

# NOVEMBER 2025 CHARLOTTE RECOVERY HUB CALENDAR

**The Hub**  
**1401 East 7th St**  
**Charlotte, NC 28204**



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<b>3</b> 9:00 AM Morning Meditation 10:00 AM Another Way <b>10:00 AM Purple Ribbon</b> 11:00AM Goal Setting <b>11:00 AM Smart Recovery</b> 1:00 Meet The Employer w Denard 2:00 PM Advocacy with Alex <b>2:00 PM Come As You Are</b>		<b>4</b> 9:15 AM Mustard Seed 10:00AM Overcoming with Ashley 11:00 AM Recovery Journaling <b>12:00-1:00 PM HUB CLOSED</b>		<b>5</b> <b>9:00 AM Tai-Chi</b> <b>9:00 AM Coffee and Chat</b> <b>9:00 AM Morning Meditation</b> 10:00 AM Recovery 101 <b>10:00 AM Emotional Recovery</b> 11:00 AM Robins Book Club 11:00 AM Finding your superhero <b>1:00 PM Mindful Meditation</b> 1:00 Pm Expression Connection 2:00 PM Smart Recovery		<b>6</b> 10:00 AM Men's Group 10:00 AM Women's Group 10:00 AM LGBTQI+ Group 11:00 AM Improv 11:00 AM Grief Group- Hive Room 11:00 AM Rational Recovery <b>12:00-1:00 PM HUB CLOSED</b>		<b>7</b> <b>8:00-10:00 AM HUB CLOSED</b> <b>10:00 AM Morning Meditation</b> 10:00 AM Music and Healing 10:30 Keeping Your Power 11:00 AM Cafe Bus Stop 12:00 Weekly Wins and Barriers 12:00 PM Birthdays - Hive room 1:00 Smart Recovery <b>2:00 Brush to Life</b> 2:00 Exploring The 12 Steps	
<b>10</b> <b>9:00 AM Morning Meditation</b> 10:00 AM Another Way <b>10:00 AM Purple Ribbon</b> 11:00AM Goal Setting <b>11:00 AM Smart Recovery</b> 1:00 Meet The Employer w Denard 2:00 PM Advocacy with Alex <b>2:00 PM Come As You Are</b>		<b>11</b> 9:15 AM Mustard Seed 10:00AM Overcoming with Ashley 11:00 AM Recovery Journaling <b>12:00-1:00 PM HUB CLOSED</b>		<b>12</b> <b>9:00 AM Tai-Chi</b> <b>9:00 AM Coffee and Chat</b> <b>9:00 AM Morning Meditation</b> 10:00 AM Recovery 101 <b>10:00 AM Emotional Recovery</b> 11:00 AM Robins Book Club 11:00 AM Finding your superhero <b>1:00 PM Mindful Meditation</b> 1:00 Pm Expression Connection 2:00 PM Smart Recovery		<b>13</b> 10:00 AM Coffee and Chat 10:00 AM Coping with Crafts 11:00 AM Improv 11:00 AM Grief Group- Hive Room <b>12:00-1:00 PM HUB CLOSED</b>		<b>14</b> <b>8:00-10:00 AM HUB CLOSED</b> <b>10:00 AM Morning Meditation</b> 10:30 Keeping Your Power 11:00 AM Cafe Bus Stop 12:00 Weekly Wins and Barriers <b>12:00 Sharing Your Story</b> 1:00 Smart Recovery <b>2:00 Brush to Life</b> 2:00 Exploring The 12 Steps	
<b>17</b> <b>9:00 AM Morning Meditation</b> 10:00 AM Another Way <b>10:00 AM Purple Ribbon</b> 11:00AM Goal Setting <b>11:00 AM Smart Recovery</b> 1:00 Meet The Employer w Denard 2:00 PM Advocacy with Alex <b>2:00 PM Come As You Are</b>		<b>18</b> 9:15 AM Mustard Seed 10:00AM Overcoming with Ashley 11:00 AM Recovery Journaling 11:00 AM Character Counts <b>12:00-1:00 PM HUB CLOSED</b>		<b>19</b> <b>9:00 AM Tai-Chi</b> <b>9:00 AM Coffee and Chat</b> <b>9:00 AM Morning Meditation</b> 10:00 AM Recovery 101 <b>10:00 AM Emotional Recovery</b> 11:00 AM Robins Book Club 11:00 AM Finding your superhero <b>1:00 PM Mindful Meditation</b> 1:00 Pm Expression Connection 2:00 PM Smart Recovery		<b>20</b> 10:00 AM Guerilla Poets: Writing For Wellness 11:00 AM Improv 11:00 AM Grief Group- Hive Room <b>12:00-1:00 PM HUB CLOSED</b> 1:00 PM Meet Me at the Hub		<b>21</b> <b>8:00-10:00 AM HUB CLOSED</b> <b>10:00 AM Morning Meditation</b> 10:30 Keeping Your Power 11:00 AM Cafe Bus Stop 12:00 Weekly Wins and Barriers 12:00 Town Hall 1:00 Smart Recovery <b>2:00 Brush to Life</b> 2:00 Exploring The 12 Steps	
<b>24</b> <b>9:00 AM Morning Meditation</b> 10:00 AM Another Way <b>10:00 AM Purple Ribbon</b> 11:00AM Goal Setting <b>11:00 AM Smart Recovery</b> 1:00 Meet The Employer w Denard 2:00 PM Advocacy with Alex <b>2:00 PM Come As You Are</b>		<b>25</b> 9:15 AM Mustard Seed 10:00AM Overcoming with Ashley 11:00 AM Recovery Journaling <b>11:00 Healthy Conflict Resolution</b> <b>12:00-1:00 PM HUB CLOSED</b>		<b>26</b> <b>9:00 AM Tai-Chi</b> <b>9:00 AM Coffee and Chat</b> <b>9:00 AM Morning Meditation</b> 10:00 AM Recovery 101 <b>10:00 AM Emotional Recovery</b> 11:00 AM Robins Book Club 11:00 AM Finding your superhero <b>1:00 PM Mindful Meditation</b> 1:00 Pm Expression Connection 2:00 PM Smart Recovery		<b>27</b>  <b>CLOSED FOR THE HOLIDAY</b>		<b>28</b>  <b>CLOSED FOR THE HOLIDAY</b>	