

PLEASE NOTE: CLASSES AND GROUPS ARE MOVING TO THE CARE MAIN BUILDING, 31900 Utica Road in Fraser effective 8/5/2024
All programs are free and open to the entire community!

MARA

MARA is Medication-Assisted Recovery Anonymous for those who are open to multiple pathways of recovery.

Mondays @ 4:00 PM

At the CARE Main and on Zoom: 298 912 3160

Relapse Prevention

Mondays @ 5:30- 7:00 PM

Tuesdays @ 5:30- 7:00 PM

At CARE Main

Recovery Dharma

Supports recovery using Buddhist practices and principles.

Tuesdays at 12:00 PM / Thursdays @ 6:00 PM

At CARE Main and on Zoom: 926 676 5482

Nar-Anon - Live and Let Live

A worldwide fellowship for those affected by someone else's addiction. We offer our help by sharing our experience, strength and hope.

Tuesdays @ 7:00 PM

At CARE Main

Mindful Movement

Basic yoga practices to strengthen your mind and body.

Mondays @ 6 pm

At RUCC and on Zoom: 926 676 5482

Job Readiness

Join a RUCC Peer Recovery Coach to learn what you need to enter the workforce and develop new skills that will help you stand out! Join either class.

Wednesdays @ 10:00 AM | Thursdays @ 1:00 PM

At RUCC computer lab

Veteran Peer to Peer Meeting

Veterans gather to share with each other about their common needs in recovery from substance use disorder.

Wednesdays @ 11 AM | Thursdays @ 4:30 pm

At CARE Main and on Zoom: 926 676 5482

SMART Recovery

SMART Recovery is an evidence-informed approach to overcoming addictive behaviors and leading a balanced life.

Tuesdays @ 6:00 pm and

Wednesdays @ 10:00 AM

At CARE Main

We do everything we can to provide the most accurate information so you can plan accordingly.

Please check www.ruccfraser.com for the most up to date information.



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Men in Recovery

Men only recovery group.
Tuesdays @ 10:30 AM
At CARE Main

Women in Recovery

Women only recovery group.
Thursdays @ 6:30 PM
At CARE Main and on Zoom: 926 676 5482

Computer Basics

Drop in anytime during business hours for guidance
on basic computer skills
At RUCC computer lab

Create with a Coach

Come create art in a fun recovery environment!
Friday, August 16 @ 11:00 AM
At CARE Main

Persons in Recovery

Persons gather to share with each other
and listen to various recovery related topics.
Thursdays @ 10:30 AM and 6:30 PM
At CARE Main

Youth Peer to Peer

A support group for youth ages 14-18 to
support one another on common topics related
to substance use and other life issues.
Led by a Youth Peer Recovery Coach
Tuesdays @ 5:00 pm
At CARE Main

LGBTQIA+ in Recovery

Meeting for the LGBTQIA+ Community to meet and
Discuss various recovery related topics.
Thursdays @ 4:30 pm
At CARE Main

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Questions? Please call us at 586.552.1120 or visit us at www.ruccfraser.com

