

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
All support groups take place at the Lowville NRCIL office unless otherwise stated.	7632 North State St. Lowville, NY 13367	1 NRCIL Closed 	2 Systems Advocacy 10am Walk A Block 10:30am ROTEO 11am-2pm Guided Meditation Double Play 2-3pm	3 Double Trouble in Recovery Trinity Church 12:30-2pm TBI Support Group Martinsburg Library 1-3pm	4 Casual Coffee Friday 10-11:30 Lyons Falls NRCIL PTSD Anxiety Support Group 10am-11:30am Behavioral Health and Wellness Center Transitioning Through Barriers 12:30-2:00pm Lowville Library	5
6	7 Walk A Block 10:30am ROTEO 11am-2pm Smart Recovery Trinity Church 12:30-2pm Guided Meditation Double Play 2-3pm	8 Anger Management 1:00-2:30pm Lowville Free Library	9 Walk A Block 10:30am ROTEO 11am-2pm Guided Meditation Double Play 2-3pm	10 Double Trouble in Recovery Trinity Church 12:30-2pm	11 PTSD Anxiety Support Group 10am-11:30am Behavioral Health and Wellness Center Transitioning Through Barriers 12:30-2:00pm Lowville Library	12
13	14 Walk A Block 10:30am ROTEO 11am-2pm Smart Recovery Trinity Church 12:30-2pm Guided Meditation Double Play 2-3pm	15	16 ROTEO 11am-2pm	17 Double Trouble in Recovery Trinity Church 12:30-2pm TBI Support Group Martinsburg Library 1-3pm	18 Casual Coffee Friday 10-11:30 Lyons Falls NRCIL PTSD Anxiety Support Group 10am-11:30am Behavioral Health and Wellness Center Transitioning Through Barriers 12:30-2:00pm Lowville Library	19
20	21 NRCIL Closed 	22 Anger Management 1:00-2:30pm Lowville Free Library	23 Walk A Block 10:30am ROTEO 11am-2pm Guided Meditation Double Play 2-3pm	24 Double Trouble in Recovery Trinity Church 12:30-2pm	25 PTSD Anxiety Support Group 10am-11:30am Behavioral Health and Wellness Center Transitioning Through Barriers 12:30-2:00pm Lowville Library	26
27	28 Advisory Council 10am Walk A Block 10:30am ROTEO 11am-2pm Smart Recovery Trinity Church 12:30-2pm Guided Meditation Double Play 2-3pm	29 Anger Management 1:00-2:30pm Lowville Free Library	30 Walk A Block 10:30am ROTEO 11am-2pm Guided Meditation Double Play 2-3pm	31 Double Trouble in Recovery Trinity Church 12:30-2pm	For more information or to request accommodations Please call: NRCIL at 315-836-3735 or 315-785-8704 (TTY)	