

Alaska Women's Recovery Project

May 2012

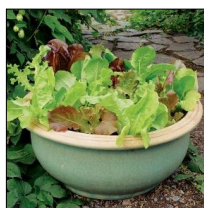
AWRP Gathering Place for Women
Recovery Community Center
505 W. Northern Lights Blvd., Ste. 102
Anchorage, AK 99508

See back for full schedule of activities.

Join us for Container Gardening Come to Create your "Salad in a Pot"



Saturday,
May 19
1 p.m.



Adults and children invited.

FREE

Bring your own container.

Planting supplies and a limited number of
containers will be provided.

Please call (907) 729-5190 to reserve your space.

Young Women's Teen Gathering



Wednesdays 4 - 4:45 p.m.

The Young Women's Teen Gathering brings
young women together to develop
peer-leadership and peer-based
community recovery support.

R.S.V.P. (907) 729-5190



Alaska Women's Recovery Project provides community-based, peer-driven, peer-led recovery support activities for women of all ages and ethnic backgrounds and their families. AWRP brings women in the recovery community together through activities that strengthen supportive relationships, families and the community.

Alaska Women's Recovery Project is funded through grants from Alaska Mental Health Trust Authority and State of Alaska Department of Health and Social Services.

Recovery Support Gatherings

Women Supporting Women in Recovery
Tuesdays 12 - 1 p.m. and Fridays* 6 - 7 p.m.

"Exploration of The Four Agreements"

will be discussed in May.

***Friday Support Gathering Only:**
Supervised children's activity room.
Call 24 hours in advance for a reservation.

Clothing closet following each gathering.

In the best selling book, The Four Agreements, don Miguel Ruiz gives four principles to practice in order to create love and happiness in your life.

Yoga with Beth Schuerman

Tuesdays 6 - 7 p.m.

Yoga is a relaxing workout that
involves stretching, toning muscles, breathing and
meditation to calm the mind and body.

Stress Reduction and Relaxation

Thursdays 12 - 1 p.m.

The relaxation activity joins gentle stretching with
classical music and finishes with a guided imagery
or progressive muscle relaxation exercise.

