



# Northampton

A HYBRID MEETING OPEN TO ALL

## Addiction Recovery Education Access Services (A.R.E.A.S.)

Tuesdays  
2PM-3PM

### About **A.R.E.A.S.**

Addiction Recovery Education Access Services is a **FREE** weekly peer-to-peer facilitated meeting that focuses on recovery-based topics chosen by group participants.

- Recovery-based curriculum in a group discussion format
- Peer-to-peer facilitated
- Help solving practical problems
- Strengthen recovery coping & relapse prevention skills
- Information, resources & decision-making support
- Leadership development
- Opportunities for involvement with **MOAR** in a personal way

### Meeting Information

Topic: Northampton AREAS

Time: Every Tuesday, 2:00 PM EST

Zoom Link: <https://moar-recovery-org.zoom.us/j/83065858725>

Meeting ID: 830 6585 8725

### Topics **Include**

- Skills Building
- Family & Addiction
- Building Values in Recovery
- Mental Health & Trauma
- Multiple Pathways
- Harm Reduction
- Understanding CORI
- Healthy Relationships
- Spirituality & Recovery
- Housing & Recovery

Have a Question? [info@moar-recovery.org](mailto:info@moar-recovery.org)



Connect with us:  
[@moarrecovery](https://www.instagram.com/moarrecovery) // 617-423-6627

zoom



Scan code above with your camera to access the meeting from a mobile device