# NOVEMBER 2026 RALEIGH RECOVERY HUB CALENDAR

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

PRN Promise Resource Network
PromiseResourceNetwork.org

 = Small Classroom  = Art Studio  = Sitting Circle  = Cafe

 = Courtyard  = Computer lab

 = Music Room
= Zen Studio

 = Big Classroom

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| 2<br>8:45 am Morning Meditation<br>9:00 am Crafting<br>10am Yoga<br>11 am Approaching Hope<br>12pm: SMART Recovery | 3<br>8:45 am Morning Meditation<br>9:00 am Wellness Planning<br>10am Professional Communication<br>11 am Exploring Emotional Intelligence<br>12pm: Game On! | 4<br>8:45 am Morning Meditation<br>9am: Resiliency<br>10am: Together We Stand<br>11am: Professional Development<br>12pm Crafting | 5<br>8:45 am Morning Meditation<br>9am:Book Club<br>10am: Art room Activity<br>11:00am Men's Group<br>12:00pm: Rudimentaries of Self<br>1:00pm: Women's Group<br>1:00pm: Main Character Energy:Anime Wellness<br>2:00 pm Rainbow Allstars<br>3:00 pm: Rocks of Hope<br>3:30 pm Step Forward | 6<br>8:30-10am: HUB Closed<br>10:15am: Morning Meditation<br>10:30am: Stitching Together<br>10:30:Roots in Bloom<br>11am:The Art of Asking Why<br>12pm:Game On! |
| 9<br>8:45 am Morning Meditation<br>9:00 am Crafting<br>10am Yoga<br>11 am Approaching Hope<br>12pm: SMART Recovery | 10<br>8:45 am Morning Meditation<br>9:00 am Wellness Planning<br>10am Professional Communication<br>11 am Exploring Emotional Intelligence<br>12pm: Game On! | 11<br>8:45 am Morning Meditation<br>9am Resiliency<br>10am:Together We Stand<br>11am: Proifessional Development<br>12pm Crafting | 12<br>8:45 am Morning Meditation<br>9am Book Club<br>10am Art room Activity<br>11:00 am Men's Group<br>12:00pm: Rudimentaries of Self<br>1:00 pm Women's Group<br>1:00pm: Earth, Rhythm, & Soul<br>1:00pm:Main Character Energy:Anime Wellness<br>2:00 pm Rainbow Allstars<br>3:00 pm: Rocks of Hope<br>3:30 pm Step Forward | 13<br>8:45 am Morning Meditation<br>9:00 am Town Hall<br>10 am Stitching Together<br>10:30am: The Art of Asking Why<br>11:30am:Game On!<br>12:30pm: 15 mins.of Gratitude |
| 16<br>8:45 am Morning Meditation<br>9:00 am Crafting<br>10am Yoga<br>11 am Approaching Hope<br>12pm SMART Recovery | 17<br>8:45 am Morning Meditation<br>9:00 am Wellness Planning<br>10am Ink and Insight<br>11 am Exploring Emotional Intelligence<br>12pm:Game On! | 18<br>8:45 am Morning Meditation<br>9am: Resiliency<br>10am: Together We Stand<br>11am: Professional Development<br>12pm Crafting | 19<br>8:45 am Morning Meditation<br>9am Book Club<br>10am:Art room Activity<br>11:00 am Men's Group<br>12:00pm: Rudimentaries of Self<br>1:00 pm Women's Group<br>1:00pm: Earth, Rhythm, & Soul<br>2:00 pm Rainbow Allstars<br>3:00 pm: Rocks of Hope<br>3:30 pm Step Forward | 20<br>8:30-10am: HUB Closed<br>10:15am: Morning Meditation<br>10:30am: Crafting<br>10:30:Roots in Bloom<br>11:30am Game On!<br>12:30pm: 15 mins. of Gratitude |
| 23<br>8:45 am Morning Meditation<br>9:00 am Crafting<br>10am Yoga<br>11 am Approaching Hope<br>12pm:SMART Recovery | 24<br>8:45 am Morning Meditation<br>9:00:am Wellness Planning<br>10am:Ink and Insight<br>11am: Exploring Emotional Intelligence<br>12pm:Game On! | 25<br>8:45 am Morning Meditation<br>9am: Resiliency<br>10am: Together We Stand<br>11am: Professional Development<br>12pm Crafting<br>12pm Thanksgiving Meal | 26<br>Thanksgiving - Closed | 27<br>Thanksgiving - Closed |

# NOVEMBER 2026 RALEIGH RECOVERY CAFE CALENDAR

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

PRN Promise Resource Network
PromiseResourceNetwork.org

 = Sitting Circle
 = Art Studio
 = Computer Lab
 = Small Classroom
 = Courtyard
 = Cafe
 = Big Classroom
 = Music Room
 = Zen Studio

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| 2<br>1pm: Milieu Begins<br>1:15pm Meditation<br>1:30pm Recovery Circle<br>2pm: Budget Basics<br>2pm:Popcorn & Purpose<br>2:30pm: Four Agreements | 3<br>1pm: Milieu Begins<br>1:15pm Meditation<br>1:30pm:Recovery Circle<br>1:30pm Sharing Our Story<br>2:30pm: Community Meal<br>2:30pm: SMART Recovery | 4<br>1pm: Milieu Begins<br>1:15pm Meditation<br>1:30pm Walking Club<br>1:30pm Finding Yourself<br>1:30pm Latte Hour<br>2:00pm: Popcorn & Purpose<br>2:30pm: Doing the Hard Things | 5<br>4:30pm Mllieu begins<br>4:45: Meditation<br>5pm: Community Meal<br>5:30 pm Recovery Rediscovery<br>5:30pm Recovery Circle<br>6:30pm Open Mic Nights | 6<br>1pm: Milieu Begins<br>1:15pm Meditation<br>1:30pm Latte Hour<br>1:30pm Recovery Circle<br>2pm: SMART Recovery<br>2:30pm: Compassion Within |
| 9<br>1pm: Milieu Begins<br>1:15pm Meditation<br>1:30pm Recovery Circle<br>2pm: Budget Basics<br>2pm: Gratitude Hour<br>2:30pm: Popcorn & Purpose | 10 1pm: Milieu Begins<br>1:15pm Meditation<br>1:30pm Recovery Circle<br>1:30pm Sharing Our Story<br>2:30pm: Community Meal<br>2:30pm: SMART Recovery | 11 1pm: Milieu Begins<br>1:15pm Meditation<br>1:30pm Walking Club<br>1:30pm Finding Yourself<br>1:30pm Latte Hour<br>2:00pm: Acting for Recovery<br>2:00pm:Popcorn & Purpose<br>2:30pm: Doing the Hard Things | 12<br>4:30pm Mllieu begins<br>4:45: Meditation<br>5pm: Community Meal<br>5:30 pm Recovery Rediscovery<br>5:30pm Recovery Circle<br>6:30pm Open Mic Nights | 13<br>1pm: Milieu Begins<br>1:15pm Meditation<br>1:30pm Latte Hour<br>1:30pm Recovery Circle<br>2pm: SMART Recovery<br>2:30pm: Compassion Within<br>2:30pm: New Member Orientation |
| 16<br>1pm: Milieu Begins<br>1:15pm Meditation<br>1:30pm Recovery Circle<br>2pm: Budget Basics<br>2pm:Popcorn & Purpose<br>2:30pm: Four Agreements | 17<br>1pm: Milieu Begins<br>1:15pm Meditation<br>1:30pm Recovery Circle<br>1:30pm Sharing Our Story<br>2:30pm: Community Meal<br>2:30pm: SMART Recovery | 18 1pm: Milieu Begins<br>1:15pm Meditation<br>1:30pm Finding Yourself<br>1:30pm Walking Club<br>1:30pm Latte Hour<br>2:00pm: Popcorn & Purpose<br>2:30pm: Harm Reduction Supports<br>2:30pm: Doing the Hard Things | 19<br>4:30pm Mllieu begins<br>4:45: Meditation<br>5pm: Community Meal<br>5:30 pm Recovery Rediscovery<br>5:30pm Recovery Circle<br>6:30pm Open Mic Nights | 20<br>1pm: Milieu Begins<br>1:15pm Meditation<br>1:30pm Latte Hour<br>1:30pm Recovery Circle<br>2pm: SMART Recovery<br>2:30pm:Compassion Within |
| 23 1pm: Milieu Begins<br>1:15pm Meditation<br>1:30pm Recovery Circle<br>2pm: Budget Basics<br>2pm:Gratitude Hour<br>2:30pm:Popcorn & Purpose | 24<br>1pm: Milieu Begins<br>1:15pm Meditation<br>1:30pm Recovery Circle<br>1:30pm Sharing Our Story<br>2:30pm: Community Meal<br>2:30pm: SMART Recovery | 25 1pm: Milieu Begins<br>1:15pm Meditation<br>1:30pm Finding Yourself<br>1:30pm Walking Club<br>1:30pm Latte Hour<br>2:00pm: Popcorn & Purpose<br>2:30pm: Harm Reduction Supports<br>2:30pm: Doing the Hard Things | 26<br>Thanksgiving - Closed | 27<br>Thanksgiving - Closed |

# Class Descriptions

PRN Promise Resource Network

## Morning Meditation and Millieu

Begin the day intentionally with a few minutes of mindful breathing and silence.



## Approaching Hope

Hope is more than simply wishing for something good—it is a way of seeing possibility, even when life feels difficult. In this workshop, participants will explore how hope can be noticed, strengthened, and practiced in everyday life. Together, we'll discover small ways to move toward hope with greater courage, connection, and purpose.



## 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



## Compassion Within

Mindful Self-Compassion is the practice of meeting ourselves with the same kindness, care, and understanding that we would offer to someone we love. It combines mindfulness—being present with what is happening—with self-compassion—responding to ourselves with warmth rather than criticism. It helps us recognize that struggle is part of being human and learn healthier ways to respond when life is difficult



## Acting for Recovery

Acting and improv aren't just for comedy – its 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.



## Doing the Hard things

Doing the Hard Things is a supportive space to explore the courage it takes to face challenges, step outside our comfort zones, and keep moving forward. Using the 8 Dimensions of Wellness, we'll reflect on difficult moments, build resilience, and discover practical ways to care for ourselves while doing the things that help us grow.



## Gratitude hour

Take a fun, feel-good pause to celebrate the little things! Join us for uplifting conversation, gratitude activities, laughter, and a chance to recognize the people, moments, and wins that make life meaningful. Come as you are—leave with a little more joy!

# Class Descriptions

Promise Resource Network

## 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 LGBT+ 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 comback 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.

# Class Descriptions

Promise Resource Network



## 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.



## 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.



## 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.



## 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



## Budget Basics

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

# Class Descriptions

Promise Resource Network

## Main character Energy:Anime Wellness :

Step into your main character era! 🎬✨ This fun, interactive anime-inspired wellness class explores the  Wellness through characters, stories, and lessons from anime. Discover your strengths, build your wellness toolkit, and create your own path to becoming the healthiest, happiest version of you—because you're the main character of your story!



## Resiliency

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



## Step Forward

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



## Game On!

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



## Open Mic Night

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



## Rudimentaries of Self

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



## 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.



## Earth, Rhythm, & Soul

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

# Class Descriptions

PRN Promise Resource Network



## Finding Yourself

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



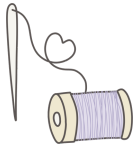
## Neurospicy Unmasked

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.



## Popcorn & Purpose

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.



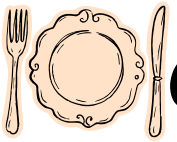
## Own Your Power

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 everchaning 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

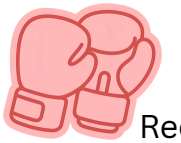
A musical connection group for people to connect with their emotions and each other by making and sharing music together.



## Yoga

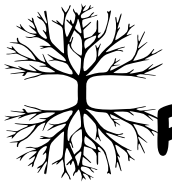
Yoga is a gentle, mindful way to get in touch with our bodies and release long-held tension. Come join us for yoga to explore how mindful movements and breathing can be a part of your wellness journey!

# 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.



## Roots in Bloom

Discussion on ghow to better be in tuned with your physical,emotional, and intellectual self.Then discussing how to focus more on these in daily life. More importantly how to grow these qualities in a found mindset of growth and a recovery mind state.



## 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.

 = Big Classroom  = Zen Studio  = Music Room  = Cafe  = Computer Lab

 = Small Classroom  = Art Studio  = Sitting Circle  = Courtyard



# Mothers Forever

A mother is forever and this isn't changed when your child is no longer in your life. For whatever reason for the separation, this group is a nonjudgemental safe space to explore the grief, loss, and pain while connecting with others who understand. This is a healing-oriented time for us to hold space and move through the pain towards a new chapter in our recovery.