 10:00 - 11:30
Get Together	P 1:00 - 2:30
Life Skills	P 2:30 - 4:00
Wise Mind 2	P 2:30 - 4:00
Recovery Discovery NIGHT CLASS	P 6:00 - 8:00
Wise Mind NIGHT CLASS	P 6:00 - 8:00

FRIDAY	
Break by the Lake	P 10:00 - 11:30
Anxiety Reduction	P 10:00 - 11:30
Love & Logic—Parents	C 1:00 - 2:30
WRAP	P 1:00 - 2:30
Recovery Discovery	C 2:30 - 4:00
Self Esteem	P 2:30 - 4:00

I CHOOSE RECOVERY.