



RECOVERY OPTIONS

Leading the Way with Lived Experience

2020 Fall Virtual Groups

Beginning **Monday, October 12th, 2020**, Recovery Options will be hosting a brand new offering of weekly groups. Virtual groups are open to all community members. Please see below for the weekly schedule. Virtual meeting links are available below or on our website at www.RecoveryOptionsNY.org.

Mondays

1-2 pm Peer Empowerment Program

<https://zoom.us/j/99635543098?pwd=bWdqYkxkY3pVNGVJT3JoMFhIU3hpUT09>

Tuesdays

9-10 am PTSD Group

<https://zoom.us/j/97479350630?pwd=UCt4WG1oZm4xc08wdWdaQjBxN1pFZz09>

11 am - 12 pm Social Anxiety Group

<https://zoom.us/j/98978417731?pwd=NvvVTHkrNERnbG9JNkFiWGhta253QT09>

2-3 pm Rock 'n Roll Recovery Group

<https://zoom.us/j/93127911559?pwd=T1drcENjYXF4bW5FZS9XSEg1Zks4QT09>

5:45-6:45 pm Peer Empowerment Program

<https://zoom.us/j/99695904412?pwd=cHROeU9oYWpyankxdXpXR3JKelJ6UT09>

Wednesdays

12-1 pm Peer Empowerment Program Group

<https://zoom.us/j/92532049827?pwd=VjVxNzY3ZDlmQWVLRHIMSFFIM2IHZz09>

1-2 pm Peer Support Group

<https://zoom.us/j/95567787721?pwd=WWJXMmRtUTZjd1gvYjRicZjZLzNjQT09>

Thursdays

9-10 am Loneliness & Social Isolation Group

<https://zoom.us/j/96360363606?pwd=OXg3VndsUkYzVFpXbWN4SFVWekE4UT09>

11 am - 12 pm Self-Advocacy & Empowerment Group

<https://zoom.us/j/98650328164?pwd=UGNtenVWdUV6N29sZ2JYeJjYRXBHZz09>

2-3 pm Grief and Loss

<https://zoom.us/j/95568070344?pwd=UUNmSHJnbW83UU5ZVzJyYkxkY3pVNGVJT3JoMFhIU3hpUT09>



75 Jamestown St.
Gowanda, NY 14070
Phone: 716-532-5508
Fax: 716-532-5618