



# SUMMER RECOVERY EVENTS **JUNE**



## Budget-Friendly Gourmet Cooking Class

Wednesday, June 5 • 12:30 - 1:30 PM Thursday, June 6 • 5:30 - 6:30 PM

Learn how to create simple and delicious meals on a budget. Registration is required at [tinyurl.com/JuneCooking](http://tinyurl.com/JuneCooking) Space is limited - please register for one date only



## Herb & Veggie Potting Workshop

Friday, June 7 • 6:30 - 8:00 PM

Join our Recovery Team staff to learn about growing herbs and vegetables. Staff will talk briefly about their experiences growing herbs and veggies from seed. Participants will then pot seedlings to take home. Tips for usage and recipe ideas will be provided. Space is limited and registration is required. [www.TinyUrl.com/HVGGardening](http://www.TinyUrl.com/HVGGardening)

SAVE THE DATE

## 10th Annual Changing the Face of Addiction Recovery Walk

Saturday, August 3 • 9am - 12pm [RecoveryWalk.org](http://RecoveryWalk.org)



## Mindfulness Walk Mondays • 4:00 - 5:00 PM

Explore mindfulness through walking in nature. \$5 gift card for attendees. Meet at CFPC parking lot 61 Spring St., Newton. Registration Required. [Linda@centerforprevention.org](mailto:Linda@centerforprevention.org)

## J.A.M. Journey Through Arts & Music

Saturday, June 15 • 7:00 - 9:00 PM

Open Mic Night at the RCC! JAM-out, bring your instruments or just relax and enjoy the show and fellowship. Youth are welcome if accompanied by an adult.



## Cards of Caring • Thursday, June 20 • 6:00 - 8:00 pm



Create heartfelt cards for local addiction treatment center patients. Imagine their joy when a patient receives your handmade card, a reminder that they're not alone on this journey!



For transportation assistance  
contact

[marjorie@centerforprevention.org](mailto:marjorie@centerforprevention.org)

Monthly Narcan Training and Kits

[centerforprevention.org/rcc/narcan](http://centerforprevention.org/rcc/narcan)



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