



RECOVERY OPTIONS

Leading the Way with Lived Experience

2022 Spring Virtual Groups

Beginning [Monday, February 28th, 2022](#) Recovery Options will be hosting a brand new offering of weekly groups. We have exciting topics planned. Please see below for the weekly schedule. Virtual meeting links are available on our website at www.RecoveryOptionsNY.org.

Mondays

1-2 pm Peer Empowerment Support Group

[Click to join](#)

Tuesdays

9-10 am Trauma Support Group

[Click to join](#)

1-2 pm Rock 'n Roll Recovery Support Group

[Click to join](#)

Wednesdays

1-2 pm Peer Support Group

[Click to join](#)

Thursdays

9-10 am Loneliness & Social Isolation Support Group

[Click to join](#)

2-3 pm Grief & Loss Support Group

[Click to join](#)



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Virtual Groups are open to all Community Members. Participants can join at any time. Click the link or visit www.RecoveryOptionsNY.org to join.