



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



## 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](mailto:SEERecovery@ecsva.org) with the subject line "SEE Distribution List Request".



# SEE Recovery Center

## April 26<sup>th</sup>-May 2<sup>nd</sup>

Saturday, April 26 <sup>th</sup> and Sunday, April 27 <sup>th</sup>			Monday, April 28 <sup>th</sup>		
TIME	NAME OF GROUP/CLASS	ROOM	TIME	NAME OF GROUP/CLASS	ROOM
<b>SATURDAY</b>			9:30a	Coffee and Conversation	Encouragement Café
2:00p	Substance Use Education Series	Empowerment	12:00p	When Anxiety Hits	Recovery Zone
			2:00p	Positive Affirmations	Awakening Room
<b>SUNDAY</b>			5:00p	MARA	Empowerment Area
7:00p	Back to Basics AA	Support Space	7:00p	Common Ground AA	Support Space
Tuesday, April 29 <sup>th</sup>			Wednesday, April 30 <sup>th</sup>		
TIME	NAME OF GROUP/CLASS	ROOM	TIME	NAME OF GROUP/CLASS	ROOM
8:30a-12N	<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	<i>NEW GROUP... Coming Soon!</i>	Empowerment	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	6:00p	We Care (Family Support)	Empowerment Area
6:30p	SMART Recovery	Empowerment	7:00p	Alive & Free NA	Living Room
Thursday, May 1 <sup>st</sup>			Friday, May 2 <sup>nd</sup>		
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	12:30p	Day to Day	Recovery Zone
11:00a	Values and Responsibilities	Empowerment	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	7:00p	Alive & Free NA	Support Space
5:00p	Social Safety and Support	Recovery Zone			
6:00p	Celebrate Recovery	Recovery Zone			

# SEE Recovery Center

## May 3<sup>rd</sup>-May 9<sup>th</sup>

Saturday, May 3 <sup>rd</sup> and Sunday, May 4 <sup>th</sup>			Monday, May 5 <sup>th</sup>		
TIME	NAME OF GROUP/CLASS	ROOM	TIME	NAME OF GROUP/CLASS	ROOM
<b>SATURDAY</b>			9:30a	Coffee and Conversation	Encouragement Café
10:00a	Coffee & Convo-Weekend Edition	Encouragement Café	12:00p	When Anxiety Hits	Recovery Zone
12Noon	Movie Day at The SEE	Living Room	2:00p	Positive Affirmations	Awakening Room
2:00p	Substance Use Education Series	Empowerment	5:00p	MARA	Empowerment Area
			7:00p	Common Ground AA	Support Space
<b>SUNDAY</b>					
7:00p	Back to Basics AA	Support Space			
Tuesday, May 6 <sup>th</sup>			Wednesday, May 7 <sup>th</sup>		
TIME	NAME OF GROUP/CLASS	ROOM	TIME	NAME OF GROUP/CLASS	ROOM
8:30a-	Support Coordinator Drop-In Hours	Drop-In Office	9:30a	Coffee and Conversation	Encouragement Café
9:30am	Coffee and Conversation	Encouragement	10:30a	Anger Management	Recovery Zone
11:00a	Progressive Relaxation	Awakening Room	1:00p	Crafting Corner	Awakening/Calming
1:00p	<i>New Group... Coming Soon!</i>	Empowerment	2:00p	Journaling	Empowerment Area
5:00p	Recovery From Grief	Recovery Zone	4:00p	Finding Our Voice Through Music	Recovery Zone
6:00p	Healing Minds	Encouragement	6:00p	We Care (Family Support)	Empowerment Area
6:30p	SMART Recovery	Empowerment	7:00p	Alive & Free NA	Living Room
Thursday, May 8 <sup>th</sup>			Friday, May 9 <sup>th</sup>		
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			

Get your dress, menswear, accessories,  
hair accents, corsages, boutonnières,  
and more at the SEE before PROM!  
Ask at the Front Desk for details.

# SEE Recovery Center

## May 10<sup>th</sup>-May 16<sup>th</sup>

Saturday, May 10 <sup>th</sup> and Sunday, May 11 <sup>th</sup>			Monday, May 12 <sup>th</sup>		
TIME	NAME OF GROUP/CLASS	ROOM	TIME	NAME OF GROUP/CLASS	ROOM
<b>SATURDAY</b>			830a-Noon	<i>Support Coordinator Office Hours</i>	<i>Drop In Office</i>
10:00a	Coffee & Convo-Weekend Edition	Encouragement	9:30a	Coffee and Conversation	Encouragement Café
12Noon	Movie Day at The SEE	Living Room	12:00p	When Anxiety Hits	Recovery Zone
2:00p	Substance Use Education Series	Empowerment	2:00p	Positive Affirmations	Awakening Room
			5:00p	MARA	Empowerment Area
<b>SUNDAY</b>			7:00p	Common Ground AA	Support Space
7:00p	Back to Basics AA	Living Room			
Tuesday, May 13 <sup>th</sup>			Wednesday, May 14 <sup>th</sup>		
TIME	NAME OF GROUP/CLASS	ROOM	TIME	NAME OF GROUP/CLASS	ROOM
8:30a-12Noon	<i>Support Coordinator Office Hours</i>	Drop In Office	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 Café
11:00a	Progressive Relaxation	Awakening Room	10:30a	Anger Management	Recovery Zone
1:00p	<i>New Group... Coming Soon!</i>	Empowerment	11:00a	Art Day	Creativity Commons
5:00p	Recovery From Grief	Recovery Zone	1:00p	Pre-Prom Crafting Corner	Awakening & Calming
6:00p	Healing Minds	Encouragement	2:00p	Journaling	Empowerment Area
6:30p	SMART Recovery	Empowerment	4:00p	Tabletop and Board Games	Recovery Zone
			6:00p	We Care (Family Support)	Empowerment Area
			6:00p	Hearing Voices Network	Recovery Zone
			7:00p	Alive & Free NA	Living Room
Thursday, May 15 <sup>th</sup>			Friday, May 16 <sup>th</sup>		
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	12:30p	Day to Day/Goal Setting	Recovery Zone
11:00a	Values and Responsibilities	Empowerment	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	7:00p	Alive & Free NA	Support Space
5:00p	Social Safety and Support	Recovery Zone	5p-9p	<i>Beyond the Stars Inclusive Prom Night!</i>	
6:00p	Celebrate Recovery	Recovery Zone	<i>Pre-prom</i>	<i>GRWM (Get Ready with Me) at The SEE</i>	Living Room/Support Space

Family Dinner with YACC and SEE Thurs 5/15

# SEE Recovery Center

## May 17<sup>th</sup>-May 23<sup>rd</sup>

Saturday, May 17 <sup>th</sup> and Sunday, May 18 <sup>th</sup>			Monday, May 19 <sup>th</sup>		
TIME	NAME OF GROUP/CLASS	ROOM	TIME	NAME OF GROUP/CLASS	ROOM
<b>SATURDAY</b>			9:30a	Coffee and Conversation	Encouragement Café
10:00a	Coffee & Convo- Weekend Edition	Encouragement Café	12:00p	When Anxiety Hits	Recovery Zone
12Noon	Movie Day at The SEE	Living Room	2:00p	Positive Affirmations	Awakening Room
2:00p	Substance Use Education Series	Empowerment Area	5:00p	MARA	Empowerment Area
			7:00p	Common Ground AA	Support Space
<b>SUNDAY</b>					
7:00p	Back to Basics AA	Living Room			
<b>Tuesday, May 20<sup>th</sup></b>			<b>Wednesday, May 21<sup>st</sup></b>		
TIME	NAME OF GROUP/CLASS	ROOM	TIME	NAME OF GROUP/CLASS	ROOM
8:30a-12noon	Support Coordinator Drop-In Hours	Drop-In Office	9:30a	Coffee and Conversation	Encouragement Café
9a-3p	Developmental Screenings	Meeting Room A	10:30a	Anger Management	Recovery Zone
9:30a	Coffee and Conversation	Encouragement Café	1:00p	Crafting Corner	Calming/Awakening
11:00a	Progressive Relaxation	Awakening Room	2:00p	Journaling	Empowerment Area
1:00p	<i>New Group... Coming Soon!</i>	Empowerment Area	3:00p	Monthly Community REVIVE	Empowerment Area
5:00p	Recovery From Grief	Recovery Zone	4:00p	Finding Our Voice Through Music	Recovery Zone
6:00p	Healing Minds	Encouragement Cafe	6:00p	We Care (Family Support)	Empowerment Area
6:30p	SMART Recovery	Empowerment Area	6:30p	Pride Support Group	Recovery Zone
			7:00p	Alive & Free NA	Living Room
<b>Thursday, May 22<sup>nd</sup></b>			<b>Friday, May 23<sup>rd</sup></b>		
TIME	NAME OF GROUP/CLASS	ROOM	TIME	NAME OF GROUP/CLASS	ROOM
1:00p-4:30p	Support Coordinator Office Hours	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/Goal Setting	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			

**Monthly SEE Tour Day Weds 5/21**

# SEE Recovery Center

## May 24<sup>th</sup>-May 30<sup>th</sup>

Saturday, May 24 <sup>th</sup> and Sunday, May 25 <sup>th</sup>			Monday, May 26 <sup>th</sup>		
TIME	NAME OF GROUP/CLASS	ROOM	TIME	NAME OF GROUP/CLASS	ROOM
<b>SATURDAY</b>			<b>MEMORIAL DAY</b>		
10:00a	Coffee & Convo- Weekend Edition			<b>HOLIDAY (OBSERVED)</b>	
12Noon	Movie Day at The SEE	Living Room		<b>Open from</b>	
2:00p	Substance Use Education Series	Empowerment Area		<b>12 NOON until 8:00 PM</b>	
<b>SUNDAY</b>			5:00p	MARA	Empowerment Area
7:00p	Back to Basics AA	Support Space	7:00p	Common Ground AA	Support Space
<b>Tuesday, May 27<sup>th</sup></b>			<b>Wednesday, May 28<sup>th</sup></b>		
TIME	NAME OF GROUP/CLASS	ROOM	TIME	NAME OF GROUP/CLASS	ROOM
9:30a	Coffee and Conversation	Encouragement Café	8:30a-Noon	Support Coordinator Office Hours	Drop In Office
11:00a	Progressive Relaxation	Awakening Room	9:30a	Coffee and Conversation	Encouragement Café
1:00p	<i>New Group... Coming Soon!</i>	Empowerment Area	10:30a	Anger Management	Recovery Zone
5:00p	Recovery From Grief	Recovery Zone	1:00p	Crafting Corner	Awakening/Calming
6:00p	Healing Minds	Encouragement Cafe	2:00p	Journaling	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
			7:00p	Alive & Free NA	Living Room
<b>Thursday, May 29<sup>th</sup></b>			<b>Friday, May 30<sup>th</sup></b>		
TIME	NAME OF GROUP/CLASS	ROOM	TIME	NAME OF GROUP/CLASS	ROOM
9:30a	Coffee and Conversation	Encouragement Cafe	9:30a	Coffee and Conversation	Encouragement Café/Support Space
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			

MAY IS MENTAL HEALTH  
AWARENESS MONTH

# SEE Recovery Center

## May 31<sup>st</sup>-June 6<sup>th</sup>

Saturday, May 31 <sup>st</sup> and Sunday, June 1 <sup>st</sup>			Monday, June 2 <sup>nd</sup>		
TIME	NAME OF GROUP/CLASS	ROOM	TIME	NAME OF GROUP/CLASS	ROOM
<b>SATURDAY</b>			9:30a	Coffee and Conversation	Encouragement Café
12Noon	Movie Day at The SEE	Living Room	12:00p	When Anxiety Hits	Recovery Zone
2:00p	Substance Use Education Series	Empowerment Area	2:00p	Positive Affirmations	Awakening Room
			5:00p	MARA	Empowerment Area
<b>SUNDAY</b>			7:00p	Common Ground AA	Support Space
7:00p	Back to Basics AA	Living Room			
Tuesday, June 3 <sup>rd</sup>			Wednesday, June 4 <sup>th</sup>		
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	<i>New Group... Coming Soon!</i>	Empowerment Area	1:00p	Crafting Corner	Awakening/Calming
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
			7:00p	Alive & Free NA	Living Room
Thursday, June 5 <sup>th</sup>			Friday, June 6 <sup>th</sup>		
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 who are wishing to enroll in 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](mailto:SEERecovery@ecsva.org)

### Robyn Hantelman

Director of Treatment and Recovery Services

[rhantelman@ecsva.org](mailto:rhantelman@ecsva.org)

### Shannon Frick

Recovery Services Program Manager

[sfrick@ecsva.org](mailto:sfrick@ecsva.org)



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# Group/Meeting/Event Descriptions

- \* indicates group is facilitated by a QMHP or equivalent/higher
- \*\* indicates that this is a closed group and not open to the public

Class/Group	Description
AcuWellness Clinics	AcuWellness is the placement of up to five small, sterilized single-use acupuncture needles into specific sites of each ear. For our pop-up clinics, participants sit quietly in a small group or solo for 30-45 minutes, allowing the process to take effect. The combined application of AcuWellness as an adjunct treatment with counseling, recovery education, medical support, and/or self-help groups enhances opportunities for success in recovery from not only substances, but from trauma and mental health challenges as well. To learn more about how to access this amazing resource, check in at the Front Desk to see when our next sessions will be offered.
Alive & Free – NA	Alive and Free is a local, 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.
*Anger Management	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. <a href="#">*Meets Legal/Court Requirements</a>
Art Day	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 <a href="#">Annual Art Expo to be held in August. Stay tuned for details!</a>
Back to Basics – AA	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.
Celebrate Recovery	Celebrate Recovery is a small group study that offers a faith-based, Christian solution to all of Life's <i>"Hurts, Habits, and Hang ups"</i> . 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.
Coffee and Conversation	A <a href="#">daily opportunity</a> 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 and your weekends off right with Coffee and Conversation, held every Mon- Sat.
Common Ground – AA	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.
Coping with Gaslighting	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.
Crafting Corner	Interested in picking up a new hobby or finding a more fun way to practice self-care? Or maybe you are trying to implement healthier habits, keep your hands busy, or just needing to downsize your crafting supplies? Come on over to the SEE to swap and share with the community as we explore our favorite creative pursuits together. All you must bring is an interest in crafting and your creativity. Join us in the Corner for this new meetup, sure to generate some new trinkets, baubles, or refrigerator adornments.
Day to Day/Goal Setting	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.

<b>Developmental Screenings</b>	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.
<b>Family Dinner Night</b>	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 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!
<b>Finding Our Voice Through Music</b>	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.
<b>Healing Minds</b>	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 and the thought patterns which may accompany them.
<b>Hearing Voices Network</b>	Twice monthly, this peer-led solution-focused group meets to discuss and de-stigmatize auditory experiences, hallucinations, intrusive thoughts, and voices. This is a safe place to discuss how these voices help shape our experiences and daily life.
<b>Journaling</b>	Looking for a reason to start Journaling? 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 journaling styles and writing prompts to determine the format that works best for them.
<b>MARA</b>	Medication-Assisted Recovery Anonymous... For ANYONE with a desire to live safely TODAY! Join us for our <b>hybrid (virtual and in-person)</b> 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, <b>Nonjudgment is Our Code!</b> Join us at the S.E.E. or on Zoom ( <b>Meeting ID: 81920544432 Password: MARA</b> )
<b>Monthly Community REVIVE Lay Rescuer Training</b>	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 <sup>th</sup> Wednesday at 3:00PM and 4 <sup>th</sup> Friday at 10:00AM in the Empowerment Area. <b>Open to the Public, No registration required!</b>
<b>MORE- My Ongoing Recovery Experience</b>	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-group series 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.
<b>S.E.E.'s Saturday Movie Day</b>	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!
<b>Monday Motivation (prev. Positive Affirmations)</b>	Affirmation (noun): A positive statement that affirms something to be true. Repeat after us: <b>I AM ENOUGH!</b> 😊 See? 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 focus on the various mindfulness tools we have here to use to practice mindfulness. Examples are wellness card decks, creating vision boards, inspirational TEDx Talks, discussions, affirmations, and more to help start your Monday off right.
<b>Progressive Relaxation Techniques</b>	Want to learn total body relaxation and become more aware of the physical sensations associated with stress, tension, and trauma? Come join the progressive relaxation techniques group where you will tense and relax muscle groups in lower extremities and progressively working your way up to your neck and head. Take away great tools and resources to use whenever you need them.

<p><b>Recovery From Grief</b></p>	<p>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. This evolving group will discuss how to support each other while navigating the roads of healing associated with grief and loss. Grief can come in many forms, and it helps to know we are not alone on the journey.</p>
<p><b>*Seeking Safety</b></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.  <b>Grupo también está disponible en español. (Also available in Spanish.)</b></p>
<p><b>Shenanigans at the S.E.E.</b></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><b>SMART Recovery</b></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. A cognitive-behavioral modality for recovery which is evidence-based and has a global online network for support and resources. Note: This is a <b>hybrid group</b>, offered both <b>virtually and in-person</b>.</p>
<p><b>Social Safety and Support</b></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 related to a common topic or theme, and end with a mindfulness exercise. Connection is the goal of this groups, and when we gain Social Safety and Support, we are never alone.</p>
<p><b>Substance Use Education Series</b></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. <b>*Meets Legal Requirements</b></p>
<p><b>Support Coordination Office Hours</b></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><b>Tabletop and Board Games</b></p>	<p>Join us for a newly expanded, earlier group centered around social connection through playing games. Participants are welcome to drop in to play a campaign, a few rounds of a game, or watch and learn until ready to dive in. It’s always fun to tackle new puzzles and challenges, as these require teamwork, communication, and critical thinking to successfully navigate. Just like life and recovery! Bring your favorite game, play some of ours, or put in a request for a new game to share with the crew.</p>
<p><b>Values and Responsibilities</b></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><b>When Anxiety Hits</b></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><b>We Care</b></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>

# Beyond the Stars Prom Night

**FRIDAY, MAY 16TH**

**FREE EVENT**

**AGES 15+**

**5 - 9 PM**

**CULPEPER EVENT CENTER  
137 S MAIN ST #103, CULPEPER VA**

All are welcome to come as you are.

Get glamorous for a Prom Night Beyond the Stars.

*RSVP TODAY ON OUR FACEBOOK*

**SCAN  
ME!**



*QUESTIONS? CONTACT AMIE PILLOW AT  
540-718-0746 OR APILLOW@ECSVA.ORG*

Sponsored by:



**encompass**  
— Community Supports —



*Formerly Known As – Rappahannock-Rapidan Community Services*

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.

## 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](mailto:SEERecovery@ecsva.org) to reserve a spot for you or your group to tour.



- 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!*



## Support Coordination Office Hours

Drop by the S.E.E. to learn more about some of what Support Coordination can do, including:

- Provide information about the MHSC (Mental Health Support Coordination) program
- Provide information about the Permanent Supportive Housing program
- Check eligibility for either of the above programs
- Assist with resource referral and connection
- Assist with completing various applications for benefits

A Support Coordinator will be available who can talk with you, without an appointment, during the days listed below:

First Tuesday of the month	May 6 <sup>th</sup>	8:30 am to 12:00 noon
First Thursday of the month	May 1 <sup>st</sup>	1:00 pm to 4:30 pm
Second Monday of the month	May 12 <sup>th</sup>	8:30 am to 12:00 noon
Second Wednesday of the month	May 14 <sup>th</sup>	1:00 pm to 4:30 pm
Third Tuesday of the month	May 20 <sup>th</sup>	8:30 am to 12:00 noon
Third Thursday of the month	May 15 <sup>th</sup>	1:00 pm to 4:30 pm
Fourth Wednesday of the month	May 28 <sup>th</sup>	8:30 am to 12:00 noon
Fourth Thursday of the month	May 22 <sup>nd</sup>	1:00 pm to 4:30 pm

*\*If one of these dates falls on a holiday, the Support Coordinator will be unable to meet, and service will resume on the next available date.*

