

JANUARY 2026 CHARLOTTE RECOVERY CAFE CALENDAR

The Hub
1401 East 7th St
Charlotte, NC 28204

MONDAY	TUESDAY	WEDNESDAY	1	THURSDAY	2	FRIDAY
 RECOVERY CAFE	 Cafe  Upstairs/Outside	 Large Classroom  Small Classroom/Computer Lab	1 CLOSED FOR THE HOLIDAYS			
5 12:00PM-1:00PM Hub Is Closed 1PM Milieu 1:30Pm Member leader consultation 1:30PM Come as you are 2:00PM Circle	6 12:00PM - 1:00PM Hub Is Closed 1:00PM Milieu 1:30PM Coffee hour 1:30 Sharing your story 2:00PM Circle 2:30 SMART Recovery	7 12:00PM - 12:00PM Hub Is Closed 1PM Milieu 1:30PM Mindful Meditation 1:30PM Expression Connection 2:00 PM Circle 2:30 Smart Recovery	8 12:00PM - 1:00PM Hub is Closed 1:00PM Milieu 1:30PM Coffee hour 2:00PM Coping Skills 2:00PM Circle 2:30PM New Member Intro.		9 12:00PM - 1:00PM Hub Is Closed 1PM Milieu 1:30 Smart Recovery 2:00PM Come as you are 2:30 Exploring the 12 Steps	
12 12:00PM - 1:00PM Hub is Closed 1PM Milieu 1:30Pm Member leader consultation 1:30PM Come as you are 2:30PM Meet The Employer 2:00PM Circle 2:30PM Advocacy with Alex	13 12:00PM - 1:00PM Hub Is Closed 1:00PM Milieu 1:30PM Coffee hour 1:30PM Sharing your story 2:00PM Circle 2:30PM SMART Recovery	14 12:00PM - 1:00PM Hub is Closed 1PM Milieu 1:30 Mindful meditation 1:30 Expression Connection 2:00PM Circle 2:30 Smart Recovery	15 12:00PM - 1:00PM Hub is Closed 1:00PM Milieu 1:30 Cofee hour 2:00PM Coping Skills 2:00PM Circle		16 12:00PM - 1:00PM Hub Is Closed 1PM Milieu 1:30PM Weekly Wins and Barriers 1:30 Smart Recovery 2:00PM Come as you are 2:30PM Exploring the 12 Steps	
19 CLOSED FOR THE HOLIDAYS	20 12:00PM 1:00PM Hub is Closed 1:00PM Milieu 1:30 Coffee Hour 1:30 Sharing your story 2:00PM Circle 2:30PM SMART Recovery	21 12:00PM - 1:00PM Hub is Closed 1PM Milieu 1:30 Mindful Meditation 1:30 Expression Connection 2:30 Smart Recovery 2:30 Mystery Class	22 12:00PM - 1:00PM Hub is Closed 1:00PM Milieu 1:30 Coffee hour 1:30PM Build a Vision Board 2:00PM Coping skills 2:00PM Circle 2:30 New Member Intro.		23 12:00PM - 1:00PM Hub is Closed 1PM Milieu 1:30 Smart Recovery 2:00PMCome as you are 2:30PM Exploring the 12 Steps	
26 1PM Milieu 1:30 Member leader consultation 1:30 Come as you are 2:00PM Sharonview 2:30 PM Advocacy With Alex	27 12:00PM - 1:00PM Hub is Closed 1:00PM Milieu 1:30 Coffee hour 1:30PM Sharing your story 2:00PM Circle 2:30PM SMART Recovery	28 12:00PM - 1:00PM Hub Is Closed 1PM Milieu 1:30 Mindful Meditation 2:30 Expression Connection 2:30 Smart Recovery 2:30 Mystery Class	29 12:00PM - 1:00PM Hub is Closed 1:00PM Milieu 1:30 Cofee hour 2:00PM Coping Skills 2:00PM Circle		30 12:00PM - 1:00PM Hub is Closed 1PM Milieu 1:30 Smart Recovery 2:00PMCome as you are 2:30PM Exploring the 12 Steps	



Morning Meditation

Every morning @ 9am

Start your day with intention and calm. Our 15-minute Morning Meditation session offers a peaceful space to center yourself, reduce stress, and cultivate mindfulness. Led by Staff and Peers, we set the tone for the Hub, together.



Expression Connection

Expression Connection is a recovery-focused class that uses creative expression—like writing, art, music, and movement—as tools for healing, self-discovery, and connection.



Keep Your Power

Come explore the good, bad, and ugly of our emotions and complete 10-hours towards a Peer Support Specialist Certification.



IMPROV

IMPROV is an interactive and fun experience . It allows for creativity, quick thinking and humor. Come join the fun or cheer on the crowd.



Peer Employment Team Series

This month during our digital hub, our peer employment team will be hosting workshops around creating career goals, building your resume, and other job readiness activities!



Recovery 101

Your journey, your recovery, your growth. Recovery 101 is a foundational group designed to explore the essentials of healing from substance use and mental health challenges.



Dream It Plan it. Do it

Join Shannon in discussions around the power of positive thoughts and learn what may hold us back from having a positive self image and positive self-esteem.



Women's Group

A time for women to come together and support each other, learn from each other, and grow together as individuals and as a group

CLASS DESCRIPTIONS



Overcoming With Ashley

Overcoming with Ashley is a healing-centered recovery class that offers a safe space to explore life's challenges and build resilience. Through open dialogue, reflection, and peer support, Ashley guides participants on a journey of overcoming adversity, embracing growth, and reclaiming personal power.



Another Way

Join Sharon to talk about emotions and how to regulate, manage, and live with them. Learn how to navigate emotions whether positive or negative.



Tai Chi with Antonio

A mindfulness moving meditation. The 19 movements are soft, slow and easy to learn. The benefits include peace of mind, improved health, and increased happiness. Led by one of our Cafe peer leaders, Antonio.



Writing for Wellness

Join us every 3rd Thursday to learn about navigating emotions through creative writing with Guerilla Poets. <https://us02web.zoom.us/j/84884676293?pwd=dnhWZGxQeUNXK0FqVW90MjJkbjhDUT09>



Robin's Book Study

Join us in reading and discussing **"Who Ordered This Truckload of Dung" by Ajahn Brahm**. Engage in a thoughtful conversation about how this book can be applied to our daily recovery.



Sacred Journeys

Sacred Journeys is a space for reflection, connection, and growth. Together we'll explore how spirituality weaves through everyday life, uncovering practices and wisdom that help us walk with greater presence, healing and hope. We invite people of all backgrounds and traditions to share stories and deepen our sacred journeys



The Mustard Seed

The Mustard Seed Circle is a spiritually grounded recovery group that nurtures hope, faith, and transformation. Rooted in the belief that even the smallest seed can grow into something powerful, this circle offers a space for reflection, encouragement, and connection as participants cultivate inner strength and healing together.



The Purple Ribbon Club

A safe and supportive space for survivors and those impacted by domestic violence. The Purple Ribbon Club provides a judgment-free environment to share experiences, gain strength, and find healing among those who understand.





Men's Group

A time for men to come together and support each other through their recovery journeys.



Clayworks Clay Workshop

This is a hands-on, clay project making workshop. Feeling creative? A cup, a vase, a unique piece of art, it's up to you. Create it and Clay Works will fire it. Let's get our hands dirty.



SMART Recovery

SMART Recovery is a science-based recovery group that empowers individuals to overcome addictive behaviors through self-directed change. Using tools grounded in cognitive-behavioral therapy, participants build motivation, manage urges, develop healthy coping strategies, and create balanced lives—one SMART step at a time.



The Gathering Table

The Gathering Table is a warm, welcoming space where community comes together over a shared breakfast. More than just a meal, it's a time to connect, find support, and start the week with nourishment—for both body and soul. Everyone has a seat at the table.



Town Hall

Town Hall is an open-forum discussion where we will discuss and receive feedback, ideas, and suggestions on what we do at PRN. We will have an agenda and go over topics that address the present and future of PRN's culture and direction.



LGBTQIA+ Group

A time to come together and support each other, learn from each other, and grow together as individuals and as a group



Rational Recovery: Book Study

Rational Recovery (RR) is a self-help program for substance use recovery that is an alternative to 12-step programs like Alcoholics Anonymous (AA). It is based on cognitive-behavioral principles and rejects the idea of addiction as a disease, instead emphasizing personal responsibility and self-reliance.



Exploring the 12 Steps

Exploring the 12 Steps with John and Shannon from a trauma informed lens. Open to all paths to recovery. Weekly study of each step and discussion regarding how looking through a trauma informed lens can enhance your recovery.





PRN HELPS PEOPLE RE-IMAGINE THEIR LIVES, TRANSCEND LABELS AND BUILD A LIFE AND IDENTITY THAT GOES BEYOND SURVIVING TO THRIVING.

Promise Resource Network (PRN) is a non-profit agency, established in 2006 to ignite social change, inspire hope and serve as a catalyst for personal greatness. PRN uses the voice, experience, and resilience of people who have overcome trauma, substance use, and other mental health barriers to elevate recovery and wellness.

This foundation allows PRN to provide alternative pathways to healing that help others discover their unique path to wellness and thrive. SAMHSA's definition of Recovery and their Eight Dimensions of Wellness serve as the framework for all supports provided.



Since 2003, Women's Impact Fund has amplified the significant role women play in philanthropy. Its mission is to strengthen communities by maximizing women's leadership in philanthropy through collective giving education and engagement. With approximately 500 members, the organization has emerged as one of the largest women's collective giving groups in the country and continues to create powerful change within Mecklenburg County. To date, Women's Impact Fund has made 85 grants totaling more than \$6.2 million. For more information, visit: www.womensimpactfund.org

Recovery is...

“A process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential.”

— SAMHSA