

Sunday	10:45a-11:45a	Women's AA Meeting <i>Spiritual Fitness</i>
	7p-8p	Men's AA Meeting <i>Bill's Kitchen</i>
Monday	11a-11:30a	Guided Meditation
	2p-3p	Craft Hour
Tuesday	10a-11a	Sunrise Peer Support Group
	6:30p-7:45p	Depression/Bipolar Support Alliance <i>Altitude Asheville</i>
Wednesday	9:30a-11a <i>(1st and 3rd Wednesday of each month)</i>	Reiki <i>Asheville Reiki Connection</i>
	12p-1:15p	WRAP (Wellness Recovery Action Plan) Skills
Thursday	10a-12p	Recovery Movie Morning
	3p-4p	Yoga <i>Light A Path</i>
	7:30p-9p	<i>Refuge Recovery</i>
Friday	12p-1p	Sunrise Peer Support Group <i>RAW (Recovery & Wellness)</i>
	2-3:30p	SMART Recovery
Saturday	11a-12:15p	Depression/Bipolar Support Creativity <i>Altitude Asheville</i>
	8pm	Heroin Anonymous

All groups are held at Sunrise Community Center and are no cost to the public. All are welcome.

Highlighted Groups: Covered by ATR Voucher Program