

APRIL 2026 RALEIGH RECOVERY HUB CALENDAR

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>1 8:45 am Morning Meditation 9:00 am Rhythm Reset 10am Resiliency 10 am 8 Dimensions of Writing 11am Grounding and Meditation</p>	<p>2 8:45 am Morning Meditation 9am Book Club 10am SMART Recovery 11:00 am Rock Painting 12:00 pm: Men's Group 12:00 pm Women's Group 1:00pm Changing Perspectives 2:00 pm Step Forward 3:00 pm Drum Circle</p>	<p>3 CLOSED FOR THE HOLIDAY</p>
<p>6 8:45 am Morning Meditation 9:00 am Poetry 10am Own Your Power 10 am Channeling Your Tides 11am SMART Recovery</p>	<p>7 8:45 am Morning Meditation 9:00 am Coffee and Community 10am LGBTQIA+ Group 10 am Intentional Living 11am Fitness Focus</p>	<p>8 8:45 am Morning Meditation 9:00 am Rhythm Reset 10am Resiliency 10 am 8 Dimensions of Writing 11am Grounding and Meditation</p>	<p>9 8:45 am Morning Meditation 9am Book Club 10am SMART Recovery 11:00 am Rock Painting 12:00 pm: Men's Group 12:00 pm Women's Group 1:00pm Changing Perspectives 2:00 pm Step Forward 3:00 pm Drum Circle</p>	<p>10 8:30-10am: HUB Closed 10:15am: Morning Meditation 10:30am: Grief Support Group 11am Weekly Wins 11am The Art of Asking Why</p>
<p>13 8:45 am Morning Meditation 9:00 am Creative Self 10am Own Your Power 10 am Channeling Your Tides 11am SMART Recovery</p>	<p>14 8:45 am Morning Meditation 9:00 am Coffee and Community 10am LGBTQIA+ Group 10 am Intentional Living 11am Game On!</p>	<p>15 8:45 am Morning Meditation 9:00 am Rhythm Reset 10am Resiliency 10 am 8 Dimensions of Writing 11am Grounding and Meditation</p>	<p>16 8:45 am Morning Meditation 9am Book Club 10am SMART Recovery 11:00 am Rock Painting 12:00 pm: Men's Group 12:00 pm Women's Group 1:00pm Changing Perspectives 2:00 pm Step Forward 3:00 pm Drum Circle</p>	<p>17 8:45 am Morning Meditation 9:00 am Town Hall 10am Spirit Discovery 10 am Grief Support Group 11am Weekly Wins 11am Exploring Voices and Visions</p>
<p>20 8:45 am Morning Meditation 9:00 am Poetry 10am Own Your Power 10 am Channeling Your Tides 11am SMART Recovery</p>	<p>21 8:45 am Morning Meditation 9:00 am Coffee and Community 10am LGBTQIA+ Group 10 am Intentional Living 11am Fitness Focus</p>	<p>22 8:45 am Morning Meditation 9:00 am Rhythm Reset 10am Resiliency 10 am 8 Dimensions of Writing 11am Grounding and Meditation</p>	<p>23 8:45 am Morning Meditation 9am Book Club 10am SMART Recovery 11:00 am Rock Painting 12:00 pm: Men's Group 12:00 pm Women's Group 1:00pm Changing Perspectives 2:00 pm Step Forward 3:00 pm Drum Circle</p>	<p>24 8:30-10am: HUB Closed 10:15am: Morning Meditation 10:30am: Grief Support Group 11am Weekly Wins 11am The Art of Asking Why</p>
<p>27 8:45 am Morning Meditation 9:00 am Creative Self 10am Own Your Power 10 am Channeling Your Tides 11am SMART Recovery</p>	<p>28 8:45 am Morning Meditation 9:00 am Coffee and Community 10am LGBTQIA+ Group 10 am Intentional Living 11am Game On!</p>	<p>29 8:45 am Morning Meditation 9:00 am Rhythm Reset 10am Resiliency 10 am 8 Dimensions of Writing 11am Grounding and Meditation</p>	<p>30 8:45 am Morning Meditation 9am Book Club 10am SMART Recovery 11:00 am Rock Painting 12:00 pm: Men's Group 12:00 pm Women's Group 1:00pm Changing Perspectives 2:00 pm Step Forward 3:00 pm Drum Circle</p>	

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MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
				1 1pm: Milieu Begins 1:15pm Meditation 1:30pm Yoga 1:30pm Latte Hour 2pm: Core Communication 2pm: Acting For Recovery 3pm: Harm Reduction Supports	2 4:30pm Milieu begins 4:45: Meditation 5pm: Cafe meal 5:30 pm Creative Writing 5:30pm Recovery Circle 6:30pm Open Mic Nights			3 CLOSED FOR THE HOLIDAY	
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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, resumes, 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.

Yoga

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

Rhythm Reset

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

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 build healthier relationships.

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.

Spirit Discovery

A place for discovering the different areas of spirituality and their meaning with open discussions about the topic.

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 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.

CLASS DESCRIPTIONS

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.

Coffee and Community

A time to get to know other peers in the community to create connection through conversation and coffee.

Game On!

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

8 Dimensions of Writing

Exploring the eight dimensions of wellness through creative writing prompts.

Drum Circle

Spend time in community learning how to make music together from seasoned musicians to beginners.

Intentional Journaling

Journaling focused on setting intentions, gratitude, affirmations, and other focused prompts.

Roots of Recovery

A time to practice grounding and centering oneself in nature. This class is held in our courtyard where we practice different ways to connect and ground in the natural world.

CLASS DESCRIPTIONS

Open Mic Night

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

New Member Orientation

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

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.

Exploring Voices and Visions

A safe space for those with lived experience with voices, visions, and parts to explore and discuss their experiences in a mutual peer space.

Fitness Focus

45 min of exercise to strengthen your body, improve balance, and boost energy for a healthier, happier self.