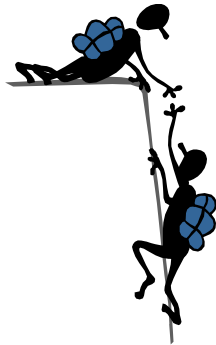


Becoming Enrolled as a Student

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

August 20 — November 2, 2018

MONDAY

WRAP (Wellness Recovery Action Plan)	P	10:00 - 11:30
Moving through the Blues	P	10:00 - 11:30
Mindfulness	P	12:15- 1:00
Living In Balance (referral only)	P	1:00 - 2:30
Get Together	P	1:00 - 2:30
Facing Your Feelings	C	2:30 - 4:00
Four Agreements	P	2:30 - 4:00

TUESDAY

Break by the Lake	P	10:00 - 12:00
Self Compassion	P	10:00 - 11:30
Healthy Boundaries	P	1:00 - 2:30
Give Yourself a Break	P	1:00 - 2:30
Anxiety Reduction	P	2:30 - 4:00

WEDNESDAY

Watch Your Thinking	P	10:00 - 11:30
Toxic Temperaments	P	10:00 - 11:30
Mindfulness	C	12:15- 1:00
Recovery Discovery	P	1:00 - 2:30
Seeking Safety	C	1:00 - 2:30
Accept, Choose, Take Action (ACT)	P	2:30 - 4:00
Positive Psychology	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
Parenting with Love & Logic	P	1:00 - 2:30
Creativity	P	1:00 - 3:00
Life After Loss	P	2:30 - 4:00
Recovery Discovery NIGHT CLASS	P	6:00 - 7:30

FRIDAY

Whole Health Action Management (with emphasis on life with Chronic Pain)	C	10:00-11:30
Spirituality (starting 10/5/18)	P	10:00-11:30
The Sequence	C	12:15 - 1:00
Wise Mind	P	1:00– 2:30
Music Within	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

**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 recovery."