

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
Website: www.meridianbhs.org

March 19—June 1, 2018

MONDAY

*REC Transit leaves at 3pm

Break by the Lake	P	10:00 - 12:00
Healthy Boundaries	C	10:00 - 11:30
Mindfulness	C	12:15- 1:00
Living In Balance (referral only—talk with a staff if interested)	P	1:30 - 3:00
Accept, Choose, Take Action (ACT)	P	1:30 - 3:00

TUESDAY

Parenting with Love & Logic	P	10:00 - 11:30
Creativity	P	10:00 - 12:00
Life After Loss	P	1:00 - 2:30
Seeking Safety	C	1:00 - 2:30
WHAM (Whole Health Action Management)	P	2:30 - 4:00
Watch Your Thinking	C	2:30 - 4:00

WEDNESDAY

Self Compassion	P	10:00 - 11:30
Positive Intelligence	C	10:00 - 11:30
Gratitude	C	12:15- 1:00
WRAP (Wellness Recovery Action Plan)	P	1:00 - 2:30
Recovery Discovery	C	1:00 - 2:30
Wise Mind I	P	2:30 - 4:00
Spirituality	P	2:30 - 4:00

THURSDAY

Resources for Resiliency for Women	C	10:00 - 11:30
Resources for Resiliency for Men	C	10:00 - 11:30
Facing Your Feelings	P	1:00 - 2:30
Chronic Pain	C	1:00 - 2:30
Toxic Temperaments	P	2:30 - 4:00
Music Within	C	2:30 - 4:00
Recovery Discovery NIGHT CLASS	P	6:00 - 7:30

FRIDAY

Wise Mind II	C	10:00-11:30
Anxiety Reduction	P	10:00-11:30
Mindfulness	P	12:15 - 1:00
Four Agreements	C	1:00– 2:30
Get Together	P	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

**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 re-
covery."*