

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
All support groups take place at the Lowville NRCIL office unless otherwise stated.	7632 North State Lowville, NY 13367	1 Anger Management 2-3pm	2 Systems Advocacy 10am Walk A Block 10:30am ROTEO 11am-2pm Guided Meditation Double Play 2-3pm	3 Double Trouble in Recovery 12:30-2pm	4 Casual Coffee Friday 10-11:30 Lyons Falls NRCIL	5
6	7 Walk A Block 10:30am ROTEO 11am-2pm Smart Recovery Lowville Library 12:30-2pm Guided Meditation Double Play 2-3pm	8	9 Walk A Block 10:30am ROTEO 11am-2pm Guided Meditation Double Play 2-3pm	10 Double Trouble in Recovery 12:30-2pm	11	12
13	14 Walk A Block 10:30am ROTEO 11am-2pm Smart Recovery Lowville Library 12:30-2pm Guided Meditation Double Play 2-3pm	15 Anger Management 2-3pm Chi Gung 2:30-3:30pm First Presbyterian Church, Lowville	16 ROTEO 11am-2pm	17 Double Trouble in Recovery 12:30-2pm	18 Casual Coffee Friday 10-11:30 Lyons Falls NRCIL	19
20	21 Walk A Block 10:30am ROTEO 11am-2pm Smart Recovery Lowville Library 12:30-2pm Guided Meditation Double Play 2-3pm	22 Anger Management 2-3pm Chi Gung 2:30-3:30pm First Presbyterian Church, Lowville	23 Walk A Block 10:30am ROTEO 11am-2pm Guided Meditation Double Play 2-3pm	24 Double Trouble in Recovery 12:30-2pm	25	26
27	28 NRCIL Closed Memorial Day	29 Anger Management 2-3pm Chi Gung 2:30-3:30pm First Presbyterian Church, Lowville	30 Walk A Block 10:30am ROTEO 11am-2pm Guided Meditation Double Play 2-3pm	31 Double Trouble in Recovery 12:30-2pm	For more information or to request accommodations Please call: NRCIL at 315-836-3735 or 315-785-8704 (TTY)	