



ONWARD RECOVERY
Hudson Valley Recovery
Community & Outreach Center
AN ACTIVE APPROACH TO RECOVERY



**Reach One Mid-Hudson
Regional Recovery Center**
"Each One, Teach One"

Relapse Prevention



Join us in a virtual meeting that is safe & nonjudgmental where you can discuss the various factors that may contribute to relapse & relapse prevention planning with others in recovery. This meeting is facilitated by Certified Recovery Peer Advocates who have lived experience with substance use. All pathways to recovery are respected. This meeting is open to anyone age 18 or older.

Tuesdays & Thursdays at 6pm on Zoom!

Join our Zoom Meeting:

<https://us04web.zoom.us/j/857252958>

Call in number: 1-646-876-9923

Meeting ID: 857 252 958

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Entrance on Ann Street

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The potential for recovery lies within each of us