

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.



Healing takes courage, and we all have courage, even if we have to dig a little to find it.

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 24th– Sept 6th 2019

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



June 24th 2019-September 6th 2019

MONDAY

Mindful Mornings	9:00-9:30
Journey Into Recovery	9:30-11:00
Understanding Anger & Trauma	11:30-1:00
Positive Psychology	1:00-2:30
Whole Health & Wellness NOT CLASSROOM BASED	2:30-4:00

Tuesday

Relationships in Recovery	10:00-11:30
WRAP	12:00-1:30
Gratitude	2:00-3:00
Building Social & Community Supports	3:00-4:30

WEDNESDAY

Journey Into Recovery	9:30-11:00
Accept, Commit, Take Action	12:00-1:30
Love and Logic Parenting	1:30-3:00
Whole Health and Wellness NOT CLASSROOM BASED	3:00-4:30

THURSDAY

Mindful Mornings	9:00-9:30
Art of Emotions	10:00-11:30
Seeking Safety	12:30-2:00
Wise Mind	3:00-4:00
Recovery Discovery NIGHT CLASS	5:30-7:00
Grief & Loss NIGHT CLASS	5:30-7:00
WNCAP Free HIV/Hep C Rapid Testing (2nd Thurs of every month!!!)	10:00-12:00

FRIDAY

Meditation	9:00-10:00
Trauma, Hope & Resiliency	10:00-11:30
The 5 Agreements	12:00-1:30
Creative Recovery	2:00-3:30

FOR MORE INFORMATION

Recovery Education Center
828-883-2708
After Hours On-Call Phone



Are you in need of ...
Hope?
Healing? Recovery?

Walk-in
Mon-Fri 8:30am-2:30pm
Please let staff know if you do not
have a Primary Care Doctor.