

AUGUST 2026 RALEIGH RECOVERY HUB CALENDAR

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

3 MONDAY	4 TUESDAY	5 WEDNESDAY	6 THURSDAY	7 FRIDAY
8:45 am Morning Meditation 9:00 am Poetry 10am Yoga 11 am Define your Line 12pm pm SMART Recovery	8:45 am Morning Meditation 9:00 am Wellness Planning 10am Professional Communication 11 am Intentional Living 12 pm Game On!	8:45 am Morning Meditation 9am Own Your Power 10am: Together We Stand 11am: Tech Literacy 12pm Crafting	8:45 am Morning Meditation 9am Book Club 10am Art Room Activity 11:00 am Men's Group 12:00pm: Rudimentaries of Self 1:00 pm Women's Group 1:00pm Drumming with Peer Fenton 2:00 pm Rainbow Allstars 3:00 pm: Rocks of Hope 3:30 pm Step Forward	8:45 am Morning Meditation 9:00 am Town Hall 9:00am-12pm STI Testing 10 am Stitching Together 11am The Art of Asking Why 12pm Weekly Wins
10 8:45 am Morning Meditation 9:00 am Crafting 10am Yoga 11 am Define your Line 12pm SMART Recovery	11 8:45 am Morning Meditation 9:00 am Wellness Planning 10am Ink and Insight 11 am Intentional Living 10:30am Game On!	12 8:45 am Morning Meditation 9am Own Your Power 10am: Together We Stand 11am: Tech Literacy 12pm Crafting	13 8:45 am Morning Meditation 9am Book Club 10am Art Room Activity 11:00 am Men's Group 12:00pm: Rudimentaries of Self 1:00 pm Women's Group 1:00pm Drumming with Peer Fenton 2:00 pm Rainbow Allstars 3:00 pm: Rocks of Hope 3:30 pm Step Forward	14 8:30-10am: HUB Closed 10:15am: Morning Meditation 10:30am: Stitching Together 11am The Art of Asking Why 12pm Weekly Wins
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24 8:45 am Morning Meditation 9:00 am Crafting 10am Yoga 11 am Define your Line 12pm SMART Recovery	25 8:45 am Morning Meditation 9:00 am Wellness Planning 10am Ink and Insight 11 am Intentional Living 10:30am Game On!	26 8:45 am Morning Meditation 9am Own Your Power 10am: Together We Stand 11am: Tech Literacy 12pm Crafting	27 8:45 am Morning Meditation 9am Book Club 10am Art Room Activity 11:00 am Men's Group 12:00pm: Rudimentaries of Self 1:00 pm Women's Group 1:00pm Drumming with Peer Fenton 2:00 pm Rainbow Allstars 3:00 pm: Rocks of Hope 3:30 pm Step Forward	28 8:30-10am: HUB Closed 10:15am: Morning Meditation 10:30am: Stitching Together 10:30am The Art of Asking Why 10:30am Weekly Wins
31 8:45 am Morning Meditation 9:00 am Poetry 10am Yoga 11 am Define your Line 12pm pm SMART Recovery	 = Big Classroom  = Zen Studio  = Music Room  = Cafe  = Computer Lab  = Small Classroom  = Art Studio  = Sitting Circle  = Courtyard			

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The Hub and Cafe
310 N Harrington St
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MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3

1pm: Milieu Begins
1:15pm Meditation
1:30pm Recovery Circle
2pm: Professional Development
2pm: Four Agreements
2:30pm: Movie Mondays

4

1pm: Milieu Begins
1:15pm Meditation
1:30pm Recovery Circle
1:30pm Sharing Our Story
2:30pm: Community Meal
2:30pm: SMART Recovery

5

1pm: Milieu Begins
1:15pm Meditation
1:30pm Finding Yourself
1:30pm Latte Hour
2:00pm: Acting for Recovery
2:30pm: Harm Reduction Supports

6

4:30pm Milieu begins
4:45: Meditation
5pm: Community Meal
5:30pm Together We Stand
5:30 pm Recovery Rediscovery
5:30pm Recovery Circle
6:30pm Open Mic Nights

7

1pm: Milieu Begins
1:15pm Meditation
1:30pm Latte Hour
1:30pm Recovery Circle
2pm: SMART Recovery
2:30pm: Rhythm Reset
2:30pm: New Member Orientation

10

1pm: Milieu Begins
1:15pm Meditation
1:30pm Recovery Circle
2pm: Professional Development
2pm: Four Agreements
2:30pm: Movie Mondays

11

1pm: Milieu Begins
1:15pm Meditation
1:30pm Recovery Circle
1:30pm Sharing Our Story
2:30pm: Community Meal
2:30pm: SMART Recovery
2:45pm: Survival Workshop

12

1pm: Milieu Begins
1:15pm Meditation
1:30pm Finding Yourself
1:30pm Latte Hour
2:00pm: Acting for Recovery
2:30pm: Harm Reduction Supports

13

4:30pm Milieu begins
4:45: Meditation
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2pm: SMART Recovery
2:30pm: Rhythm Reset

17

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2pm: Budget Basics
2pm: Four Agreements
2:30pm: Movie Mondays

18

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1:30pm Sharing Our Story
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1pm: Milieu Begins
1:15pm Meditation
1:30pm Latte Hour
1:30pm Recovery Circle
2pm: SMART Recovery
2:30pm: Rhythm Reset
2:30pm: New Member Orientation

24

1pm: Milieu Begins
1:15pm Meditation
1:30pm Recovery Circle
2pm: Budget Basics
2pm: Four Agreements
2:30pm: Medicaid Changes
Info Session

25

1pm: Milieu Begins
1:15pm Meditation
1:30pm Recovery Circle
1:30pm Sharing Our Story
2:30pm: Community Meal
2:30pm: SMART Recovery
2:45pm: Neurospicy Unmasked

26

1pm: Milieu Begins
1:15pm Meditation
1:30pm Finding Yourself
1:30pm Latte Hour
2:00pm: Acting for Recovery
2:30pm: Harm Reduction Supports
2:30pm: Movie

27

4:30pm Milieu begins
4:45: Meditation
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28

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2:30pm: Movie Mondays



= Big Classroom



= Zen Studio



= Music Room



= Cafe



= Computer Lab



= Small Classroom



= Art Studio



= Sitting Circle



= Courtyard



Morning Meditation and Millieu

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.



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.



Community Celebration

This is a space for sharing and celebrating each other and our important milestones. A community space to celebrate birthdays, sobriety dates, and any other important milestones we may want to share and celebrate with our community.



Poetry

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





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.



Wellness Planning

This is a space to explore the 8 Dimensions of Wellness as well as ways to plan and navigate our wellness journeys. In this class we will discuss various types of wellness plans to find what strategies work best for us.



Rainbow Allstars

A safe, inclusive space for members of the LGBTQ+ community and allies to come together in community and solidarity to discuss topics around their identity and community.



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 build healthier relationships.



Together We Stand

This class is a space to explore and support each other navigating our comeback from incarceration and justice involvement. Led by peers and their lived wisdom of navigating these systems, this class is a space to discuss the way these systems impact us and skills to navigate them together and make our comeback stories.





Survival Workshop

Practice skills for staying safe, stable and resourceful in Urban living environment. Exploring hacks, tips and tricks and sharing skills for high value Urban fringe experiences.



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.



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.



Town Hall

A space for the HUB community to come together and spend time discussing what's working, what's not working, and what changes the community would like to see and give feedback to team members in mutuality.



Crafting

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





The Art of Asking Why

A group for discussing and discovering personal purpose and moral direction in life by discussing philosophy and other ideas



Step Forward

Discussing the wisdom found inside the 12 steps while holding space for all beliefs and spiritualities.



Open Mic Night

Express yourself on the mic - karaoke, spoken word, or songs you've written yourself.



Professional Development

Looking for a new or better job? Looking to finetune your resume and interview skills? Come work on all skills related to professional development here.



Budget Basics

Budgeting and money management are important skills for our financial wellness. During this class we'll discuss different



Game On!

A time to socialize with other peers in the community through games and activities.



Rudimentaries of Self

This is a space for people to explore grounding and centering themselves on a spiritual and physical level.



Drumming with Peer Fenton

Spend time in community learning how to make music together from seasoned musicians to beginners. Come discover the rhythm inside you!





Finding Yourself

Wellness and recovery often come with the need to rediscover oneself or discover oneself for the first time. This class is a space to discuss and explore this process of self discovery through discussion and activities.



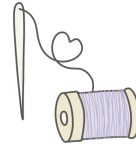
Neurospicy Unmasked

Honest conversation and peer connection focused on self acceptance, shared life experiences, and learning to live more authentically while navigating a neurotypical world. including games and fun activities.



Harm Reduction Supports

Harm Reduction paths to recovery can be lonely and face a lot of judgement. This is a supportive and non judgemental space to explore harm reduction and redefining safety our way.



Stitching Together

Stitching and sewing are practical skills as well as beautiful artistic mediums to explore. Come get crafty and spend time in thoughtful, intentional creative community together.



Movie Mondays

This is a time for our cafe community to enjoy different recovery media like movies and podcasts to inspire hope and different ideas of how we can navigate our recovery paths.



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.



Resiliency

This class is a space to discuss and learn skills to understand and build resiliency in our lives.



CLASS DESCRIPTIONS



Latte Hour

Enjoy a custom latte made with care exactly to your order and spend time in community as recovery cafe members.



Recovery Circles

Recovery circles are a space to be deeply known for who we are and what we're going through. A space to celebrate ourselves and our journeys.



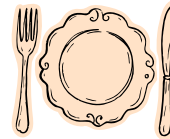
Own Your Power

This class is a space to navigate our relationships and beliefs about ourself and bodies and a way to redefine navigating these in our life.



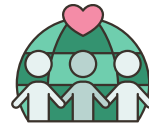
Tech Literacy

Technology is everchanging and navigating the digital landscape is an extremely important part of employment today. This is a class for people to gain or relearn these skills in our computer lab. Capped at 5 people per week.



Community Meal

An intentional meal held for the recovery cafe members and guests. Come join us for food and gathering together.



New Member Orientation

A time for new and prospective cafe members to learn about the recovery cafe and cafe membership.



Rhythm Reset

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

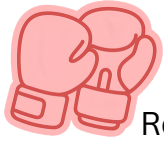


Yoga

Yoga is a gentle, mindful way to get in touch with our bodies and release long-held tension. Come join us for yoga to explore how mindful movements and breathing can be a part of your wellness journey!



CLASS DESCRIPTIONS



Recovery Rediscovery

Recovery Rediscovery is focused on building a positive perception and attitude all while improving our physical fitness, learning self defense technique and boxing exercises, meanwhile - tapping into a side of ourselves we might not have known was there! This is about Fun, Fitness, Focus and a Family style community where we grow together.



Medicaid info Session

This event is an opportunity to learn about the changes happening to Medicaid this October. If you have Medicaid or are considering enrolling this is a time for you to ask questions and understand these changes being made!



STI Testing

Wake County Public Health will be providing free health testing from 9am to noon. They will also be providing free classes and education around STIs.



Sharing Our Story

This is a hybrid class held between Raleigh and Charlotte HUBs to celebrate the recovery stories of PRN's community. Each week a recovery story will be shared and celebrated over video with both HUBs.



Ink & Insight

Turn blank pages into new perspectives! Explore guided prompts, express yourself freely, and discover the power of putting pen to paper.

