

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.



“For a seed to achieve it’s greatest expression, it must come completely undone. The shell cracks, it’s insides come out and everything changes. To someone who doesn’t understand growth, it would look like complete destruction.”

- Cynthia Ocelli

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



June 4—August 17, 2018

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



June 4—August 17, 2018

MONDAY

No Transit Available

Journey Into Recovery	9:30 - 11:30
Wise Mind	12:00– 1:30
Healthy Relationships	2:00- 3:30

TUESDAY

The Four Agreements	10:00 - 11:30
Wellness Recovery Action Plan (WRAP)	12:00– 1:30
Mindful Movement	1:30– 2:30
Releasing Anxiety	2:30– 4:00

WEDNESDAY

Journey Into Recovery	9:30 - 11:30
Art of Emotions	12:00– 1:30
Accept, Commit, Take Action	2:00—3:30

THURSDAY

Love and Logic	10:00– 11:30
Self-Compassion	12:00– 1:30
Seeking Safety	1:30- 3:00
Building Social Supports	3:00– 4:00
Recovery Discovery— NIGHT CLASS	5:30-7:00
WNCAP Free HIV/Hep C Rapid Testing (2nd Thurs of every month!!!)	10:00am- 12:00pm

FRIDAY

Journey Into Recovery	9:30 - 11:30
Chronic Pain	11:30-12:30
Trauma, Hope & Resiliency	1:30-3:00
Creative Recovery	3:00– 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!