

MAY 2026 RALEIGH RECOVERY HUB CALENDAR

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

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|---|--|
|  = Big Classroom  = Small Classroom |  = Zen Studio  = Art Studio |  = Music Room  = Sitting Circle |  = Cafe  = Courtyard | 1 8:45 am Morning Meditation 9:00 am Town Hall 10am The Art of Asking Why 10 am Stitching Together 11am Weekly Wins 11am Exploring Voices and Visions |
| 4 8:45 am Morning Meditation 9:00 am Poetry 10am Own Your Power 10 am Channeling Your Tides 11am SMART Recovery | 5 8:45 am Morning Meditation 9:00 am Wellness Planning 10am LGBTQIA+ Group 10 am Intentional Living 11am Game On! | 6 8:45 am Morning Meditation 9:00 am Rising Sunshine 10am Resiliency 10am: The Comeback Class 11am Crafting with Sid | 7 8:45 am Morning Meditation 9am Book Club 10am SMART Recovery 11:00 am Rocks of Hope 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 | 8 8:30-10am: HUB Closed 10:15am: Morning Meditation 10:30am: Grief Support Group 11am Weekly Wins 11am The Art of Asking Why |
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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





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.



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.



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

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.





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.



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.



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.



Game On!

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



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.



Drum Circle

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





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.



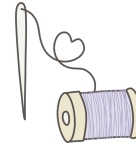
Grief Support Group

Grief is a difficult feeling to navigate alone. This is a space so no one has to shoulder these feelings in isolation. This is an intentional space to discuss grief, loss, and the impact these have on our lives as well as how we can begin to move through and past them.



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.



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.



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.



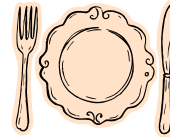
Resiliency

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



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.



Cafe Meal

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



Intentional Journaling

Journaling can be a great way to organize and express ourselves as well as process our thoughts. This is a time for us to come together and practice this skill with intention and safe community.



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.

