



August 2022

CCAR

BRIDGEPORT
CONNECTICUT COMMUNITY
FOR ADDICTION RECOVERY

430 State Street
Bridgeport, CT 06604
(203) 332-3303

Amanda Flick, Center Manager
Liz Torres, Volunteer Manager



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 10:00 Morning Meditation 12:00 ARM 2:00 Gratitude Group	2 CENTER OPENS AT 2:00 PM DUE TO STAFF MEETING	3 10:00 Guided Meditation 12:00 ARM 2:00 Recovery Coaching Support w/ Phil Valentine	4 10:00 RC Module 12:00 ARM 2:00 Game Time	5 10:00 Womens Empowerment 11:00 Songs in the key of Life 12:00 ARM 1:00 Volunteer Recognition and Leadership Meeting	6
7	8 10:00 Morning Meditation 10:30 Self-Empowerment 12:00 ARM 2:00 Storytelling	9 10:00 How you livin' 12:00 ARM 1:30 Orientation 2:00 Resume 101	10 10:00 Guided Meditation 12:00 ARM 2:00 Professionalism Training	11 10:00 RC Module 12:00 ARM 1:15 RNP Services Presentation	12 10:00 Women's Empowerment 11:00 Songs in the key of Life 12:00 ARM 1:30 OPEN MIC	13
14	15 10:00 Morning Meditation 12:00 ARM 2:00 Effective Communication	16 10:00 How you livin' 12:00 ARM 2:00 Art and Relax	17 10:00 Guided Meditation 12:00 ARM 1:15 RNP Problem Gambling	18 10:00 RC Module 12:00 ARM 2:00 Spanish for beginners	19 10:00 Women's Empowerment 11:00 Songs in the key of life 12:00 ARM 1:30 Paparazzi Event	20
21	22 10:00 Morning Meditation 12:00 ARM 1:00 Storytelling	23 10:00 How you livin' 12:00 ARM 2:00 TRS Training	24 10:00 Guided Meditation 12:00 ARM 2:00 Men's empowerment	25 10:00 RC Module 12:00 ARM 2:00 Recovery Capital	26 10:00 Women's empowerment 11:00 Songs in the key of life 1:15 Walking away from Stigma	27
28	29 10:00 Morning Meditation 12:00 ARM 2:00 Anonymous People	30 10:00 How you livin' 12:00 ARM 2:00 Ambassador Training	31 10:00 Guided Meditation 12:00 ARM 2:00 Webinar	HOURS: Mon – Fri 8:30am – 4:30pm		

RECURRING VIRTUAL MEETINGS:

All Recovery Meeting (ARM): Mon-Fri 12:30pm [Zoom ID: 738 520 747]

Friends, Families, Allies Support: Mondays at 5pm [Zoom ID: 560 608 198]

Parents in Recovery: Wednesdays at 5:30pm [Zoom ID: 851 3570 7081]

Women's ARM: Fridays at 10am [Zoom ID: 495 736 963]