

# FEBRUARY 2026 RALEIGH RECOVERY CAFE CALENDAR

The Hub and Cafe  
310 N Harrington St  
Raleigh, NC 27601



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 8:45 am Milieu and Meditation 9:00 am Rocks of Hope 10:00 am Core Communication 12:00 pm Book Club 1:00 pm Own Your Power 2:00 pm Creative Self 2:00 pm Recovery Circle 3:00 pm SMART Recovery	2 <b>CLOSED</b>	3 <b>CLOSED</b>	4 <b>CLOSED</b>	5 <b>CLOSED</b>	6 <b>CLOSED</b>
8 <b>CLOSED</b>	9 <b>CLOSED</b>	10 <b>CLOSED</b>	11 <b>CLOSED</b>	12 <b>CLOSED</b>	13 <b>CLOSED</b>
15 <b>CLOSED</b>	16 <b>CLOSED</b>	17 <b>CLOSED</b>	18 <b>CLOSED</b>	19 <b>CLOSED</b>	20 <b>CLOSED</b>
22 <b>CLOSED</b>	23 <b>CLOSED</b>	24 <b>CLOSED</b>	25 1pm: Milieu Begins 1:15pm Meditation 1:30pm SMART Recovery 1:30pm Latte Hour 2pm: Acting for Recovery 2pm: Yoga 3pm: Wellness Planning	26 4:30pm Milieu begins 4:45: Meditation 5pm: Cafe meal 5:30 pm Creative Writing 6pm Recovery Circle 6pm Intentional Living 6:30pm Rhythm Reset	27 1pm Milieu Begins 1:15pm Meditation 1:30pm Recovery Circle 1:30pm Ink and Insight 2:30pm Professional Communication 3pm New Member Orientation

# CLASS DESCRIPTIONS

## Morning Meditation

Begin the day intentionally with a few minutes of mindful breathing and silence.

## Weekly Wins

This is a space for sharing and celebrating our successes of the week. It's important to stop and celebrate all of our victories in community.

## Book Club

Explore books and discuss the wisdom within in a group setting. Books will explore themes of spirituality, overcoming hardship, resilience, and different recovery paths.

## Intentional Living

A class for exploring various life skills for intentional living from budgeting skills to motivation building to goal setting.

## Creative Writing

a safe space for writers of all skill levels to begin exploring their creative capabilities. This class is designed for people to polish and grow their creative writing skills.

## Grounding and Meditation

guided meditations and other mindfulness skills increase our ability to be present with ourselves. Follow along and learn different ways to center yourself and your mind, bringing intention and stillness in a busy world.

## Acting for Recovery

Acting and improv aren't just for comedy – it's a skillset that allows us to grow in our sense of self and practice our ability to respond flexibly to various situations. Come grow your confidence and performing skills among peers.

## Poetry

explore your thoughts and feelings through poetry. This class will explore different styles and forms of poetry together.

## Professional Communication

learn how to communicate professionally for interviews, housing applications, and other professional situations.

# CLASS DESCRIPTIONS

## SMART Recovery

Unlearn and overcome unwanted behaviors and mindsets with SMART Recovery. SMART Recovery is an evidence-informed approach to overcoming unwanted thoughts, urges, and behaviors and leading a balanced life. SMART is stigma-free and emphasizes self-empowerment.

## Resume Workshop

work on job search essentials like identifying jobs, how to improve your resume, and more. Bring your resume or start from scratch – this class will help you wherever you're at.

## Dream Builders

a guided, creative journey designed to help you visualize your goals, values, and the life you are worthy of building. Whether your dreams are quiet or bold, new or rediscovered, this class helps you reconnect with your inner compass through vision boards, guided reflection, and group support.

## Yoga

Come join us for some mindful movement and gentle stretching with guided yoga.

## Changing Perspectives

The way we look at the world and ourselves matters. This class focuses on providing an outlook on life from all different angles to see how different perspectives can change our feelings. Learn to recognize your strengths, challenge and shift negative self-talk, and celebrate your accomplishments.

## 4 Agreements

using a deck of cards based on the 4 Agreements, spend this class time discussing these principles for living a life of happiness and freedom.

## Define Your Line:

Boundaries are vital in maintaining healthy relationships with ourselves and others. This class is a space for us to discuss how to set and maintain boundaries to protect our time and peace.

## Rhythm Reset

A musical connection group for people to connect with their emotions and each other by making and sharing music together.

# CLASS DESCRIPTIONS

## Core Communication

learn about how we communicate and different styles of communication and how we can use those in all aspects of our lives.

## Rocks of Hope

a time to sit and paint rocks with messages or images of hope. It's a time to create something beautiful to share with others and add to our garden of hope.

## Creative Self

Art and creativity are important parts of our wellness. Having opportunities to explore art and create things is invaluable. Explore different art projects in this class.

## Ink and Insight

journaling with and without prompts, time to reflect on what's going on, time will be given for sharing and discussion if desired

## Wellness Planning

Discuss different forms of wellness planning and how to make them including WRAP, 8 Dimension of Wellness Planning, 3Ps, and working on our wellness and coping toolboxes.

## Channeling Your Tides

learn how to navigate difficult and strong emotions like anger, fear, and anxiety without shame or stigma. This class focuses on coping skills to help us understand our emotions and use their power in our wellness journeys.

## Crafting with Sid/Misti

explore new craft projects and skills with Sidney and misti. Learn hands on skills and create things you can keep and use. Crochet, beading, and many more skills will be explored in this class.

## LGBTQIA, Men's, and Women's Groups

It's important to have safe spaces with people who share our identities. These support groups provide a space for people to discuss common themes and needs in identity-safe spaces.