

March 2018

NRCIL

Your Disability Rights and Resource Center

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