



# Boston

## Addiction Recovery Education Access Services (A.R.E.A.S.)

Wednesdays  
9:00AM-10:00AM

### About **A.R.E.A.S.**

Addiction Recovery Education Access Services is a FREE weekly peer-to-peer facilitated meeting that focuses on recovery-based topics chosen by group participants.

- Recovery-based curriculum in a group discussion format
- Peer-to-peer facilitated
- Help solving practical problems
- Strengthen recovery coping & relapse prevention skills
- Information, resources & decision-making support
- Leadership development
- Opportunities for involvement with **MOAR** in a personal way

### Topics **Include**

- Skills Building
- Family & Addiction
- Building Values in Recovery
- Mental Health & Trauma
- Multiple Pathways
- Harm Reduction
- Understanding CORI
- Healthy Relationships
- Spirituality & Recovery
- Housing & Recovery

Room to Grow: 9 Boylston Street, 5th Fl, Boston, MA 02116

**Have a Question?**    [info@moar-recovery.org](mailto:info@moar-recovery.org)



Connect with us:

[@moarrecovery](https://www.instagram.com/moarrecovery) // 617-423-6627