



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 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: 4:00 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 support 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

June 6th - June 12th

| Saturday, June 6 th and Sunday, June 7 th | | | Monday, June 8 th | | |
|---|---------------------------------|--------------------|----------------------------------|--------------------------|--------------------|
| TIME | NAME OF GROUP/CLASS | ROOM | TIME | NAME OF GROUP/CLASS | ROOM |
| SATURDAY | | | | | |
| 10:00a | Coffee & Convo- Weekend Edition | Encouragement Café | 9:30a | Coffee and Conversation | Encouragement Café |
| 1:00p | Substance Use Education Series | Recovery Zone | 12:00p | PTSD & Self-Discovery | Empowerment Room |
| | | | 2:00p | Monday Motivation | Awakening Room |
| | | | 6:45p | Common Ground AA | Support Space |
| SUNDAY | | | | | |
| 7:00p | Back to Basics AA | Living Room | | | |
| Tuesday, June 9 th | | | Wednesday, June 10 th | | |
| 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 | Recovery Zone | 10:30a | Anger Management | Empowerment Room |
| 2:00p | Building Connections | Recovery Zone | 2:00p | Journaling | Recovery Zone |
| 4:00p | Living Skills | Empowerment Room | 6:00 | We Care (Family Support) | Empowerment Room |
| 5:00p | Recovery From Grief | Empowerment Room | 6:45p | Alive & Free NA | Living Room |
| | | | | | |
| Thursday, June 11 th | | | Friday, June 12 th | | |
| TIME | NAME OF GROUP/CLASS | ROOM | TIME | NAME OF GROUP/CLASS | ROOM |
| 9:30a | Coffee and Conversation | Encouragement Café | | | |
| 11:00a | Stress Management | Empowerment Room | 9:30a | Coffee and Conversation | Encouragement Café |
| 12:30p | Freestyle Art | Creativity Commons | 1:00p | Afternoon Unplugged | Living Room |
| 2:00p | MORE | Empowerment Room | 3:30p | Rockin' Recovery Hour | Support Space |
| 3:00p | Self-Love Club | Recovery Zone | 6:45p | Alive & Free NA | Living Room |
| 5:00p | MARA | Empowerment Room | | | |

SEE Recovery Center

June 13th – June 19th

| Saturday, June 13 th and Sunday, June 14 th | | | Monday, June 15 th | | |
|--|--------------------------------|--------------------|----------------------------------|--------------------------|--------------------|
| TIME | NAME OF GROUP/CLASS | ROOM | TIME | NAME OF | ROOM |
| | SATURDAY | | 9:30a | Coffee and Conversation | Encouragement Café |
| 10:00a | Coffee & Convo-Weekend Edition | Encouragement Café | 10:30p | Mindful Movement | Living Room |
| 1:00p | Substance Use Education Series | Recovery Zone | 12:00p | PTSD & Self-Discovery | Empowerment Room |
| | | | 2:00p | Monday Motivation | Awakening Room |
| | | | 6:45p | Common Ground AA | Support Space |
| | SUNDAY | | | | |
| 7:00p | Back to Basics AA | Support Space | | | |
| Tuesday, June 16 th | | | Wednesday, June 17 th | | |
| TIME | NAME OF GROUP/CLASS | ROOM | TIME | NAME OF | ROOM |
| 9:30a | Coffee and Conversation | Encouragement Café | 9:30a | Coffee and Conversation | Encouragement Café |
| 11:00a | Substance Use Education Series | Recovery Zone | 10:30a | Anger Management | Empowerment Room |
| 2:00p | Building Connections | Recovery Zone | 12:30p | Healing is Possible | Empowerment Room |
| 4:00p | Living Skills | Empowerment Room | 2:00p | Journaling | Recovery Zone |
| 5:00p | Recovery From Grief | Empowerment Room | 6:00p | We Care (Family Support) | Empowerment Room |
| | | | 6:00p | Hearing Voices Network | Recovery Zone |
| | | | 6:45p | Alive & Free NA | Living Room |
| Thursday, June 18 th | | | Friday, June 19 th | | |
| TIME | NAME OF GROUP/CLASS | ROOM | TIME | NAME OF | ROOM |
| 9:30a | Coffee and Conversation | Encouragement Café | | | |
| 11:00a | Stress Management | Empowerment Room | | HOLIDAY | |
| 12:30p | Art Group | Creativity Commons | | HOURS 4:00-8:00PM | |
| 2:00p | MORE | Empowerment Room | | | |
| 3:00p | Self-Love Club | Recovery Zone | 6:45p | Alive & Free NA | Living Room |
| 5:00p | MARA | Empowerment Room | | | |

SEE Recovery Center

June 20th – June 26th

| Saturday, June 20 th and Sunday, June 21 st | | | Monday, June 22 nd | | |
|--|--------------------------------|--------------------|----------------------------------|---------------------------------|--------------------|
| TIME | NAME OF GROUP/CLASS | ROOM | TIME | NAME OF GROUP/CLASS | ROOM |
| SATURDAY | | | | | |
| 10:00a | Coffee & Convo-Weekend Edition | Encouragement Café | 9:30a | Coffee and Conversation | Encouragement Café |
| 1:00p | Substance Use Education Series | Recovery Zone | 12:00p | PTSD & Self-Discovery | Empowerment Room |
| | | | 2:00p | Monday Motivation | Awakening Room |
| SUNDAY | | | 6:45p | Common Ground AA | Support Space |
| 7:00p | Back to Basics AA | Living Room | | | |
| Tuesday, June 23 rd | | | Wednesday, June 24 th | | |
| 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 |
| 10:00a-3:00p | Developmental Screenings | Meeting Room A | 10:30a | Anger Management | Empowerment Room |
| 11:00p | Substance Use Education Series | Recovery Zone | 2:00p | Journaling | Recovery Zone |
| 2:00p | Building Connections | Recovery Zone | 6:00p | We Care (Family Support) | Empowerment Room |
| 4:00p | Living Skills | Empowerment Room | 6:45p | Alive & Free NA | Living Room |
| 5:00p | Recovery From Grief | Empowerment Room | | | |
| | | | | | |
| Thursday, June 25 th | | | Friday, June 26 th | | |
| TIME | NAME OF GROUP/CLASS | ROOM | TIME | NAME OF GROUP/CLASS | ROOM |
| 9:30a | Coffee and Conversation | Encouragement Café | | | |
| 11:00a | Stress Management | Empowerment Room | 9:30a | Coffee and Conversation | Encouragement Café |
| 12:30p | Freestyle Art | Creativity Commons | 10:00a | Monthly Community REVIVE | Empowerment Room |
| 2:00p | MORE | Empowerment Room | 1:00p | Afternoon Unplugged | Living Room |
| 3:00 | Self-Love Club | Recovery Zone | 3:30p | Rockin' Recovery Hour | Support Space |
| 5:00p | MARA | Empowerment Room | 6:45p | Alive & Free NA | Living Room |

SEE Recovery Center

June 27th – July 3rd

| Saturday, June 27 th and Sunday, June 28 th | | | Monday, June 29 th | | |
|--|--------------------------------|--------------------|---------------------------------|--------------------------|--------------------|
| TIME | NAME OF GROUP/CLASS | ROOM | TIME | NAME OF GROUP/CLASS | ROOM |
| | SATURDAY | | 9:30a | Coffee and Conversation | Encouragement Café |
| 10:00a | Coffee & Convo-Weekend Edition | Encouragement Café | 10:30a | Mindful Movement | Living Room |
| 1:00p | Substance Use Education Series | Recovery Zone | 12:00p | PTSD & Self-Discovery | Empowerment Room |
| | | | 2:00p | Monday Motivation | Awakening Room |
| | | | 6:45p | Common Ground AA | Support Space |
| | SUNDAY | | | | |
| 7:00p | Back to Basics AA | Living Room | | | |
| Tuesday, June 30 th | | | Wednesday, July 1 st | | |
| 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 | 10:30a | Anger Management | Empowerment Room |
| 11:00a | Substance Use Education Series | Recovery Zone | 12:30p | Healing is Possible | Empowerment Room |
| 2:00p | Building Connections | Recovery Zone | 2:00p | Journaling | Recovery Zone |
| 4:00p | Living Skills | Empowerment Room | 6:00p | We Care (Family Support) | Empowerment Room |
| 5:00p | Recovery From Grief | Empowerment Room | 6:45p | Alive & Free NA | Living Room |
| Thursday, July 2 nd | | | Friday, July 3 rd | | |
| TIME | NAME OF GROUP/CLASS | ROOM | TIME | NAME OF GROUP/CLASS | ROOM |
| 9:30a | Coffee and Conversation | Encouragement Café | | | |
| 11:00a | Stress Management | Recovery Zone | | HOLIDAY | |
| 12:30p | Freestyle Art | Creativity Commons | | HOURS 4:00-8:00PM | |
| 2:00p | MORE | Empowerment Room | | | |
| 3:00p | Self-Love Club | Recovery Zone | 6:45p | Alive & Free NA | Living Room |
| 5:00p | MARA | Empowerment Room | | | |

SEE Recovery Center

QR Codes for Hybrid Groups

PTSD & Self-Discovery
Monday 12:00p



Living Skills
Tuesday 4:00p



Recovery from Grief
Tuesday 5:00p



We Care – Family Support
Wednesday 6:00p



MORE
Thursday 2:00p



MARA
Thursday 5:00p



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. *Meets Legal/Court Requirements |
| Art Group | A peer-led Art Support Group in a sober, safe, and social environment designed to promote social connection, emotional expression, and stress relief. Activities include painting, tie dye, holiday and seasonal décor, and much more! Come out and connect over creativity and learn more about participating in our <i>Art Expo held annually in August. Details coming soon!</i> |
| 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. |
| Breakthrough Cruise | Leave the heavy lifting of the past week at the “dock” and join us for a journey of fun, connection, and community. The "Breakthrough Cruise" is your opportunity to step out, explore, and enjoy activities with peers who understand. No agenda, no pressure—just fun. All are welcome at the S.E.E.! |
| Building Connections | This LEGO recovery group utilizes building as a meditative, therapeutic tool to support mental health, addiction recovery, and trauma healing, providing a calming activity that fosters focus and community. |
| Coffee and Conversation | 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 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. |
| 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. |
| Freestyle Art | Interested in picking up a new hobby or finding a fun way to practice self-care? Come on over to the S.E.E as we explore our favorite creative pursuits together. All you must bring is an interest in crafting and your creativity. This is a freestyle group, so you can do your own thing! |
| Hearing Voices Network | A monthly 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 is Possible | 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. |
| 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 |

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| | 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. |
| Living Skills | Lacking certain skills can profoundly affect a person's course of employment, finances, relationships and general outlook. This unique peer-led program provides integrated, diagnosis-specific treatment to help participants manage the day-to-day challenges of life. |
| Mindful Movement | Come join us every other Monday morning for Mindful Movement Yoga for beginners. It is a gentle, slow-paced practice focusing on connecting breath with movement, and fostering body awareness. It supports mental health, alleviates stress, and enhances self-compassion. |
| Monday Motivation | Affirmation (noun): A positive statement that affirms something to be true. Repeat after us: I AM ENOUGH! 😊 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. |
| Monthly Community REVIVE | 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. |
| MORE | My Ongoing Recovery Experience (MORE) is an evidence-based program to support participants after treatment and move them toward effective self-management. It uses core education, guidance, and skill-building activities to help participants succeed in initiating and sustaining recovery. The group offers deeper guidance on putting recovery principles into action and seeing the work pay off in significant personal growth. |
| PTSD & Self-Discovery | This peer-led group will help you settle your mind, develop the skills you need to recover from PTSD, and start to feel connected, confident and in charge of your life. Group instruction will include the Mind-Body Workbook for PTSD, which is a self-guided mind-body bridging program. |
| 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. 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. |
| Rockin' Recovery Hour | Looking for some sober fun, a supportive community, or just a place to chill out? Come sing your heart out with us on Fridays at 3:30pm! This is a welcoming space for everyone—whether you're in recovery or just looking for a fun, supportive afternoon. Don't miss the fun! |
| Self-Love Club | Welcome to our community. Where we empower and uplift one another. 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. |
| Stress Management | Do you constantly feel stressed-out, tense or wound-up? You aren't alone! Stress is a huge problem for many people, and it can often result in anxiety, depression, or even physical aches and pains. Join this peer-led group and learn fast-acting mindfulness skills for dissolving stress in the moment, so that your body and mind can relax and function at their best. |
| Substance Use Education Series | The <i>What You Need to Know</i> series provides education surrounding addictive substances, prevention, and use. Each session includes a video that covers different aspects of substances and their use, a discussion surrounding prevention and use, highlighting facts, dispelling myths about substances and their use. *Meets Legal Requirements |
| We Care | 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 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 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

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