



**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)

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 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 9 am to 8 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**

Saturday: 9:30am to 3:30pm

Sunday: 4:30pm to 8:30pm

***\*Holiday Hours: 4:30 to 8:30pm 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 support 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

## February 7<sup>th</sup> - February 13<sup>th</sup>

Saturday, February 7 <sup>th</sup> and Sunday, February 8 <sup>th</sup>			Monday, February 9 <sup>th</sup>		
TIME	NAME OF GROUP/CLASS	ROOM	TIME	NAME OF GROUP/CLASS	ROOM
	<b>SATURDAY</b>				
10:00a	Coffee & Convo- Weekend Edition	Encouragement Café	9:30a	Coffee and Conversation	Encouragement Café
1:00p	Substance Use Education Series	Empowerment Area	12:00p	When Anxiety Hits	Recovery Zone
			2:00p	Monday Motivation	Awakening Room
			7:00p	Common Ground AA	Support Space
	<b>SUNDAY</b>				
7:00p	Back to Basics AA	Living Room			
Tuesday, February 10 <sup>th</sup>			Wednesday, February 11 <sup>th</sup>		
TIME	NAME OF GROUP/CLASS	ROOM	TIME	NAME OF GROUP/CLASS	ROOM
			9:30a	Coffee and Conversation	Encouragement Café
9:30a	Coffee and Conversation	Encouragement Café	10:00-12:00p	<b>Community Resource Day</b>	Support Space
11:00a	Substance Use Education Series	Empowerment Room	10:30a	Anger Management	Recovery Zone
5:00p	Recovery From Grief	Recovery Zone	2:00	Journaling	Empowerment Room
2:00-4:00p	Afternoon Unplugged + Movie	Living Room	6:00p	Still Our Children (Family Support)	Empowerment Room
6:00p	Healing Minds	Encouragement Café	6:45p	Alive & Free NA	Living Room
Thursday, February 12 <sup>th</sup>			Friday, February 13 <sup>th</sup>		
TIME	NAME OF GROUP/CLASS	ROOM	TIME	NAME OF GROUP/CLASS	ROOM
9:30a	Coffee and Conversation	Encouragement Café	9:30a	Coffee and Conversation	Encouragement Café
12:30p	Crafting Corner	Creativity Commons	1:00-3:00p	Afternoon Unplugged	Living Room
2:00p	What Now?	Empowerment Room	3:00p	Self-Love Club	Empowerment Room
6:00p	Celebrate Recovery	Empowerment Room	6:45-7:45p	Alive & Free NA	Living Room

# SEE Recovery Center

## February 14<sup>th</sup> – February 20<sup>th</sup>

Saturday, February 14 <sup>th</sup> and Sunday, February 15 <sup>th</sup>			Monday, February 16 <sup>th</sup>		
TIME	NAME OF GROUP/CLASS	ROOM	TIME	NAME OF GROUP/CLASS	ROOM
	<b>SATURDAY</b>				
10:00a	Coffee & Convo-Weekend Edition	Encouragement Café		<b>HOLIDAY</b>	
1:00p	Substance Use Education Series	Empowerment Area		<b>HOURS 4:30-8:30pm</b>	
			7:00p	Common Ground AA	Support Space
	<b>SUNDAY</b>				
7:00p	Back to Basics AA	Support Space			
Tuesday, February 17 <sup>th</sup>			Wednesday, February 18 <sup>th</sup>		
TIME	NAME OF GROUP/CLASS	ROOM	TIME	NAME OF GROUP/CLASS	ROOM
9:30a	Coffee and Conversation	Encouragement Café	9:30a	Coffee and Conversation	Encouragement Café
11:00a	Substance Use Education Series	Empowerment Room	10:30a	Anger Management	Recovery Zone
2:00-4:00p	Afternoon Unplugged	Living Room	11:30	Healing is Possible	Empowerment Room
5:00p	Recovery From Grief	Recovery Zone	2:00p	Journaling	Empowerment Room
6:00p	Healing Minds	Encouragement Café	6:00p	Hearing Voices Network	Recovery Zone
			6:00p	Still Our Children -Family Support	Empowerment Room
			6:45-7:45p	Alive & Free NA	Living Room
Thursday, February 19 <sup>th</sup>			Friday, February 20 <sup>th</sup>		
TIME	NAME OF GROUP/CLASS	ROOM	TIME	NAME OF GROUP/CLASS	ROOM
			9:30a	Coffee and Conversation	Encouragement Café
9:30a	Coffee and Conversation	Encouragement Café	1:00p	<b>AcuWellness Clinics</b>	Awakening Room
12:30p	Art Day	Creativity Commons	1:00-3:00p	Afternoon Unplugged	Living Room
2:00p	What Now?	Empowerment Room	3:00p	Self-Love Club	Empowerment Room
6:00p	Celebrate Recovery	Empowerment Room	6:45p	Alive & Free NA	Living Room

# SEE Recovery Center

## February 21<sup>st</sup> – February 27<sup>th</sup>

Saturday, February 21 <sup>st</sup> and Sunday, February 22 <sup>nd</sup>			Monday, February 23 <sup>rd</sup>		
TIME	NAME OF GROUP/CLASS	ROOM	TIME	NAME OF GROUP/CLASS	ROOM
	<b>SATURDAY</b>				
10:00a	Coffee & Convo-Weekend Edition	Encouragement Café	9:30a	Coffee and Conversation	Encouragement Café
1:00p	Substance Use Education Series	Empowerment Area	12:00p	When Anxiety Hits	Recovery Zone
			2:00p	Monday Motivation	Awakening Room
	<b>SUNDAY</b>		7:00p	Common Ground AA	Support Space
7:00p	Back to Basics AA	Living Room			
Tuesday, February 24 <sup>th</sup>			Wednesday, February 25 <sup>th</sup>		
TIME	NAME OF GROUP/CLASS	ROOM	TIME	NAME OF GROUP/CLASS	ROOM
9:30am	Coffee and Conversation	Encouragement Café	9:30a	Coffee and Conversation	Encouragement Café
10:00-3:00p	<b>Developmental Screenings</b>	Meeting Room A	10:30a	Anger Management	Recovery Zone
11:00a	Substance Use Education Series	Empowerment Room	2:00p	Journaling	Empowerment Room
2:00-4:00p	Afternoon Unplugged	Living Room	6:00p	Still Our Children -Family Support	Empowerment Room
5:00p	Recovery From Grief	Recovery Zone	6:45p	Alive & Free NA	Living Room
6:00p	Healing Minds	Encouragement Café			
Thursday, February 26 <sup>th</sup>			Friday, February 27 <sup>th</sup>		
TIME	NAME OF GROUP/CLASS	ROOM	TIME	NAME OF GROUP/CLASS	ROOM
			9:30a	Coffee and Conversation	Encouragement Café
9:30a	Coffee and Conversation	Encouragement Cafe	10:00a	<b>Monthly Community REVIVE</b>	Empowerment Area
12:30p	Crafting Corner	Creativity Commons	1:00-3:00p	Afternoon Unplugged	Living Room
2:00p	What Now?	Empowerment Room	3:00p	Self-Love Club	Empowerment Room
6:00p	Celebrate Recovery	Empowerment Room	6:45p	Alive & Free NA	Living Room

# SEE Recovery Center

## February 28th – March 6<sup>th</sup>

Saturday, February 28 <sup>th</sup> and Sunday, March 1 <sup>st</sup>			Monday, March 2 <sup>nd</sup>		
TIME	NAME OF GROUP/CLASS	ROOM	TIME	NAME OF GROUP/CLASS	ROOM
	<b>SATURDAY</b>				
10:00a	Coffee & Convo-Weekend Edition	Encouragement Café	9:30a	Coffee and Conversation	Encouragement Café
1:00p	Substance Use Education Series	Empowerment Area	12:00p	When Anxiety Hits	Recovery Zone
			2:00p	Monday Motivation	Awakening Room
			7:00p	Common Ground AA	Support Space
	<b>SUNDAY</b>				
7:00p	Back to Basics AA	Living Room			
Tuesday, March 3 <sup>rd</sup>			Wednesday, March 4 <sup>th</sup>		
TIME	NAME OF GROUP/CLASS	ROOM	TIME	NAME OF GROUP/CLASS	ROOM
9:30a	Coffee and Conversation	Encouragement Café	9:30a	Coffee and Conversation	Encouragement Café
11:00a	Substance Use Education Series	Empowerment Room	10:30a	Anger Management	Recovery Zone
2:00-4:00p	Afternoon Unplugged	Living Room	11:30a	Healing is Possible	Recovery Zone
5:00p	Recovery From Grief	Recovery Zone	2:00p	Journaling	Empowerment Room
6:00p	Healing Minds	Encouragement Café	6:00p	Still Our Children -Family Support	Empowerment Room
			6:45-7:45p	Alive & Free NA	Living Room
Thursday, March 5 <sup>th</sup>			Friday, March 6 <sup>th</sup>		
TIME	NAME OF GROUP/CLASS	ROOM	TIME	NAME OF GROUP/CLASS	ROOM
9:30a	Coffee and Conversation	Encouragement Café	9:30a	Coffee and Conversation	Encouragement Café
12:30p	Crafting Corner	Creativity Commons	1:00-3:00p	Afternoon Unplugged	Living Room
2:00p	What Now?	Empowerment Room	3:00	Self-Love Club	Empowerment Room
6:00p	Celebrate Recovery	Empowerment Room	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
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.
Afternoon Unplugged	Join us for a movie based on recovery and/or inspiration. FYI, some of the recovery-based movies could be triggering, so talk to a staff member to find out what movie will be showing. If you are watching the movie and need a safe place to process either on your own, or with a staff member, you are welcome to use the Calming Corner or Awakening Room for reflection and support during the movie.
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. <b>*Meets Legal/Court Requirements</b>
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 <b>Annual Art Expo to be held in August. Stay tuned for details!</b>
Back to Basics – AA	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.
Celebrate Recovery	Celebrate Recovery is a small group study that offers a faith-based, Christian solution to all of Life's <b>"Hurts, Habits, and Hang ups"</b> . 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.
Coffee and Conversation	A <b>daily opportunity</b> 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.
Community Resource Day	Join us for a day of connection, support and community. Explore the programs, services and opportunities right here in our community! From useful resources to family-friendly activities, there's something for everyone.
Crafting Corner	Interested in picking up a new hobby or finding a more fun way to practice self-care? 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!
Developmental Screenings	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 the screening reveal developmental delays.
Hearing Voices Network	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.
Healing Minds	A peer-led group for people living with mental health issues that focuses on self-esteem, developing copings skills, and both giving and receiving invaluable social support from others who understand and have similar lived/living experience navigating mental health challenges. This is a welcoming, supportive space to connect, learn, and heal together.
Journaling	Looking for a reason to start Journalling? Check out these benefits: Journalling 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 journalling styles and writing prompts to determine the format that works best for them.

<b>Monday Motivation</b>	<p>Affirmation (noun): A positive statement that affirms something to be true. Repeat after us: <b>I AM ENOUGH!</b></p> <p>😊 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.</p>
<b>Monthly Community REVIVE</b>	This FREE training helps friends, family members, and other responders to learn to recognize and respond to an opioid overdose. Free Narcan is available to participants after completing the training.
<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>Still Our Children</b>	Sometimes just knowing we are not alone gives us the strength we need to continue the journey. Still Our Children 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.
<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>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.

***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 PM, 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 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)

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