



Worcester

A HYBRID MEETING OPEN TO ALL

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

Fridays

10:30AM-11:30AM

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 Friday, 10:30 AM EST

Zoom Link: <https://moar-recovery-org.zoom.us/j/81623437861>

Zoom ID: 816 2343 7861

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



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