



encompass
— Community Supports —

Formerly Known As – Rappahannock-Rapidan Community Services

The S.E.E. Recovery Center

Support, Encourage, Empower

710 U.S. Ave, Culpeper, VA 22701

540-825-3366

SEERecovery@ecsva.org

Encompass Community Supports does not discriminate on the basis of race, color, national origin, sex, religion, age, disability, sexual orientation, gender identity, or any other characteristic protected by law, in employment matters and in its programs and services.



The S.E.E. Recovery Center

Encompass Community Supports is providing immediate access to recovery services and enhancing the continuum of care to our community with the S.E.E. (Support, Encourage, Empower) Recovery Center in the heart of Culpeper, Virginia.

The concept of the Support Encourage Empower or S.E.E. Recovery Center stems from Thomas Pratt, Certified Peer Recovery Specialist, DBHDS Certified Trainer, Navy Veteran, developer of the Veteran X Peer led Mental Health Recovery program, and Orange County Resident. During Tom's trainings, he inspires future Peer Recovery Specialists with the idea that peers can S.E.E. others recovery through offering support, encouragement, and empowerment to individuals on their path to discover, maintain, and strengthen their recovery.

The S.E.E. Recovery Center offers an array of recovery-oriented groups, meetings, and the opportunity to speak with someone about mental health or substance use recovery. A staff member will be available from 8 am to 9 pm Monday through Friday to assist with attending appropriate groups or other services. First Responders, Law Enforcement, and Emergency Department Personnel; please call (540) 617-0774 or (540) 825-5656 Option 7 to arrange connection with services at the S.E.E. Recovery Center.

The S.E.E. Recovery Center is open to all seeking recovery, peer support, and resources in our area. Our support is always **FREE OF CHARGE**. We encourage you to come by and check us out soon. As we like to say... "ALL are welcome at the S.E.E.!"

Current Hours:

Monday through Friday: 8:00am to 10:00pm

Saturday: 9:30am to 3:30pm

Sunday: 4:30pm to 8:30pm

****Holiday Hours: 12:00 noon to 8:00pm unless otherwise noted***

Please tune to the Encompass Community Supports' website, Facebook, and/or local TV/Radio in the event of Inclement Weather for the latest on closings and delayed openings.

See our current schedule of supports and events below.

To be added to our schedule distribution list please send an e-mail to SEERecovery@ecsva.org with the subject line "SEE Distribution List Request".



SEE Recovery Center

March 29 – April 4

Saturday, March 29 th and Sunday, March 30 th			Monday, March 31 st		
TIME	NAME OF GROUP/CLASS	ROOM	TIME	NAME OF GROUP/CLASS	ROOM
SATURDAY			9:30a	Coffee and Conversation	Encouragement Café
12Noon	Movie Day at The SEE	Living Room	11:00a	The Courage to Change	Empowerment Area
2:00p	Substance Use Education Series	Empowerment Area	12:00p	When Anxiety Hits	Recovery Zone
			1:00p	Seeking Safety	Empowerment Area
SUNDAY			2:00p	Positive Affirmations	Awakening Room
7:00p	Back to Basics AA	Support Space	5:00p	MARA	Empowerment Area
			7:00p	Common Ground AA	Support Space
Tuesday, April 1st			Wednesday, April 2nd		
TIME	NAME OF GROUP/CLASS	ROOM	TIME	NAME OF GROUP/CLASS	ROOM
8:30a-12Noon	<i>Support Coordinator Office Hours</i>	Drop In Office	9:30a	Coffee and Conversation	Encouragement Café
9:30a	Coffee and Conversation	Encouragement Café	10:30a	Anger Management	Recovery Zone
11:00a	Progressive Relaxation	Awakening Room	1:00p	Positive Affirmations	Awakening Room
1:00p	Securing Housing	Empowerment Area	2:00p	Journaling	Empowerment Area
5:00p	Recovery from Grief	Recovery Zone	4:00p	Finding Our Voice Through	Recovery Zone
6:00p	Healing Minds	Encouragement Cafe	5:00-9:00p	Tabletop Role Playing Games	Recovery Zone
6:30p	SMART Recovery	Empowerment Area	6:00p	We Care (Family Support)	Empowerment Area
			7:00p	Alive & Free NA	Living Room
Thursday, April 3rd			Friday, April 4th		
TIME	NAME OF GROUP/CLASS	ROOM	TIME	NAME OF GROUP/CLASS	ROOM
1:00p-4:30p	<i>Support Coordinator Office Hours</i>	Drop In Office	9:30a	Coffee and Conversation	Encouragement Café
9:30a	Coffee and Conversation	Encouragement Cafe	12:30p	Day to Day	Recovery Zone
11:00a	Values and Responsibilities	Empowerment Area	1:00p	Shenanigans at the S.E.E.	Support Space
2:00p	Coping with Gaslighting	Recovery Zone	2:30p	MORE	Recovery Zone
3:30p	Substance Use Education Series	Empowerment Area	7:00p	Alive & Free NA	Support Space
5:00p	Social Safety and Support	Recovery Zone			
6:00p	Celebrate Recovery	Recovery Zone			

SEE Recovery Center

April 5 – April 11

Saturday, April 5 th and Sunday, April 6 th			Monday, April 7 th		
TIME	NAME OF GROUP/CLASS	ROOM	TIME	NAME OF GROUP/CLASS	ROOM
	SATURDAY		8:30a-12Noon	<i>Support Coordinator Office Hours</i>	Drop In Office
12Noo	Movie Day at The SEE	Living Room	9:30a	Coffee and Conversation	Encouragement Café
2:00p	Substance Use Education Series	Empowerment	11:00a	The Courage to Change	Empowerment Area
			12:00p	When Anxiety Hits	Recovery Zone
	SUNDAY		1:00p	Seeking Safety	Empowerment Area
7:00p	Back to Basics AA	Support Space	2:00p	Positive Affirmations	Awakening Room
			5:00p	MARA	Empowerment Area
			7:00p	Common Ground AA	Support Space
			1pm/3pm	AcuWellness Clinics (Closed Training 8-4)	Living Room
Tuesday, April 8 th			Wednesday, April 9 th		
TIME	NAME OF GROUP/CLASS	ROOM	TIME	NAME OF GROUP/CLASS	ROOM
9:30a	Coffee and Conversation	Encouragement Café	1:00p-4:30p	<i>Support Coordinator Office Hours</i>	Drop In Office
11:00a	Progressive Relaxation	Awakening Room	9:30a	Coffee and Conversation	Encouragement Café
1:00p	Securing Housing	Empowerment	10:30a	Anger Management	Recovery Zone
5:00p	Recovery From Grief	Recovery Zone	1:00p	Positive Affirmations	Awakening Room
6:00p	Healing Minds	Encouragement	2:00p	Journaling	Empowerment Area
6:30p	SMART Recovery	Empowerment	4:00p	Finding Our Voice Through Music	Recovery Zone
			6:00p	We Care (Family Support)	Empowerment Area
1:00p	AcuWellness Clinic (Closed Training 8-2)	Living Room	6:30p	Pride Support Group	Recovery Zone
			7:00p	Alive & Free NA	Living Room
Thursday, April 10 th			Friday, April 11 th		
TIME	NAME OF GROUP/CLASS	ROOM	TIME	NAME OF GROUP/CLASS	ROOM
9:30a	Coffee and Conversation	Encouragement	9:30a	Coffee and Conversation	Encouragement Café
11:00a	Values and Responsibilities	Empowerment	12:30p	Day to Day	Recovery Zone
2:00p	Coping with Gaslighting	Recovery Zone	1:00p	Shenanigans at the S.E.E.	Support Space
3:30p	Substance Use Education Series	Empowerment	2:30p	MORE	Recovery Zone
5:00p	Social Safety and Support	Recovery Zone	7:00p	Alive & Free NA	Support Space
6:00p	Celebrate Recovery	Recovery Zone			

SEE Recovery Center

April 12 – April 18

Saturday, April 12 th & Sunday, April 13 th			Monday, April 14 th		
TIME	NAME OF	ROOM	TIME	NAME OF GROUP/CLASS	ROOM
	SATURDAY		8:30a-	<i>Support Coordinator Office</i>	Drop In Office
12Noon	Movie Day at The SEE	Living Room	9:30a	Coffee and Conversation	Encouragement Café
2:00p	Substance Use Education	Empowerment Area	11:00a	The Courage to Change	Empowerment Area
			12:00p	When Anxiety Hits	Recovery Zone
	SUNDAY		1:00p	Seeking Safety	Empowerment Area
7:00p	Back to Basics AA	Living Room	2:00p	Positive Affirmations	Awakening Room
			5:00p	MARA	Empowerment Area
			7:00p	Common Ground AA	Support Space
Tuesday, April 15 th			Wednesday, April 16 th		
TIME	NAME OF	ROOM	TIME	NAME OF GROUP/CLASS	ROOM
8:30a-12Noon	<i>Support Coordinator Office Hours</i>	Drop In Office	9:30a	Coffee and Conversation	Encouragement Café
9:30a	Coffee and Conversation	Encouragement Café	10:30a	Anger Management	Recovery Zone
11:00a	Progressive Relaxation	Awakening Room	11:00a	Art Day	Creativity Commons
1:00p	Securing Housing	Empowerment Area	1:00p	Positive Affirmations	Awakening Room
5:00p	Recovery From Grief	Recovery Zone	2:00p	Journaling	Empowerment Area
6:00p	Healing Minds	Encouragement Cafe	4:00p	Finding Our Voice Through Music	Recovery Zone
6:30p	SMART Recovery	Empowerment Area	6:00p	We Care (Family Support)	Empowerment Area
			6:00p	Hearing Voices Network	Recovery Zone
			7:00p	Alive & Free NA	Living Room
			ALL DAY	OPEN HOUSE TOUR DAY @ THE S.E.E.	10a, 12p, 2p, and 4p
Thursday, April 17 th			Friday, April 18 th		
TIME	NAME OF	ROOM	TIME	NAME OF GROUP/CLASS	ROOM
1:00p-4:30p	<i>Support Coordinator Office Hours</i>	Drop In Office	9:30a	Coffee and Conversation	Encouragement Café
9:30a	Coffee and Conversation	Encouragement Cafe	12:30p	Day to Day	Recovery Zone
11:00a	Values and Responsibilities	Empowerment Area	1:00p	Shenanigans at the S.E.E.	Support Space
2:00p	Coping with Gaslighting	Recovery Zone	2:30p	MORE	Recovery Zone
3:30p	Substance Use Education	Empowerment Area	7:00p	Alive & Free NA	Support Space
5:00p	Social Safety and Support	Recovery Zone			
6:00p	Celebrate Recovery	Recovery Zone			
6:00-8:00p	Monthly Family Dinner	Support Space			
	<i>for SEE and YACC Families/Friends</i>				

SEE Recovery Center

April 19 – April 25 Child Services and Prevention

Saturday, April 19 th & Sunday, April 20 th			Monday, April 21 st		
TIME	NAME OF GROUP/CLASS	ROOM	TIME	NAME OF GROUP/CLASS	ROOM
SATURDAY			9:30a	Coffee and Conversation	Encouragement Café
12Noon	Movie Day at The SEE	Living Room	11:00a	The Courage to Change	Empowerment Area
2:00p	Substance Use Education Series	Empowerment Area	12:00p	When Anxiety Hits	Recovery Zone
			1:00p	Seeking Safety	Empowerment Area
SUNDAY			2:00p	Positive Affirmations	Awakening Room
7:00p	Back to Basics AA	Living Room	5:00p	MARA	Empowerment Area
			7:00p	Common Ground AA	Support Space
Tuesday, April 22nd			Wednesday, April 23rd		
TIME	NAME OF GROUP/CLASS	ROOM	TIME	NAME OF GROUP/CLASS	ROOM
9a-3p	Developmental Screenings	Meeting Room A	8:30a-12Noon	<i>Support Coordinator Office Hours</i>	Drop In Office
9:30a	Coffee and Conversation	Encouragement Café	9:30a	Coffee and Conversation	Encouragement Café
11:00a	Progressive Relaxation	Awakening Room	10:30a	Anger Management	Recovery Zone
1:00p	Securing Housing	Empowerment Area	1:00p	Positive Affirmations	Awakening Room
5:00p	Recovery From Grief	Recovery Zone	2:00p	Journaling	Empowerment Area
6:00p	Healing Minds	Encouragement Cafe	3:00p	Monthly Community REVIVE	Empowerment Area
6:30p	SMART Recovery	Empowerment Area	4:00p	Finding Our Voice Through Music	Recovery Zone
			6:00p	We Care (Family Support)	Empowerment Area
			6:30p	Pride Support Group	Recovery Zone
			7:00p	Alive & Free NA	Living Room
Thursday, April 24th			Friday, April 25th		
TIME	NAME OF GROUP/CLASS	ROOM	TIME	NAME OF GROUP/CLASS	ROOM
1:00p-4:30p	<i>Support Coordinator Office Hours</i>	Drop In Office	9:30a	Coffee and Conversation	Encouragement Café
9:30a	Coffee and Conversation	Encouragement Cafe	10:00a	Monthly Community REVIVE	Empowerment Area
11:00a	Values and Responsibilities	Empowerment Area	12:30p	Day to Day	Recovery Zone
2:00p	Coping with Gaslighting	Recovery Zone	1:00p	Shenanigans at the S.E.E.	Support Space
3:30p	Substance Use Education Series	Empowerment Area	2:30p	MORE	Recovery Zone
5:00p	Social Safety and Support	Recovery Zone	7:00p	Alive & Free NA	Support Space
6:00p	Celebrate Recovery	Recovery Zone			



The S.E.E. Recovery Center

Support, Encourage, Empower

Contact and Access Information:

First Responders, Law Enforcement, and Emergency Department Personnel

Please call (540) 718-4238; to connect Individuals with services at the S.E.E. Recovery Center.

We are happy to help and offer a safe and supportive option.

The S.E.E. Recovery Center

710 U.S. Avenue

Culpeper, VA 22701

*Please take the right fork after the railroad tracks and proceed to the lower parking area.

(540) 825-3366

SEERecovery@ecsva.org

Robyn Hantelman

Director of Treatment and Recovery Services

rhantelman@ecsva.org

Shannon Frick

Recovery Services Program Manager

sfrick@ecsva.org



Group/Meeting/Event Descriptions

Class/Group	Description
<p>AcuDetox Clinics</p>	<p>AcuDetox involves the gentle placement of up to five small, sterilized disposable needles into specific sites on each ear. For our FREE clinics, participants sit quietly in a group setting for 30-45 minutes allowing the process to take effect. The combined application of AcuDetox with counseling, recovery education, medical support and self-help groups enhances opportunities for success in recovery from not only substances, but also from trauma and mental health challenges as well.</p> <p><i>***Clinics will be held on April 7th at 1:00pm and 3:00pm and April 8th at 1:00pm in the Living Room at the SEE Center. Advance registration is recommended, as we may be unable to accommodate drop-in participation. To reserve your spot, please inquire at the Front Desk or scan the QR code below***</i></p>
<p>Alive & Free – NA</p>	<p>Open Narcotics Anonymous meeting. NA is a twelve-step mutual aid fellowship, and this is a meeting hosted by the local NA community. Alive and Free- NA encourages families, prospective participants, and other members of the community to be present during the gathering.</p>
<p>*Anger Management</p>	<p>Anger Management for Mental Health and Substance Use is a 12-week cognitive-behavioral anger management group treatment model. The content includes specific instructions and suggested remarks for groups leaders, and exercises for group members. *Meets Legal/Court Requirements</p>
<p>Art Day</p>	<p>Come enjoy a day of arts and crafts in a sober, safe, and social environment designed for individuals of all ages and abilities. Activities include painting, tie dye activities, holiday and seasonal décor, memory making keepsakes, and much more! Come out and connect over creative arts and learn more about participating in our Annual Art Expo held in August.</p>
<p>Back to Basics – AA</p>	<p>Open meeting that deals with the basic principles of Alcoholics Anonymous: Stop drinking or using substances, go to meetings, get a sponsor, work the steps, help another. AA is a twelve-step mutual aid fellowship, and this meeting is hosted by the local AA community.</p>
<p>Celebrate Recovery</p>	<p>Celebrate Recovery is a small group study that offers a faith-based, Christian solution to all of Life’s “Hurts, Habits, and Hang ups”. Running in eight weekly sessions, CR is an open group whose leaders utilize topics for discussion, share videos via DVD, and follow a detailed study guide for personal development. You don’t have to hurt alone. Make the choice to connect and heal with others on a spiritual journey.</p>
<p>Coffee and Conversation</p>	<p>A daily opportunity for those in recovery to meet and expand their recovery network. Members of the community in recovery that want to connect with others in recovery in an open and welcoming environment are welcome to come. Start your weekdays off right with Coffee and Conversation.</p>
<p>Common Ground – AA</p>	<p>Open topic meeting of Alcoholics Anonymous, a twelve-step mutual aid fellowship. Anyone present can speak for as long as they like, and there are no rules governing turn-taking, topic adherence, or other constraints on the discussion.</p>
<p>Coping with Gaslighting</p>	<p>Gaslighting is a form of psychological and emotional abuse that causes victims to question their reality, judgement, self-perception and in extreme circumstances, their sanity. Gaslighting can have a ripple effect across your life. This class will help you begin the journey to recovery by helping you identify and understand the effects of gaslighting in your life.</p>
<p>Day to Day/Goal Setting</p>	<p>Have a goal or need help with setting goals? SMART (Specific, Manageable, Achievable, Realistic, and Time-Limited) goals will teach you step by step how to structure and achieve your goals using an evidence -based approach.</p>
<p>Developmental Screenings</p>	<p>Infant and Toddler Connection staff will be conducting free developmental screenings for children between the ages of birth to 3 years old. These screenings help to catch any developmental delays that are appearing early in the child’s life. We will have staff on site to receive and process any referrals should a screening reveal developmental delays.</p>
<p>Family Dinner Night</p>	<p>Held on the third Thursday of each month, Family Dinner Night is an opportunity for connection between program participants, family members, friends, and connections made in our collaborative recovery community. Family Dinner brings together the SEE</p>

	Recovery Center and the YACC (Young Adult Coordinated Care) Programs to enjoy socialization, connection, and other core values of recovery while enjoying delicious food, fellowship, and most of all, FUN!
Finding Our Voice Through Music	In this group, participants will be able to utilize song lyrics to identify and communicate the feelings that they may have, as well as challenges with finding their voice in recovery. The emphasis will be on identifying feelings and being able to express them more easily. Music is a powerful recovery tool, and we can use it to channel our feelings and let it speak for us.
Healing Minds	A support group for people living with mental health issues that focuses on self-esteem, developing coping skills, and both giving and receiving invaluable social support from others who understand and have similar lived/living experiences navigating mental health challenges.
Hearing Voices Network	Once a month, this peer-led solution-focused group meets to discuss and destigmatize auditory experiences, hallucinations, intrusive thoughts, and voices. This is a safe place to discuss how these voices help shape our experiences and daily life.
Journaling	Looking for a reason to start Journalling? Check out these benefits: Journaling relieves depression and anxiety symptoms, boosts immune function, assists with post-traumatic stress, helps foster gratitude, enhances learning and critical thinking skills, and many more. Participants will try examples of many different journalling styles and writing prompts to determine the format that works best for them.
MARA	Medication-Assisted Recovery Anonymous... For ANYONE with a desire to live safely TODAY! Join us for our hybrid (virtual and in-person) MARA Music, Mindfulness, and More meeting every Monday at 5pm. We welcome all to attend, come as you are, try something new in your recovery, and bring a friend. Remember, at MARA, <i>Nonjudgment is Our Code!</i> Join us at the S.E.E. or on Zoom (Meeting ID: 81920544432 Password: MARA)
Monthly Community REVIVE Lay Rescuer Training	Join us to learn how to save a life from an opioid overdose and help make our community safer. REVIVE! is Virginia's statewide Opioid Overdose and Naloxone Education program, designed to train individuals in recognizing and responding to opioid overdose emergencies with naloxone, a life-saving medication. Every 4 th Wednesday at 3:00PM and 4 th Friday at 10:00AM in the Empowerment Area. <i>Open to the Public, No registration required!</i>
MORE	My Ongoing Recovery Experience (MORE) is an evidence-based online program to support program participants in the critical months after treatment and move them toward effective self-management. This group is designed to help participants succeed in initiating and sustaining recovery. MORE is a three-series program that will help to build a stable lifestyle to support recovery and make a daily habit of implementing practices that support recovery. The group offers deeper guidance on putting principles into action and seeing the work pay off in personal growth.
S.E.E.'s Saturday Movie Day	Join us every Saturday at the SEE for Movies and more. Continuing our monthly themes of seasonal favorites, we will be watching flicks with friends and enjoying snacks, conversation, and socialization before and after watching a family-friendly film. Dress comfy, relax, and enjoy some stress-free down time to start your weekend off right!
Positive Affirmations	Positive statements that affirm something to be true. Sometimes having a little pick-me-up or a reset for the day can help with moving your thinking in a more positive direction. This group will model strategies to reframe negative thinking into positive strength-based language.
PRIDE Support Group	Local support group for individuals who identify as a sexual/gender minority or an ally. As with many developing groups, the direction of the PRIDE Support Group will be determined by its participants. We welcome all LGBTQ+ community members and allies to this inclusive safe space.
Progressive Relaxation Techniques	Want to learn total body relaxation and become more aware of physical sensations. Come join the progressive relaxation techniques group where you will start by tensing and relaxing the muscles in your toes and progressively working your way up to your neck and head.
Recovery From Grief	There is no right or wrong way to process grief and loss. This group is an interactive and inclusive journey, sharing the many ways we can feel grief and loss in recovery. In December of 2024, this NEW group will discuss how to support each other while journeying through grief and loss during the holiday season.
Securing Housing	Thinking about living independently, looking for an apartment, or just want information? Come learn about Securing Housing with the SEE Peers. Housing is a necessity as a basic need, in creating a basic sense of safety, and providing a crucial foundation in achieving further personal development and recovery. Each session will offer individuals a safe space for discussion as well as an overview of the local tools and resources to establish and secure housing and achieve long-term security.

<p>*Seeking Safety</p>	<p>Seeking Safety is designed for women only with co-occurring PTSD and substance use. This group helps individuals discontinue substance use, letting go of dangerous relationships, and gaining control over extreme symptoms as dissociation and self-harm. Each topic provides highly practical tools and techniques to engage patients in treatments; teach “safe coping skills” that apply to both disorders; and restore ideals that have been lost, including respect, care, protection, and healing. Available in Spanish.</p>
<p>Shenanigans at the S.E.E.</p>	<p>An afternoon of fun and games. Connect with others in recovery while playing cornhole, ping pong, foosball, darts, and board games.</p>
<p>SMART Recovery</p>	<p>Self-Management and Recovery Training is a 4-point program that offers specific tools and techniques for each point. People using SMART learn tools and techniques for self-directed change and move towards satisfying lives in recovery.</p>
<p>Social Safety and Support</p>	<p>Leaving treatment, incarceration, school, a career path or the isolation of trauma can often leave individuals feeling lost in every day social experiences. How do we create the safety within when things seem unsafe? In this group, we share our challenges and coping strategies, support each other with storytelling, and end with a mindfulness exercise.</p>
<p>Substance Use Education Series</p>	<p>The <i>What You Need To Know</i> series provides education surrounding addictive substances, prevention, and use. The series includes an overview of opioids, meth, nicotine, cannabis, alcohol, cocaine, club drugs, inhalants, and hallucinogens. Each session includes a video that covers different aspects of the substance and its use, a discussion surrounding prevention and use, highlighting facts, and dispelling myths about substances and their use. *Meets Legal Requirements</p>
<p>Support Coordination Office Hours</p>	<p>When Encompass Community Supports Support Coordinators are present at the S.E.E. Recovery Center, feel free to “drop in” for support and connect with them. These services are a way for the Support Coordinators to hear from current clients about what is going well in life and what areas of life could use some change. Upon accessing Support Coordination services, client and staff work together on a plan that will outline a plan for reaching goals, from housing to mental health treatment. While connecting with Support Coordinators during drop-in hours at the S.E.E. Recovery Center, participants may also complete a screening to verify eligibility for these services, as well as get access to specific benefits and resources in the local community. Stop by during the listed hours if you are curious or have questions. Support Coordinators would love to support and connect with YOU!</p>
<p>Tabletop Role-Playing Games</p>	<p>This is a beginner campaign of <i>Dungeons and Dragons</i> 5th edition aimed at new players. Participants are welcome to drop in the group whenever they are available. Participants take on the role of characters in a fantasy setting where they will be presented with puzzles and challenges requiring teamwork, communication, and critical thinking to successfully navigate.</p>
<p>The Courage to Change</p>	<p>The Courage to Change Interactive Journaling® System is an evidence-based program which uses cognitive-behavioral strategies. This interactive journal series personalizes the information presented in the Journals to members’ own circumstances. Participants will develop a record of their commitments and progress throughout course and a roadmap to success in their efforts to make positive behavior change. Available in Spanish/Disponible en español.</p>
<p>Values and Responsibilities</p>	<p>We can only make the changes needed to live a healthy life if we take responsibility for ourselves and our problems. Taking personal responsibility means learning to look at problems as opportunities for growth and for changing self-defeating attitudes and behaviors. Our values are revealed in the way they fulfill our responsibilities. They also guide who we become and how they impact others and the world.</p>
<p>When Anxiety Hits</p>	<p>This group will help you identify and address symptoms of mild to moderate anxiety and ways to manage it. Group instruction will include topics like mindfulness, progressive muscle relaxation, healthy sleep, and time management techniques.</p>
<p>We Care</p>	<p>Sometimes just knowing we are not alone gives us the strength we need to continue the journey. We Care is a Family Support group designed to offer support to those who give daily guidance and care to individuals living with mental health challenges or co-occurring disorders.</p>

Groups with an * are facilitated by a QMHP; an ** denotes a closed group.

***Back by Popular Demand...
SEE Center Open House Tour Days!***

Held on the 3rd Wednesday of each month.
Tours run at 10:00 AM, 12:00 Noon, 2:00 PM, and 4:00 PM
Come SEE what's new, chat with our amazing Peer Recovery staff, and
get a first-class tour on our Open House days.

Please reach out to SEERecovery@ecsva.org to reserve a spot for you or your group to tour.

***To Reserve Your Spot in our FREE Community AcuWellness Clinics
On April 7th at 1pm or 3pm and April 8th at 1pm, please scan below.***

*Link will expire after clinics are held, but if interested in AcuWellness,
ask about pop-up clinics at the SEE Center.*



- SEE Storytellers/Speaker Jam
 - Recovery 101 meetings
- Action Planning for Prevention and Recovery (APPR): Twelve-week group dedicated to creating and sustaining a tangible plan for recovery and wellness
 - The return of our Community Resource Day
 - New and innovative ways to attend your favorite meetings virtually
...and much more! Stay tuned!