

## Become a Student at the REC!

- CALL 828-456-8604 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.



### Quote from a current student:

*"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?

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:



## Haywood Recovery Education Center



131 Walnut Street  
Waynesville, NC 28786  
Phone: 828-456-8604  
Fax: 828-456-9018  
Website: [www.meridianbhs.org](http://www.meridianbhs.org)

# Class Schedule August 5, 2019 - September 6, 2019

## MONDAY \*transit leaves at 3pm

WRAP	P	10:00 - 11:30
Life After Loss	P	11:45 - 1:15
Living in Balance	P	1:30 - 3:00
Face your feelings	P	1:30-3:00

## TUESDAY

Watch your Thinking	C	10:00-11:30
Toxic Temperaments	P	1:00 - 2:30
Creativity	P	1:00 - 3:00
Spirituality	P	2:30-4:00
Positive Psychology	P	2:30-4:00

## WEDNESDAY

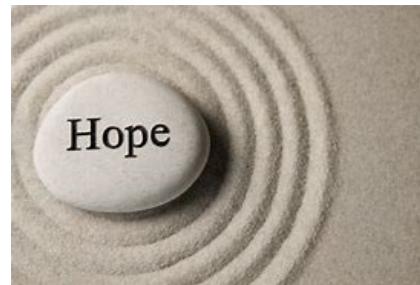
Seeking Safety	C	10:00-11:30
Wise Mind	C	1:00-2:30
Healthy Boundaries	P	2:30-4:00
Recovery Discovery (NIGHT CLASS)	P	6:00-7:30

## THURSDAY

Parenting with Love & Logic	P	10:00 - 11:30
Get Together	P	10:00 - 11:30
Mindfulness	C	12:15 - 1:00
Effective Relationships	C	1:00 - 2:30
Resources for Resiliency for Women	C	2:30 - 4:00
Resources for Resiliency for Men	C	2:30 - 4:00

## FRIDAY

Employment as a Path to Recovery	P	10:00-11:30
WHAM	P	10:00-11:30
Recovery Discovery	C	1:00-2:30
Self Compassion	C	2:30-4:00



P= PEER TAUGHT, C= CLINICIAN TAUGHT

FOR MORE INFORMATION

Recovery Education Center

828-456-8604

After Hours On-Call Phone

828-226-4818

Website

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



Become an Expert in  
Your Own Wellness

Learn How Recovery is Possible

