



# Malden

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

Thursdays  
1:00PM-2:00PM

### 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

The Bridge Recovery Center  
239 Commercial St,  
Malden, MA 02148

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



Connect with us:  
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