



**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](mailto:SEERecovery@ecsva.org)



# The S.E.E. Recovery Center

Encompass Community Supports provides 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 training, he inspires future Peer Recovery Specialists with the idea that peers can S.E.E. the recovery process by 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.!"

## **Staff Onsite at the S.E.E.**

**Monday through Friday: 9:00am to 8:00pm *\*\*Updated Hours***

Saturday: 9:30am to 3:30pm

Sunday: 4:30pm to 8:30pm

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

***To ensure the safety of our center, staff, and guests, doors will open 30 minutes after staff arrive and close 30 minutes prior to leaving for the day.***

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

## November 1<sup>st</sup> – November 7<sup>th</sup>

Saturday, November 1 <sup>st</sup> and Sunday, November 2 <sup>nd</sup>			Monday, November 3 <sup>rd</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
12p	Movie Day at The SEE	Living Room	1:00p	Parent to Parent	Empowerment Room
2:00p	Substance Use Education Series	Empowerment Room	2:00p	Monday Motivation	Awakening Room
			4:00p	Recovery 101	Recovery Zone
	<b>SUNDAY</b>		5:00p	MARA	Empowerment Room
7:00p	Back to Basics AA	Living Room	7:00p	Common Ground AA	Support Space
Tuesday, November 4 <sup>th</sup>			Wednesday, November 5 <sup>th</sup>		
TIME	NAME OF GROUP/CLASS	ROOM	TIME	NAME OF GROUP/CLASS	ROOM
			9:30a	Coffee and Conversation	Encouragement Café
	<b>HOLIDAY</b>		10:30a	Anger Management	Recovery Zone
			1:00p	Crafting Corner	Creativity Commons
	<b>CLOSED</b>		2:00p	Journaling	Empowerment Room
			6:00p	We Care (Family Support)	Empowerment Room
			6:45-7:45p	Alive & Free NA	Living Room
Thursday, November 6 <sup>th</sup>			Friday, November 7 <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	12:30p	Day to Day	Recovery Zone
2:00p	What Now?	Empowerment Room	1:00p	Shenanigans at the S.E.E.	Support Space
3:30p	Substance Use Education Series	Empowerment Room	2:00p	Recovery 101	Recovery Room
6:00p	Celebrate Recovery	Empowerment Room	3:00p	Self-Love Club	Empowerment Room
6:30p	Recovery 101	Recovery Zone	6:45-7:45p	Alive & Free NA	Support Space

# SEE Recovery Center

## November 8<sup>th</sup> - November 14<sup>th</sup>

Saturday, November 8 <sup>th</sup> and Sunday, November 9 <sup>th</sup>			Monday, November 10 <sup>th</sup>		
TIME	NAME OF GROUP/CLASS	ROOM	TIME	NAME OF GROUP/CLASS	ROOM
	<b>SATURDAY</b>		8:30a-12p	<i>Support Coordinator Office Hours</i>	Drop In Office
10:00a	Coffee & Convo- Weekend Edition	Encouragement Café	9:30a	Coffee and Conversation	Encouragement Café
12p	Movie Day at The SEE	Living Room	12:00p	When Anxiety Hits	Recovery Zone
2:00p	Substance Use Education Series	Empowerment Area	1:00p	Parent to Parent	Empowerment Room
			2:00p	Monday Motivation	Awakening Room
	<b>SUNDAY</b>		4:00p	Recovery 101	Recovery Zone
7:00p	Back to Basics AA	Living Room	5:00p	MARA	Empowerment Room
			7:00p	Common Ground AA	Support Space
Tuesday, November 11 <sup>th</sup>			Wednesday, November 12 <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
	<b>HOLIDAY</b>		9:30a	Coffee and Conversation	Encouragement Café
			10:30a	Anger Management	Recovery Zone
	<b>CLOSED</b>		1:00p	Crafting Corner	Creativity Commons
			2:00p	Journaling	Empowerment Room
			6:00p	We Care (Family Support)	Empowerment Room
			6:45-7:45p	Alive & Free NA	Living Room
Thursday, November 13 <sup>th</sup>			Friday, November 14 <sup>th</sup>		
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
2:00p	What Now?	Empowerment Room	12:30p	Day to Day	Recovery Zone
3:30p	Substance Use Education Series	Empowerment Room	1:00p	Shenanigans at the S.E.E.	Support Space
6:00p	Celebrate Recovery	Empowerment Room	2:00p	Recovery 101	Recovery Room
6:30p	Recovery 101	Recovery Zone	3:00p	Self-Love Club	Empowerment Room
			6:45-7:45p	Alive & Free NA	Support Space

# SEE Recovery Center

## November 15<sup>th</sup> – November 21<sup>st</sup>

Saturday, November 15 <sup>th</sup> and Sunday, November 16 <sup>th</sup>			Monday, November 17 <sup>th</sup>		
TIME	NAME OF GROUP/CLASS	ROOM	TIME	NAME OF	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
12p	Movie Day at The SEE	Living Room	1:00p	Parent to Parent	Empowerment Room
2:00p	Substance Use Education Series	Empowerment Area	2:00p	Monday Motivation	Awakening Room
			4:00p	Recovery 101	Recovery Zone
	<b>SUNDAY</b>		5:00p	MARA	Empowerment Room
7:00p	Back to Basics AA	Support Space	7:00p	Common Ground AA	Support Space
Tuesday, November 18 <sup>th</sup>			Wednesday, November 19 <sup>th</sup>		
TIME	NAME OF GROUP/CLASS	ROOM	TIME	NAME OF	ROOM
8:30a-12noon	Support Coordinator Drop-In Hours	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	Healing is Possible	Empowerment Room	2:00p	Journaling	Empowerment Room
3:00p	Recovery 101	Recovery Zone	6:00p	We Care (Family Support)	Empowerment Room
5:00p	Recovery From Grief	Recovery Zone	6:45-7:45p	Alive & Free NA	Living Room
6:00p	Healing Minds	Encouragement Cafe			
Thursday, November 20 <sup>th</sup>			Friday, November 21 <sup>st</sup>		
TIME	NAME OF GROUP/CLASS	ROOM	TIME	NAME OF	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
2:00p	What Now?	Empowerment Room	12:30p	Day to Day	Recovery Zone
3:30p	Substance Use Education Series	Empowerment Room	1:00p	Shenanigans at the S.E.E.	Support Space
6:00p	Celebrate Recovery	Empowerment Room	2:00p	Recovery 101	Recovery Room
6:30p	Recovery 101	Recovery Zone	3:00	Self-Love Club	Empowerment Room
			4:00p	Tabletop and Board Games	Recovery Zone
			6:45-7:45p	Alive & Free NA	Living Room

# SEE Recovery Center

## November 22<sup>nd</sup> – November 28<sup>th</sup>

Saturday, November 22 <sup>nd</sup> and Sunday, November 23 <sup>rd</sup>			Monday, November 24 <sup>th</sup>		
TIME	NAME OF	ROOM	TIME	NAME OF GROUP/CLASS	ROOM
	<b>SATURDAY</b>		9:30a	Coffee and Conversation	Encouragement Café
10:00a	Coffee & Convo-Weekend	Encouragement Café	12:00p	When Anxiety Hits	Recovery Zone
12:00p	Movie Day at The SEE	Living Room	1:00p	Parent to Parent	Empowerment Room
2:00p	Substance Use Education	Empowerment Area	2:00p	Monday Motivation	Awakening Room
			4:00p	Recovery 101	Recovery Zone
	<b>SUNDAY</b>		5:00p	MARA	Empowerment Room
7:00p	Back to Basics AA	Living Room	7:00p	Common Ground AA	Support Space
Tuesday, November 25 <sup>th</sup>			Wednesday, November 26 <sup>th</sup>		
TIME	NAME OF	ROOM	TIME	NAME OF GROUP/CLASS	ROOM
9-3p	<i>Developmental Screenings</i>	Meeting Room A			
9:30a	Coffee and Conversation	Encouragement Café		<b>HOLIDAY</b>	
11:00a	Progressive Relaxation	Awakening Room		<b>DELAYED OPENING</b>	
1:00p	Healing is Possible	Empowerment Room			
3:00p	Recovery 101	Recovery Zone		<b>4:30-8:30 PM</b>	
5:00p	Recovery From Grief	Recovery Zone	6:00p	We Care (Family Support)	Empowerment Room
6:00p	Healing Minds	Encouragement Cafe	6:45-7:45p	Alive & Free NA	Living Room
Thursday, November 27 <sup>th</sup>			Friday, November 28 <sup>th</sup>		
TIME	NAME OF	ROOM	TIME	NAME OF GROUP/CLASS	ROOM
				<b>HOLIDAY</b>	
	<b>HOLIDAY</b>			<b>DELAYED OPENING</b>	
	<b>THANKSGIVING</b>				
				<b>4:30-8:30 PM</b>	
	<b>CLOSED</b>				
			6:45-7:45p	Alive & Free NA	Living Room

# SEE Recovery Center

## November 28th – December 5<sup>th</sup>

Saturday, November 29 <sup>th</sup> and Sunday, November 30 <sup>th</sup>			Monday, December 1 <sup>st</sup>		
TIME	NAME OF	ROOM	TIME	NAME OF GROUP/CLASS	ROOM
	<b>SATURDAY</b>		830a-12:00p	<i>Support Coordinator Office Hours</i>	<i>Drop In Office</i>
10:00a	Coffee & Convo-Weekend	Encouragement Café	9:30a	Coffee and Conversation	Encouragement Café
12:00p	Movie Day at The SEE	Living Room	12:00p	When Anxiety Hits	Recovery Zone
2:00p	Substance Use Education	Empowerment Area	1:00p	Parent to Parent	Empowerment Room
			2:00p	Monday Motivation	Awakening Room
	<b>SUNDAY</b>		4:00p	Recovery 101	Recovery Zone
7:00p	Back to Basics AA	Living Room	5:00p	MARA	Empowerment Room
			7:00p	Common Ground AA	Support Space
Tuesday, December 2 <sup>nd</sup>			Wednesday, December 3 <sup>rd</sup>		
TIME	NAME OF	ROOM	TIME	NAME OF GROUP/CLASS	ROOM
8:30a-12p	<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	Crafting Corner	Creativity Commons
1:00p	Healing is Possible	Empowerment Room	2:00p	Journaling	Empowerment Room
3:00p	Recovery 101	Recovery Zone	6:00p	We Care (Family Support)	Empowerment Room
5:00p	Recovery From Grief	Recovery Zone	6:45-7:45p	Alive & Free NA	Living Room
6:00p	Healing Minds	Encouragement Cafe			
Thursday, December 4 <sup>th</sup>			Friday, December 5 <sup>th</sup>		
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
2:00p	What Now?	Empowerment Room	1:00p	Shenanigans at the S.E.E.	Support Space
3:30p	Substance Use Education	Empowerment Room	2:00p	Recovery 101	Recovery Room
6:00p	Celebrate Recovery	Empowerment Room	4:00p	Tabletop and Board Games	Recovery Zone
6:30p	Recovery 101	Recovery Zone	6:45-7:45p	Alive & Free NA	Living Room

# 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
<b>AcuWellness Clinics</b>	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.
<b>Alive &amp; Free – NA</b>	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.
<b>*Anger Management</b>	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>
<b>Art Day</b>	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 November. Stay tuned for details!</a>
<b>Back to Basics – AA</b>	An 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.
<b>Celebrate Recovery</b>	Celebrate Recovery is a small group study that offers a faith-based, Christian solution to all of Life's <a href="#">"Hurts, Habits, and Hang ups"</a> . Running 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.
<b>Coffee and Conversation</b>	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.
<b>Common Ground – AA</b>	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.
<b>Crafting Corner</b>	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!
<b>Day to Day/Goal Setting</b>	Do you 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>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>Healing is Possible</b>	A safe and supportive group where peers can connect and empower each other while learning tools for healing and self-care through guided discussions with a trained advocate.
<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 system, 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>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</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>Parent to Parent</b>	A Peer- Led support circle for healing, growth, and connection. Parent to Parent is a relaxed, support group for parents affected by mental health and substance use – whether you're in recovery yourself or walking alongside a child who is. This can be your safe space to share, listen, and grow together. You are not alone – come as you are.
<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.
<b>Recovery 101</b>	Recovery 101 is a welcoming and judgement-free group for anyone beginning or re-establishing their journey of recovery from mental health struggles or addiction. Whether you're new to lifestyle changes, returning to recovery, or just exploring what progress and growth could look like, this group is a place to learn and connect. Each session focuses on essential topics like defining recovery, managing symptoms/cravings, setting boundaries, rebuilding trust, and developing healthy coping skills, as well as emphasizing self-discovery whether it be physically, mentally, or spiritually. We combine education with real-life support, so you're not only informed but also empowered. Recovery is a process – and no one needs to do it alone. Join us and build strong foundations, on your own terms, at your own pace. Welcome to Recovery!
<b>Recovery From Grief</b>	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.
<b>Self-Love Club</b>	Welcome to our community. Where we empower and uplift one another. Fostering a sense of belonging, a safe space where members have a shared journey of self-discovery and acceptance. Self-forgiveness in recovery is the process of releasing guilt and shame over past actions by accepting responsibility, acknowledging harm, and committing to positive changes. Ultimately allowing for healing, emotional stability, and a foundation for continued growth.
<b>Shenanigans at the S.E.E.</b>	An afternoon of fun and games. Connect with others in recovery while playing cornhole, ping pong, foosball, darts, and board games.
<b>Social Safety and Support</b>	Leaving treatment, incarceration, school, a career path or the isolation of trauma can often leave individuals feeling lost in everyday social experiences. How do we create safety 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 these groups, and when we gain Social Safety and Support, we are never alone.
<b>Substance Use Education Series</b>	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>
<b>Support Coordination Office Hours</b>	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, clients 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!
<b>Tabletop and Board Games</b>	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.
<b>What Now?</b>	What Now? is a safe and supportive space for individuals navigating life after completing drug or alcohol rehabilitation. This group is designed to help you maintain your sobriety, build healthy routines, and develop practical tools for dealing with the challenges of post- rehab life. Whether you are adjusting to new responsibilities, rebuilding relationships, managing cravings, or seeking a sense of purpose, you don’t have to do it alone. Through shared experiences, encouragement, and open conversations, we aim to foster connection, resilience, and hope. All are welcome – whether you’re newly out of treatment or years into your recovery journey. We’re here to walk with you, one day at a time.
<b>When Anxiety Hits</b>	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.
<b>We Care</b>	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.

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

Tours are available on the 3rd Wednesday of each month  
and 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.



## S.E.E. CENTER VALUES:



### RECOVERY

Recovery is our focus. We proudly demonstrate it, but how it looks is up to you. There are infinite paths to recovery, and you decide which comprise your journey of wellness.

### SAFETY

This is a "safe space"; this means everyone has the right to feel safe from threats or harm, and we support the safety of ourselves, our staff, our guests, our environment, and those in it.

### CONNECTION

We can't do this alone; we're better together. By sharing our lived experiences and listening to others, we strengthen our connections and achieve common goals.

### RESPECT

We show unconditional positive regard for ourselves, each other, this space, our surroundings, and our community. We also respect our differences while striving for common ground.

### COMMUNICATION

We are mindful of our communication, both with each other and within ourselves. We freely ask for and offer support.

### ACCEPTANCE

To accept is to release the past and embrace the present. We commit to non-judgmental acceptance of ourselves, one another, and our circumstances, fostering growth today.

### CURIOSITY

We approach recovery with a genuine desire to learn. We engage others with compassion and authentic interest, recognizing everyone has a unique "why" behind their journey. We seek to increase understanding for all.

### INTEGRITY

We are honest and trustworthy, valuing transparency in all we do. Our commitment to personal growth drives us to live our "best lives," recognizing that doing better leads to feeling better.

### MUTUALITY

This is a shared journey, prioritizing "we" over "me." Staff and members hold equal importance; everyone is valued. We're united in supporting each other's success.

### ACCOUNTABILITY

We are committed to doing the "next right thing." If we see something, we say something. We hold each other to a high standard for our greater good.

ALL OF THE AFOREMENTIONED VALUES ARE EXPECTED TO BE FREELY **EXTENDED** AND **RECIPROCATED** BY EVERYONE WHO ACCESSES OR UTILIZES THIS SPACE, ENCOMPASSING OUR STAFF, OUR MEMBERS, AND THE WIDER COMMUNITY.



- 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	November 4 <sup>th</sup>	8:30 am to 12:00 noon
First Thursday of the month	November 6 <sup>th</sup>	1:00 pm to 4:30 pm
Second Monday of the month	November 10 <sup>th</sup>	8:30 am to 12:00 noon
Second Wednesday of the month	November 12 <sup>th</sup>	1:00 pm to 4:30 pm
Third Tuesday of the month	November 18 <sup>th</sup>	8:30 am to 12:00 noon
Third Thursday of the month	November 20 <sup>th</sup>	1:00 pm to 4:30 pm
Fourth Wednesday of the month	November 26 <sup>th</sup>	8:30 am to 12:00 noon
Fourth Thursday of the month	November 27 <sup>th</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.*

