



Community. Recovery. *Unlimited* Potential.

# SAARA CENTER FOR RECOVERY

**Your Community  
Recovery Center**



# WHAT IS SAARA?

**SAARA stands for Substance Abuse and Addiction Recovery Alliance. We are a Community Recovery Organization.**

# WHO ARE WE?

**Our staff are people in long term recovery from addiction. Who better to share their experience, strength, and hope than those of us who have walked in the same shoes? If we can do it, so can you!**



## OUR LOGO

**The gold bands reaching out stand for community. The circle is for recovery. And the infinity sign is for UNLIMITED POTENTIAL.**

# **OUR SERVICES**

**We are a daytime drop-in Center at 306 Turner Road in Richmond.**

**We provide recovery support services at no cost to Central Virginians who are 18 and over.**

**We provide a drug-and-alcohol free environment that is safe, engaging, and nonjudgemental.**

# **When you sign up for services at the SAARA Center for Recovery you are eligible for:**

- Confidential, one-on-one recovery coaching.**
- Recovery support groups and meetings**
- Access to computers**
- Transportation assistance**
- Links to community resources**

# **ONE-ON-ONE RECOVERY COACHING**

- **When you sign up for services at the SAARA Center, you will be assigned a Recovery Coach.**
- **Your recovery coach is there to speak with you confidentially, to support you in your recovery, and to link you with community resources.**
- **As a person in long term recovery themselves, your recovery coach understands what you are going through and will help you make a recovery action plan.**

# **SAARA CENTER GROUPS AND MEETINGS**

- **Anger Management Group**
- **Women's Meeting**
- **Women of Worth**
- **Men Under Construction**
- **Recovery Planning Group**
- **All Recovery Meeting**
- **Narcotics Anonymous Meetings**
- **HIV Prevention**



# ACCESS TO COMPUTERS

- **As a SAARA Center member, or PEER, you have access to our computer lab.**
- **On our computers, you can perform job searches, fill out applications, find community resources, and view recovery media such as films, episodes of Intervention, etc.**
- **Should you need it, computer assistance is available.**

# **GROUPS COMING SOON:**

- **Starting this fall, the SAARA Center for Recovery will be offering:**
- **Life Skills Group**
- **Medically Assisted Recovery Support Groups, for those who are in medically assisted recovery and are prescribed methadone, suboxone, etc.**

# Welcome to the SAARA Center!



