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: 4:00pm to 8:00pm

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

November 7th – November 13th

Saturday, November 7th and Sunday, November 8th

TIME	NAME OF GROUP/CLASS	ROOM
	SATURDAY	
10:00a	Coffee & Convo- Weekend Edition	Encouragement Café
1:00p	Substance Use Education Series	Recovery Zone
	SUNDAY	
7:00p	Back to Basics AA	Living Room

Monday, November 9th

TIME	NAME OF GROUP/CLASS	ROOM
9:30a	Coffee & Conversation	Encouragement Café
10:30a	Journaling	Recovery Zone
12:00p	HER Voices, HER Strength	Empowerment Room
2:00p	Growing Together	Empowerment Room
6:00p	Living Skills	Empowerment Room
6:45p	Common Ground AA	Support Space

Tuesday, November 10th

TIME	NAME OF GROUP/CLASS	ROOM
9:30a	Coffee and Conversation	Encouragement Café
11:00a	Self-Love Club	Recovery Zone
12:30p	Skincare & Creative Expression	Empowerment Room
1:30p	Substance Use Education Series	Recovery Zone
2:30p	Why Am I Here?	Empowerment Room
3:30p	Gentle Movement Group	Living Room
5:00p	Recovery from Grief	Empowerment Room
5:30p	Side by Side Families	Recovery Zone

Wednesday, November 11th

TIME	NAME OF GROUP/CLASS	ROOM
	Holiday Hours	
	4:00-8:00pm	
6:45p	Alive & Free NA	Living Room

Thursday, November 12th

TIME	NAME OF GROUP/CLASS	ROOM
	STAFF TRAINING	
	9:00-12:00pm	
1:00p	MARA	Empowerment Room
2:30p	Better Days, Better Ways	Empowerment Room
3:30p	Hearing Voices Network	Recovery Zone

Friday, November 13th

TIME	NAME OF GROUP/CLASS	ROOM
9:30a	Coffee and Conversation	Encouragement Café
10:00a	Postpartum VA Support Group	Kid's Corner
1:00p	Breakthrough Cruise	Meet at the S.E.E.
1:00p	**AcuWellness Clinics**	Awakening Room
3:30p	Shenanigans at the S.E.E.	Support Space
5:00p	Healing Through Poetry	Empowerment Room
6:45p	Alive & Free NA	Living Room

SEE Recovery Center

November 14th – November 20th

Saturday, November 14th and Sunday, November 15th

TIME	NAME OF GROUP/CLASS	ROOM
	SATURDAY	
10:00a	Coffee & Convo-Weekend Edition	Encouragement Café
1:00p	Substance Use Education Series	Recovery Zone
	SUNDAY	
7:00p	Back to Basics AA	Support Space

Monday, November 16th

TIME	NAME OF	ROOM
9:30a	Coffee and Conversation	Encouragement Café
10:30a	Journaling	Empowerment Room
12:00p	HER Voices, HER Strength	Empowerment Room
2:00p	Growing Together	Empowerment Room
6:00p	Living Skills	Empowerment Room
6:45p	Common Ground AA	Support Space

Tuesday, November 17th

TIME	NAME OF GROUP/CLASS	ROOM
9:30a	Coffee and Conversation	Encouragement Café
11:00a	Self-Love Club	Recovery Zone
12:30p	Skincare & Creative Expression	Empowerment Room
1:30p	Substance Use Education Series	Recovery Zone
2:30p	Why Am I Here?	Empowerment Room
3:30p	Gentle Movement Group	Living Room
5:00p	Recovery From Grief	Empowerment Room

Wednesday, November 18th

TIME	NAME OF	ROOM
9:30a	Coffee and Conversation	Encouragement Café
10:30a	Anger Management	Empowerment Room
11:00a-1:00p	**Community Resource Day**	Support Space
12:30p	Healing is Possible	Empowerment Room
2:00p	Who Am I Becoming?	Recovery Zone
6:00p	We Care (Family Support)	Empowerment Room
6:45p	Alive & Free NA	Living Room

Thursday, November 19th

TIME	NAME OF GROUP/CLASS	ROOM
9:30a	Coffee and Conversation	Encouragement Café
10:30a	Career Connection	Recovery Zone
11:00a	Remodeling My House	Empowerment Room
12:30p	**Art Group**	Creativity Commons
1:00p	MARA	Empowerment Room
2:30p	Better Days, Better Ways	Empowerment Room
3:30p	Hearing Voices Network	Recovery Zone

Friday, November 20th

TIME	NAME OF	ROOM
9:30a	Coffee and Conversation	Encouragement Café
10:00a	Postpartum VA Support Group	Kid's Corner
1:00p	Afternoon Unplugged	Living Room
1:00p	**AcuWellness Clinics**	Awakening Room
3:30p	Shenanigans at the S.E.E.	Living Room
5:00p	Healing through Poetry	Empowerment Room
6:45p	Alive & Free NA	Living Room

SEE Recovery Center

November 21st – November 27th

Saturday, November 21st and Sunday, November 22nd

TIME	NAME OF GROUP/CLASS	ROOM
	SATURDAY	
10:00a	Coffee & Convo-Weekend Edition	Encouragement Café
1:00p	Substance Use Education Series	Recovery Zone
	SUNDAY	
7:00p	Back to Basics AA	Living Room

Monday, November 23rd

TIME	NAME OF GROUP/CLASS	ROOM
9:30a	Coffee and Conversation	Encouragement Café
10:30a	Journaling	Recovery Zone
12:00p	HER Voices, HER Strength	Empowerment Room
2:00p	Growing Together	Empowerment Room
6:00p	Living Skills	Empowerment Room
6:45p	Common Ground AA	Support Space

Tuesday, November 24th

TIME	NAME OF GROUP/CLASS	ROOM
9:30a	Coffee and Conversation	Encouragement Café
10:00a-3:00p	**Developmental Screenings**	Meeting Room A
11:00a	Self-Love Club	Recovery Zone
12:30p	Skincare & Creative Expression	Empowerment Room
1:30p	Substance Use Education Series	Recovery Zone
2:30p	Why Am I Here?	Empowerment Room
3:30p	Gentle Movement Group	Empowerment Room
5:00p	Recovery from Grief	Empowerment Room

Wednesday, November 25th

TIME	NAME OF GROUP/CLASS	ROOM
	Holiday Hours	
	4:00-8:00pm	
6:45p	Alive & Free NA	Living Room

Thursday, November 26th

TIME	NAME OF GROUP/CLASS	ROOM
	CLOSED	
	HAPPY THANKSGIVING	

Friday, November 27th

TIME	NAME OF GROUP/CLASS	ROOM
	Holiday Hours	
	4:00-8:00pm	
6:45p	Alive & Free NA	Living Room

SEE Recovery Center

November 28th – December 4th

Saturday, November 28th and Sunday, November 29th

TIME	NAME OF GROUP/CLASS	ROOM
	SATURDAY	
10:00a	Coffee & Convo-Weekend Edition	Encouragement Café
1:00p	Substance Use Education Series	Recovery Zone
	SUNDAY	
7:00p	Back to Basics AA	Living Room

Monday, November 30th

TIME	NAME OF GROUP/CLASS	ROOM
9:30a	Coffee and Conversation	Encouragement Café
10:30a	Journaling	Recovery Zone
12:00p	HER Voices, HER Strength	Empowerment Room
2:00p	Growing Together	Empowerment Room
6:00p	Living Skills	Empowerment Room
6:45p	Common Ground AA	Support Space

Tuesday, December 1st

TIME	NAME OF GROUP/CLASS	ROOM
9:30a	Coffee and Conversation	Encouragement Café
11:00a	Self-Love Club	Recovery Zone
12:30p	Skincare & Creative Expression	Empowerment Room
1:30p	Substance Use Education Series	Recovery Zone
2:30p	Why Am I Here?	Empowerment Room
3:30p	Gentle Movement Group	Living Room
5:00p	Recovery from Grief	Empowerment Room

Wednesday, December 2nd

TIME	NAME OF GROUP/CLASS	ROOM
9:30a	Coffee and Conversation	Encouragement Café
10:30a	Anger Management	Empowerment Room
12:30p	Healing is Possible	Empowerment Room
2:00p	Who Am I Becoming?	Recovery Zone
6:00p	We Care (Family Support)	Empowerment Room
6:45p	Alive & Free NA	Living Room

Thursday, December 3rd

TIME	NAME OF GROUP/CLASS	ROOM
9:30a	Coffee and Conversation	Encouragement Café
10:30a	Career Connection	Recovery Zone
11:00a	Remodeling My House	Empowerment Room
12:30p	Freestyle Art	Creativity Commons
1:00p	MARA	Empowerment Room
2:30p	Better Days, Better Ways	Empowerment Room
3:30p	Hearing Voices Network	Recovery Zone

Friday, December 4th

TIME	NAME OF GROUP/CLASS	ROOM
9:30a	Coffee and Conversation	Encouragement Café
10:00a	Postpartum VA Support Group	Kid's Corner
1:00p	Afternoon Unplugged	Living Room
1:00p	**AcuWellness Clinics**	Awakening Room
3:30p	Shenanigans at the S.E.E.	Living Room
5:00p	Healing Through Poetry	Empowerment Room
6:45p	Alive & Free NA	Living Room

SEE Recovery Center

QR Codes for Hybrid Groups

Growing Together **Monday 2:00p**	**Living Skills** **Monday 6:00p**
Recovery from Grief **Tuesday 5:00p**	**We Care – Family Support** **Wednesday 6:00p**
MARA **Thursday 1:00p**	**Better Days, Better Ways** **Thursday 2:30p**

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.
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.
Better Days, Better Ways	A peer-led group focused on building practical coping skills, strengthening recovery, and learning healthier ways to navigate everyday life—one better day at a time.
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.!
Career Connection	Explore employment opportunities, build confidence, and develop skills to support your career goals. This group offers guidance with resumes, job searching, interview preparation, workplace readiness. Wherever you are in your employment journey, we're here to support you!
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.
Gentle Movement Group	This group uses Qigong-inspired dynamic movements to mobilize the body, calm the nervous system, and build collective energy. It is entirely low impact, requires no equipment, and can be adapted for standing or sitting, making it accessible to all fitness levels.
Growing Together	A supportive peer-led group for parents/caregivers navigating recovery and/or mental health challenges. Together, we’ll explore real-life topics, build positive parenting skills, share experiences, and encourage one another on this journey. Because you are not alone.
Healing Through Poetry	Poetry can be a powerful way to express what we’re feeling, reflect on where we’ve been, and explore where we’re going. Whether you enjoy poetry or have never written a poem before, you’re welcome to join us as we

	use words, reflection, and creativity as tools for healing and personal growth. No prior poetry or writing experience is needed—just come as you are.
HER Voices, HER Strength	Empowering Voices of HER is a safe, welcoming space where women can come together, share their experiences, and have open and honest conversations. We'll talk about real-life topics, encourage one another, share ideas, and celebrate our wins big or small. Most importantly, this is a judgment-free space to connect, be heard, laugh, learn, and remind each other just how strong we are!
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! ***There is not a Facilitator for this group***
Hearing Voices Network	A 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: Journaling relieves depression and anxiety symptoms, boosts immune system, assists with post -traumatic stress, helps foster gratitude, enhances learning, ads 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.
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.
MARA	You deserve a recovery path that honors your strength and your story. Medication-Assisted Recovery Anonymous… For ANYONE with a desire to live safely TODAY! Join us for our **hybrid** meeting every Thursday at 1pm. Judgement free 12 Step Recovery. All seeking recovery all welcome. All paths are not the same.
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.
Postpartum VA Support Group	This group provides support and community, focused on the challenges of early parenthood and increasing mental wellness. It is open to any person during pregnancy or the first year postpartum for peer support.
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.
Remodeling My House	Take a self-guided tour through the different rooms of your life relationships, emotions, work, family, wellness, and personal growth. This supportive group offers a safe space to reflect on what each "room" represents, what may need attention, and what you may be ready to let go of or rearrange. Participants will be encouraged to explore their experiences at their own pace while gaining insight, support, and practical tools for creating positive change.
Rules of the Road	A welcoming, supportive group for individuals who want to prepare for the Virginia DMV Learner's Permit test. Whether you are just beginning to learn the rules of the road or need extra practice before taking the test, this group provides an opportunity to study together, review important driving laws, and build confidence.
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.
Shenanigans at the S.E.E.	An afternoon of fun and games. Connect with others in recovery while playing cornhole, ping pong, foosball, darts, and board games.
Side by Side Families	A welcoming, safe space for YACC families to learn, connect, and find mutual support. Topics include self-care for the caregivers, how to support loved ones affected with severe mental illness, psychoeducation about psychosis, medication, housing, and benefits options, and MORE.
Skincare & Creative Expression	A relaxed, peer-led space focused on self-care, creativity and building confidence from the inside out. Explore personalized self-care through a simple skincare routine, applying products, or simply joining in for the conversation.
Substance Use Education Series	The *What You Need to Know* 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 (Family Support)	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.

Who Am I Becoming?	This peer-led group offers a supportive space for adults to explore who they are, what matters most to them, and who they are becoming. Through guided reflection and discussion, participants will identify personal strengths, values, interests, meaningful experiences, and a sense of purpose while building greater self-awareness and connection.
Why Am I Here?	This peer-led group invites participants to reflect on their journey—where they've been, where they are, and where they want to go. Through guided journaling and supportive discussion, participants will explore their strengths, identify areas for positive change, and take meaningful steps toward the life they want to create.

Come SEE what's new and chat with our amazing Peer Recovery staff…

Tours are available on Thursdays, **please call (540) 825-3366** to schedule yours today!

You may also 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) 717-3153; 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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