

MOUNTAINSIDE Virtual Offerings

Support Groups

SATURDAY - THURSDAY

Recovery Support

6:30 PM - 7:30 PM, EST

EVERY WEDNESDAY

Young People in Recovery

Open to ages 16-30

4:00 PM - 5:00 PM, EST

MONDAY - THURSDAY

Step into Recovery

12 Step-Based Meeting

12:00 PM - 1:00 PM, EST

EVERY WEDNESDAY

Friends and Family

6:30 PM - 7:30 PM, EST

EVERY MONDAY

LGBTQ

7:00 PM - 8:00 PM, EST

EVERY FRIDAY

Alcoholics Anonymous

6:30 PM - 7:30 PM, EST

Events

EVERY MONDAY, WEDNESDAY & FRIDAY

Morning Workout

with Celebrity Trainer Leandro Carvalho

9:00 AM - 9:45 AM, EST

EVERY FRIDAY

Open Mic Night

8:00 PM - 9:30 PM, EST

MONDAY - THURSDAY

Evening Meditation

7:45 PM - 8:00 PM, EST

EVERY FIRST & THIRD SUNDAY

Book Club: As the Page Turns

4:00 PM - 5:30 PM, EST

Recovery Helpline

No matter what twists and turns you encounter along your recovery journey, Mountainside can help. Our Recovery Helpline is available 24 hours a day, 7 days a week. Call **833 200 6665**

To learn about all our virtual offerings, visit mountainside.com/virtual