

Welcome to Blue Ridge/Meridian's Recovery Education Centers (REC)

- Active REC students are welcome to attend any class at any time
- If you would like to become an active student, call 828-631-3973 to schedule an assessment
- Classes at the RECs offer an in-person option at the location listed as well as an online option
- Online Only Classes are offered on zoom only



When everything feels like an uphill struggle, just think of the view from the top.

Winter Semester November 28, 2022 – February 10, 2023		
Haywood REC	Jackson & Macon REC	Online Only Classes
Monday		
<ul style="list-style-type: none"> • 10:00-11:30 Putting off Procrastination • 1:00-2:30 Life After Loss • 2:30-4:00 Living in Balance 	<ul style="list-style-type: none"> • 9:30-11:00 Art of Emotions • 11:00-12:30 Living in Balance • 1:00-2:30 Life After Loss • 2:30-4:00 Managing Big Moments • 5:30-6:30 Prime for Life (online only) 	<ul style="list-style-type: none"> • 5:00-6:30 Parenting with Love & Logic
Tuesday		
<ul style="list-style-type: none"> • 10:00-11:30 Managing Chronic Pain • 1:00-2:30 Face Your Feelings 	<ul style="list-style-type: none"> • 9:30-11:00 Writing for Wellness • 11:00-12:30 The 4 Agreements • 1:00-2:30 Accept, Choose, Take Action (ACT) • 2:30-4:00 Anger Management 	
Wednesday		
<ul style="list-style-type: none"> • 10:00-11:30 WRAP • 1:00-2:30 Resources for Resiliency • 2:30-4:00 Creative Recovery 	<ul style="list-style-type: none"> • 9:30-11:00 WRAP • 11:00-12:30 Living with Chronic Pain • 1:00-2:30 Attachment 	<ul style="list-style-type: none"> • 12:00-1:30 Healthy Boundaries • 6:00-7:30 Recovery Discovery for Men
Thursday		
<ul style="list-style-type: none"> • 10-11:30 Vulnerability • 1:00-2:30 Managing Anger • 230-4:00 Self Compassion 	<ul style="list-style-type: none"> • 9:30-11:00 Seeking Safety • 11:00-12:30 Wise Mind • 1:00-2:30 Self Compassion • 2:30-4:00 Recovery Discovery for Women 	<ul style="list-style-type: none"> • 5:30-7:00 Overcoming the Bluez
Friday		
<ul style="list-style-type: none"> • 10:00-11:30 Seeking Safety • 1:00-2:30 Wise Mind • 2:30-4:00 Art of Emotions 	<ul style="list-style-type: none"> • 9:30-11:00 Trauma & Resiliency • 11:00-12:30 Creative Recovery • 1:00-2:30 Healthy Boundaries • 2:30-4:00 Positive Psychology 	