

# RISE Recovery Community Outreach Center



## St. Patrick's Day Brunch

March 17th 2023

This year, RISE celebrated St. Patrick's Day with a lovely brunch prepared by our wonderful staff. RISE served green pancakes, green eggs, corned beef hash, bacon, muffins, Lucky Charms, and more! It was a fun filled day, stuffed with laughter and conversations between members and friends. RISE wishes to thank the staff, volunteers, and community who donated to make this fun filled day possible! Pictured here is some of our fondest memories of the day!



## Monthly Events

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Al-Anon  
Every Wednesday  
6:00 PM

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Topic Tuesday's  
3:00 PM

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Narcan Training  
Last Friday of the month  
April 28th 1:00 PM

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Cornell Cooperative Extension  
Movie and a Snack  
Every Wednesday 2:00 PM

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Want to carry the life saving medicine Narcan? Reach out to the center to schedule your training today!  
315-219-5393

## April Events and Activities

April 2023

RISE has an ever changing calendar of events and activities. We love recommendations from our members and the community! RISE offers support groups for women and men. RISE prides itself on our daily coffee time at the table, where many great conversations and peer support take place. Al-Anon, a support group for families of those in recovery, is offered weekly at our location. RISE has Friday Night Movies on the big screen!

Interested in becoming a certified Recovery Coach? Or a certified Peer Advocate? Let us know! We offer the full Recovery Coach training regimen needed to obtain your credentials! Each training is hosted by our Prevention Council Staff. Pictured right is our 2023 training schedule. Reach out to register today!



Happy Birthday Joe, Mark and Paul!

**RISE Recovery Community Outreach Center**  
Reconnecting and Inspiring Self-Empowerment  
**UPCOMING TRAININGS:**  
All trainings to be held in person at the center!  
315-219-5393  
\*information subject to change

<b>RECOVERY COACHING BASICS</b> <b>March 30th 8:30AM - 4:30 PM \$50</b> <b>SCIENCE OF ADDICTION AND RECOVERY</b> <b>May 4th 9:00 AM - 4:00 PM \$40</b> <b>OUR STORIES HAVE POWER</b> <b>May 15th 9:00 AM - 12:30 PM \$25</b> <b>RECOVERY COACH ACADEMY</b> <b>June 26th, 27th, 28th, 29th, 30th</b> <b>*Must attend all 5 days* 9-4 \$225</b> <b>MEDICATED SUPPORTED RECOVERY</b> <b>July 11th 9:00AM - 1:30PM \$50</b> <b>ETHICAL CONSIDERATIONS FOR RECOVERY COACHES</b> <b>July 17th, 18th, 19th 9:00 - 4:00</b> <b>*last day 9:00 - 1:30 \$125</b> <b>TRANSGENDER GENDER-NONCONFORMING NONBIANARY CULTURAL COMPTENCY</b> <b>August 3rd 9:00 - 4:00</b>	<b>COACHES VISION</b> <b>August 8th and 9th \$100</b> <b>RECOVERY COACHING IN THE EMERGENCY DEPARTMENT</b> <b>August 15th and 16th</b> <b>9:00AM - 4:00PM \$100</b> <b>SPIRITUALITY FOR RECOVERY COACHES</b> <b>October 17th and 18th</b> <b>9:00AM - 4:00PM \$100</b> <b>TEEN INTERVENE</b> <b>TBD 9:00AM - 4:00PM \$TBD</b> <b>YOUTH MENTAL HEALTH FIRST AID</b> <b>TBD \$TBD</b> <b>If you are interested in attending any of these trainings; or have any questions, please contact Jessica at 315 - 219 - 5393 or email: jtyrrell@ccherkimer.org</b>
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This month, RISE is trying something new with Zumba! Join us as we follow along to a dance style workout! RISE is also trying something new with Friday Pool Tournaments! Our pool table is our most popular piece in the center, also providing a great environment for conversations. RISE is also happy to bring in Cornell Cooperative Extension (CCE), to learn about healthy eating habits, and a snack before our Midweek Matinee!

## Outreach Events and Resources

RISE has been hosting a variety of outreach events this month. CCE has been kind enough to bring educational materials to the members of the center and teach them how to eat healthy and shop the right way! RISE has also had bi-weekly visits from Fidelis Care, where the members (and staff) have learned about health insurance, how to apply and what insurance is best for you. RISE also had a visit from the WISE program of Catholic Charities. The WISE program offers six lessons that cover a wide range of topics for older adults.

RISE is a great place to come and be linked with resources. If you, your agency or your programs are interested in hosting or attending a table event, need to make a referral, want to provide materials to the center or want to be a resource for our members, please let us know! We are always looking for ways to help our members and community, with your help! As always, a big thank you from RISE to all of the volunteers, staff, community members, and members of the center for making what we do possible!