



October 2022

CCAR
BRIDGEPORT
CONNECTICUT COMMUNITY
FOR ADDICTION RECOVERY

430 State Street
Bridgeport, CT 06604
(203) 332-3303

Amanda Flick, Center Manager
Liz Torres, Volunteer Manager



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>HOURS: Mon – Fri 8:30am – 4:30pm</p>						1
2	3 10:00 Healing Meditation 12:00 ARM 1:30 Storytelling	4 CENTER OPENS AT NOON DUE TO STAFF MEETING	5 10:00 Men's Meeting 12:00 ARM 1:30 Orientation	6 10:00 Liz RC Module 12:00 ARM 1:30 Leadership Meeting	7 10:00 Women's Empowerment 11:00 Songs in the key of Life 12:00 ARM	8
9	10 10:00 Healing Meditation 12:00 ARM 2:00 TRS Training	11 10:30 Power of our Stories w/ Rebecca Allen 12:00 ARM 2:00 Effective Communication Training	12 10:30 Random Acts of Kindness 12:00 ARM 2:00 Recovery Coaching Performance Support w/ Phil Valentine	13 10:00 Liz RC Module 12:00 ARM 1:15 RNP Services	14 10:00 Women's Empowerment 11:00 Songs in the key of Life 12:00 ARM 2:00 Receptionist Training	15
16	17 10:00 Healing Meditation 12:00 ARM 2:00 Professionalism Training	18 10:00 How you Livin' 12:00 ARM 2:00 Ambassador Training	19 10:00 Men's Meeting 12:00 ARM 1:15 RNP Problem Gambling Presentation 2:30 Orientation	20 10:00 Liz RC Module 12:00 ARM 1:15 Strive Program 2:30 Receptionist Training	21 10:00 Women's Empowerment-Healthy Love 11:00 Songs in the Key of Life 12:00 ARM 1:15 Optimus	22
23	24 10:00 Healing Meditation 12:00 ARM 1:30 Storytelling 2:30 TRS Training	25 10:00 How you Livin' 12:00 ARM 1:30 Optimus-HIV/Hep C Education	26 10:00 Men's Meeting 12:00 ARM 1:30 Orientation 2:00 Gratitude Group	27 10:00 Liz RC Module 12:00 ARM 1:30 TRS Appreciation 2:00 SMART Recovery	28 10:00 Women's Empowerment 11:00 Songs in the Key of Life 12:00 ARM 1:30 Volunteer Recognition	29
30	31 10:00 Healing Meditation 12:00 ARM 1:30 Halloween Party	<p>RECURRING VIRTUAL MEETINGS: All Recovery Meeting (ARM): Mon-Fri 12:30pm [Zoom ID: 738 520 747] Friends, Families, Allies Support: Mondays at 5pm [Zoom ID: 560 608 198] Parents in Recovery: Wednesdays at 5:30pm [Zoom ID: 851 3570 7081] Women's ARM: Fridays at 10am [Zoom ID: 495 736 963#]</p>				