

## Become a Student at the REC!

- **CALL** 828-883-2708 or **WALK IN** any time during business hours
- Your first visit will be with a clinician to complete a comprehensive assessment and discuss how we can best support you.



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?

At the REC we want to empower students to be in charge of their own recovery. We invite you to determine which classes and skills will help you get to where you want to go. You are invited to consult with a clinician or a peer support specialist to help you determine how to get the support you most need.

Next Appointment:

Other Notes:



## Brevard Recovery Education Center



69 N. Broad Street  
Brevard NC 28712  
Phone: 828-883-2708  
Fax: 828-883-2709  
Website: [www.meridianbhs.org](http://www.meridianbhs.org)

# Class Schedule February 10,- April 24, 2020

## MONDAY

Journey into Recovery	9:30-11:00
Self Sufficiency	11:30 - 1:00
Art of Emotions	1:00-2:30
WRAP	2:30- 4:00

## TUESDAY

Coping with Anxiety	10:00-11:30
Love and Logic	12:00-1:00
Trauma, Hope, and Resiliency	2:00-3:30

## WEDNESDAY

Journey into Recovery	9:30-11:00
Gratitude	11:30-1:00
Building Social Supports	2:30-4:00
Lifestyles for Wellness	2:30-4:00

## THURSDAY

Coping with Depression	10:00 - 11:30
Wise Mind	12:00-1:30
Mindfulness	2:00-3:30 P
Recovery Discovery	5:30-7:00

## FRIDAY

Journey into Recovery	9:30-11:00
Seeking Safety	11:30-1:00
Grief + Loss	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

Website  
[www.meridianbhs.org](http://www.meridianbhs.org)



“And the day came when the risk to remain tight in a bud was more painful than the risk it took to blossom”  
- Anais Nin