

Adult Peer Groups Lowville NRCIL

Recovery

Recovery Connection

Every Tuesday, 1:00-2:00 pm
5520 Jackson Street, Lowville
NRCIL Conference Room

*A safe, stigma-free environment offering
social connection, emotional wellness
and empowerment*

SMART Recovery

4-Point Program

Every Monday, 6:00 -7:30 pm
On-Line and In-Person
5520 Jackson Street, Lowville
NRCIL Conference Room

*Come with a purpose,
leave with a plan*

SMART Recovery

Family & Friends

Every Tuesday, 6:00-7:30 pm
On-Line

*Helping them starts
with support for you*

Double Trouble In Recovery

Every Thursday, 3:00-4:30 pm
5520 Jackson Street, Lowville
NRCIL Conference Room

*12-Step program that supports individuals
navigating both addiction
and mental health recovery*

Wellness

Anger Management

Every Wednesday, 1:00-2:00 pm
5520 Jackson Street, Lowville
NRCIL Conference Room
12 Session Program

R.O.T.E.O. (Reaching Out To Each Other)

Every Monday and Thursday, 11:00 am-2:00 pm
5520 Jackson Street, Lowville
NRCIL Large Conference Room
*Social group for adults age 18
and over with a disability*

Hope & Healing

Every Wednesday, 2:30-3:30 PM
Double Play Community Center
6912 Bardo Road, Lowville
Grief Support Group

*Open to anyone seeking support to cope with loss
and is best suited for those who are beyond
the very early stages of bereavement*

Wellness Group

Every Friday, 10:00 -11:00 am
Joseph P. Dwyer Veteran Peer Support Center,
7518 South State Street, Suite #2, Lowville
8 Dimensions of Wellness:
Creating a Healthier Life

NRCIL Hours: Monday through Friday 8:30 am-4:30 pm
For more information or to request reasonable accommodations
please call 315-836-3735 or 315-785-8704(TTY)