



# Meridian House

In-person meeting open to Meridian House members only.

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

**Tuesdays**  
**1:15PM-2:15PM**

### 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

Meridian House  
408 Meridian Street  
East Boston, MA 02128

### 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 // 617-423-6627**