










JULY 2026 RALEIGH RECOVERY CAFE CALENDAR

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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
 = Small Classroom  = Big Classroom  = Cafe  = Art Studio  = Music Room  = Computer Lab  = Zen Studio  = Sitting Circle  = Courtyard				1 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 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		3 CLOSED FOR THE HOLIDAY	
6 1pm: Milieu Begins 1:15pm Meditation 1:30pm Recovery Circle 2pm: Professional Development 2pm: Four Agreements 2:30pm: Movie Mondays		7 1pm: Milieu Begins 1:15pm Meditation 1:30:Recovery Circle 1:30pm Sharing Our Story 2:30pm: Community Meal 2:30pm: SMART Recovery 2:30pm: Define Your Line		8 1pm: Milieu Begins 1:15pm Meditation 1:30pm Finding Yourself 1:30pm Latte Hour 2:00pm: Creative Writing 2:30pm: Harm Reduction Supports		9 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		10 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	
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20 CLOSED FOR TRAINING		21 CLOSED FOR TRAINING		22 CLOSED FOR TRAINING		23 CLOSED FOR TRAINING		24 CLOSED FOR TRAINING	
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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.



Poetry

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



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.



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.



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.





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.



Rising Sunshine

Come join us for some mindful movement and stretching with positive intent to start your day off right! Together we will do some gentle exercise, yoga, and other activities to get our bodies feeling energized for the day.



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.



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





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.



Rainbow Allstars

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



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.



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

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

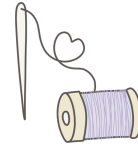
Spend time in community learning how to make music together from seasoned musicians to beginners. Come discover the rhythm inside you!





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.



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.



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.



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.



Harm Reduction Supports

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



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.



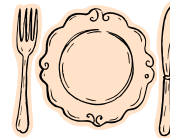
Own Your Power

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.



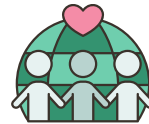
Tech Literacy

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!

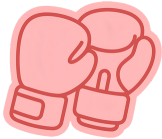


CLASS DESCRIPTIONS



Let's Learn Together: Navigating Accommodations

To celebrate and raise awareness around disability pride, this class is a space to learn about navigating a world that is often not set up to accommodate the things we need. This class is a space to discuss what accommodations are, what they aren't, and what we can do to advocate for ourselves.



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.



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.

