

### On-Campus Resources for Recovery

Prevention & Advocacy: Wismer 117: 610-409-3590 @ursinus\_preventionandadvocacy

- Offers private appointments for brief assessments & referrals for wellness, alcohol or other drugs
- Provides group trainings and educational workshops on bystander intervention, wellness, alcohol, other drugs, and sexual misconduct as well as other intersecting topics

Wellness Center- Counseling: 789 Main Street: 610-409-3100 "Crisis Hour" Weekdays 2pm-3pm

- Offers short-term individual free and confidential counseling
- Offers group counseling with a changing schedule each semester based on need
- Offers consultation services and crisis intervention as well as referrals as needed

### Off-Campus Resources for Recovery

12-step Meetings at Trinity Church:

- Every Friday night Alcoholics Anonymous meeting at 8pm
- Every Friday night Al-Anon meeting (friends/family meeting) at 8pm
- Every Sunday night NA meeting at 7:30pm
- Every Monday night Overeaters Anonymous meeting at 7:30pm

Yoga for Recovery & Healing

[www.NectarYogaStudio.com](http://www.NectarYogaStudio.com)

- pay-what-you-can gentle community class open to all once a month in Phoenixville

Beginners/ Young People's 12-step Meetings:

- Every Friday night at 7:30pm Alcoholics Anonymous meeting at Centennial Evangelical Church (1330 Hares Hill Road, Phoenixville) "lots of young people upstairs – a speaker meeting is at the same time downstairs too"
- Every Saturday night at 7:30pm Alcoholics Anonymous meeting at Phoenixville Clubhouse, corners of Gay St and Walnut St. "a good mix of young and old"

Empowering U Center Support Groups: 511 W Main Street, Trappe, PA: 484-275-0393: [www.empoweringucenter.com](http://www.empoweringucenter.com)

- Loving Someone with an Addiction Group: Thursdays from 7pm-830pm once a month
- Families Who Lost a Loved One Due to Overdose Group: Mondays from 7pm-830pm once a month
- Friends/Family of Suicide Support Group: Mondays from 7pm-830pm once a month

Eating Disorders Recovery Treatment:

- Renfrew Center: [www.renfrewcenter.com](http://www.renfrewcenter.com)
- Seeds of Hope for EDs: <https://seedsofhope.pyramidhealthcarepa.com/>
- Monte Nido: <https://www.montenido.com/locations/philadelphia-pa/>

Alcohol and other Drug Recovery Treatment:

- CARON: <https://www.caron.org/locations/caron-pennsylvania>
- The Light Program – <https://thelightprogram.pyramidhealthcarepa.com/>
- Rehab After Work: <https://rehabafterwork.pyramidhealthcarepa.com/>

### Online Resources for Recovery

- Website: WomenforSobriety.org
- Website: SmartRecovery.org
- App: MeetingGuide (picture of a chair)
- App: 12Step Meditations (picture of a candle)



SoberEvolution