



Plymouth

Addiction Recovery Education Access Services (A.R.E.A.S.)

Tuesdays
11:30AM-12:30PM

About **A.R.E.A.S.**

Addiction Recovery Education Access Services is a **FREE** weekly peer-to-peer facilitated meeting that focuses on recovery-based topics chosen by group participants.

- Recovery-based curriculum in a group discussion format
- Peer-to-peer facilitated
- Help solving practical problems
- Strengthen recovery coping & relapse prevention skills
- Information, resources & decision-making support
- Leadership development
- Opportunities for involvement with **MOAR** in a personal way

Plymouth Recovery Center
5 Main St Ext #202
Plymouth, MA 02360

Topics **Include**

- Skills Building
- Family & Addiction
- Building Values in Recovery
- Mental Health & Trauma
- Multiple Pathways
- Harm Reduction
- Understanding CORI
- Healthy Relationships
- Spirituality & Recovery
- Housing & Recovery

Have a Question? info@moar-recovery.org



Connect with us:
[@moarrecovery](https://www.instagram.com/moarrecovery) // 617-423-6627