

# OPEN EVERY DAY

Wednesday–Monday

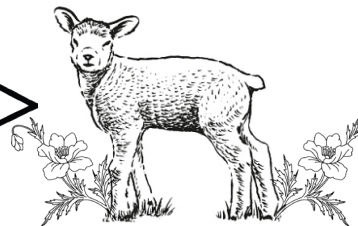
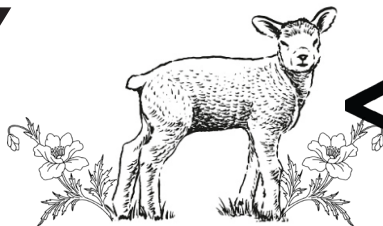
10am–5pm

(Tuesday 12-5pm)

PHONE: 503-393-4273

EMAIL: info@roccsaalem.org

2555 Silverton RD. NE



**One-on-One Peer Phone Support!**

Peer Support Specialists available from 10am–6pm seven days a week.

**971-718-8668**

**NEW! Resource Navigation**

Get assistance applying for OHP, Housing, shelters, etc..

**CALL 971-900-8926**



## 2023 APRIL ROCC CALENDAR

**SUNDAY**

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**

**2–4pm  
Amongst  
Ourselves  
ONLINE**

with Deena  
ZOOM Meeting ID:  
**825 6965 1675**

**3-4pm  
Dopeless  
Hope Fiends  
LIVE NA meeting  
with Dwan**

**11-12pm  
Clearwater  
Women's Respite  
with Debra LIVE**  
ZOOM Meeting ID:  
**884 0385 7009**

**1–2pm  
Four Agreements  
with Debra LIVE**  
ZOOM Meeting ID:  
**833 4727 8563**

**2:30-3:30 NEW!  
Disability Support  
with Clara LIVE**

**12–1pm  
Creativity Recovery  
with Lorretta LIVE**  
ZOOM Meeting ID:  
**820 3790 6900**

**1–2pm  
Emotional Awareness  
with Mark LIVE**  
ZOOM Meeting ID:  
**820 1254 4213**

**2:30-4:30pm  
Art & Stuff  
LIVE at ROCC  
with Lorretta**

**5-6:30pm  
Karaoke  
LIVE at ROCC  
KJ The Last Outlaw**

**12-1PM DDA  
LIVE at ROCC  
conference room**

**2–3pm  
SMART Recovery  
LIVE at ROCC  
conference room  
with Lorretta**

**5:15-6pm  
CHAIR YOGA  
LIVE at ROCC  
with Lorretta**

**Key Bank is Coming to  
ROCC! Bank Folk will  
be here at community  
meeting, April 13th and  
Thursdays 1-3 for private  
consults- banking Q& A**

**SHOWERS  
Every Wednesday  
11:00am Be here  
Wednesday 10:30am. We  
transport to First Free  
Methodist where lovely  
clean showers await.  
Sign up at front desk.**

**1–2pm  
Exploring the 8  
Dimensions of  
Wellness**  
with Alisha  
ZOOM Meeting ID:  
**120 078 320**

**2:30–3pm  
LIVE Meditation  
with Lorretta**  
ZOOM Meeting ID:  
**810 9973 2913**

**3–5pm  
Dungeons & Dragons  
LIVE at ROCC  
April 6th & 27th  
with Chris & Jacob**

**4:30–5:30pm  
April 13th  
Community  
Meeting  
Food•Fun•US!**

**PopArt • Painting  
Class  
LIVE at ROCC  
Thursday  
APRIL 20TH  
4–6pm  
PLEASE PRE REGISTER  
by emailing  
Lorretta@roccsaalem.  
org  
or call 503-393-4273**

**1–2pm  
Voices & Visions  
with Chris LIVE**  
ZOOM Meeting ID:  
**862 1620 6993**

**2:30-3:30pm  
Trauma Support  
with Chris LIVE**  
ZOOM Meeting ID:  
**871 0581 2688**

**4:00–6:00pm  
Movie Night  
with Lorretta & Mark  
LIVE at ROCC**

**2:30–3pm  
Meditation  
with Lorretta  
LIVE**  
ZOOM Meeting ID:  
**810 9973 2913**

**3:30pm–5pm  
SMART Recovery  
with Deena LIVE**  
ZOOM Meeting  
ID: **654 244 195**

**4-5pm  
Game Night  
with Lorretta & Mark  
LIVE at ROCC**

### EASTER TREATS

Easter Sunday Desserts  
April 9th starts at 1pm

**NA** is a nonprofit society of men and women for whom drugs had become a major problem. We are recovering addicts who meet regularly to help each other stay clean.

**LIVE at ROCC  
3–4pm Sundays**

Upstairs Conference Room



You can access the ONLINE GROUPS at [roccsaalem.org](http://roccsaalem.org) website and clicking on the "online Groups" link.

### NEW GROUP! DISABILITY SUPPORT

A safe place for people with disabilities to share their experiences, learn, support each other, and celebrate disabled joy.

**LIVE at ROCC • 2:30–3:30 Mondays with Clara Upstairs Conference Room**



## APRIL EVENT!

### SPRING FLING TALENT SHOWCASE

**Friday, April 28th  
IKE BOX  
299 Cottage NE  
7–8:30PM  
Doors at 6:30**

**\$5  
Suggested  
Donation**

**All Ages!  
Public  
Welcome!**