



# Plymouth

A HYBRID MEETING OPEN TO ALL

## Addiction Recovery Education Access Services (A.R.E.A.S.)

### Thursdays 11AM-12PM

### About **A.R.E.A.S.**

Addiction Recovery Education Access Services is a **FREE** weekly peer-to-peer facilitated meeting that focuses on recovery-based topics chosen by group participants.

- Recovery-based curriculum in a group discussion format
- Peer-to-peer facilitated
- Help solving practical problems
- Strengthen recovery coping & relapse prevention skills
- Information, resources & decision-making support
- Leadership development
- Opportunities for involvement with **MOAR** in a personal way

### Meeting Information

Topic: Plymouth AREAS

Time: Every Thursday, 11:00 AM EST

Zoom Link: <https://moar-recovery-org.zoom.us/j/81662757788?pwd=VEpZYUgxeGpjOTB1alBIYnJ4Y0FwZz09>

Meeting ID: 816 6275 7788

Passcode: recovery

Have a Question? [info@moar-recovery.org](mailto:info@moar-recovery.org)

### Topics **Include**

- Skills Building
- Family & Addiction
- Building Values in Recovery
- Mental Health & Trauma
- Multiple Pathways
- Harm Reduction
- Understanding CORI
- Healthy Relationships
- Spirituality & Recovery
- Housing & Recovery



Scan code above with your camera to access the meeting from a mobile device



Connect with us:

@moarrecovery // 617-423-6627