

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	For more information or to request accommodations Please call: NRCIL at 315-836-3735 or 315-785-8704 (TTY)		1  Double Trouble in Recovery Trinity Church 12:30-2pm TBI Support Group Martinsburg Library 1-3pm	2 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	3
4	5 Walk A Block 10:30am ROTEO 11am-2pm Smart Recovery Trinity Church 12:30-2pm Guided Meditation Double Play 2-3pm	6	7 Systems Advocacy 10am Walk A Block 10:30am ROTEO 11am-2pm Guided Meditation Double Play 2-3pm	8  Double Trouble in Recovery Trinity Church 12:30-2pm	9 PTSD Anxiety Support Group 10am-11:30am Behavioral Health and Wellness Center Transitioning Through Barriers 12:30-2:00pm Lowville Library	10
11	12 <b>Veterans Day NRCIL Closed</b>	13	14 Walk A Block 10:30am ROTEO 11am-2pm Guided Meditation Double Play 2-3pm	15  Double Trouble in Recovery Trinity Church 12:30-2pm TBI Support Group Martinsburg Library 1-3pm	16 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	17
18	19 Walk A Block 10:30am ROTEO 11am-2pm Smart Recovery Trinity Church 12:30-2pm Guided Meditation Double Play 2-3pm	20	21 ROTEO 11am-2pm	22 <b>Thanksgiving Day NRCIL Closed</b>	23 <b>NRCIL Closed</b>	24
25	26 Advisory Council 10am Walk A Block 10:30am ROTEO 11am-2pm Smart Recovery Trinity Church 12:30-2pm Guided Meditation Double Play 2-3pm	27	28 Walk A Block 10:30am ROTEO 11am-2pm Guided Meditation Double Play 2-3pm	29  Double Trouble in Recovery Trinity Church 12:30-2pm	30  PTSD Anxiety Support Group 10:30-11:30am Behavioral Health and Wellness Transitioning Through Barriers 12:30-2:00pm Lowville Library	