



Recovery Guide

Services, Activities, and Resources



**Healthy
Capital District**

Get Covered • Find Care
Stay Healthy

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Treatment Locator and Guide:

Agency	Service Description	Contact Information
SAMHSA	Customizes and locates the types of services you are seeking based on: Location, level of care, telemedicine preference, service setting e, types of opioid treatments preferred (includes Buprenorphine Practitioners in the area), if veteran services are needed, insurance/payment needs, preferred language, and special programs or groups.	https://findtreatment.samhsa.gov/locator.html Or Call: 1-800-662-HELP (4357)
New York Office of Addiction and Services and Supports (OASAS)	Provider and Program Locator Tool: Find Chemical Dependence Treatment Programs, Chemical Dependence Prevention Programs, Providers of Clinical Screening and Assessment Services for the Impaired Driving Offender, and Problem Gambling Treatment and Prevention programs that are based in New York State	https://webapps.oasas.ny.gov/providerDirectory/index.cfm?search_type=2
HOPEline	The NYS HOPEline: Owned by the New York State Office of Addiction Services and Supports (OASAS), the HOPEline provides high quality, responsive information, and referral services via phone and text message to callers throughout New York State experiencing substance misuse and problem gambling. HOPEline services are free and confidential. The HOPEline operates 24 hours a day, 365 days a year.	Contact the HOPEline by calling: 1-877-846-7369 or text HOPENY (467369)
Friends of Recovery NY (FOR-NY)	An in-depth guide which provides resources, definitions, tips, tools, and guidance on navigating treatment. Designed with the goal of assisting and supporting families as they navigate their way from active addiction to recovery.	https://for-ny.org/wp-content/uploads/2018/04/FamtoFamResourcesGuide.pdf Tel: 518-487-4395
Rensselaer County Department of Public Health Rensselaer County, NY	The Recovery Helpline is open every day from 9 a.m. to 9 p.m. and staffed by people with lived experience in addiction and recovery who will partner with callers in their recovery planning process. Callers can find support on everything from engaging in appropriate treatment to finding education materials.	rensco.com , Tel: 1-833-HOPE-123 (1-833-467-3123)



Peer Support*

*Peer recovery coaches provide many different types of support, including emotional, informational, instrumental (e.g. housing or employment) affiliation support (connections to recovery community activities), and recovery planning. The focus of long-term peer recovery support goes beyond the reduction or elimination of symptoms, and encompasses self-actualization, community engagement, and overall wellness.

Agency	Service	Additional Information
Catholic Charities	Peer Advocate	<ul style="list-style-type: none"> • Peer Advocates utilize harm reduction techniques which incorporates a spectrum of strategies from safer use, to managed use to abstinence, in order to meet people “where they’re at” • Peers provide a vital link to the resources people need or want (including medication linkage) help reduce the stigma associated with drug use • Medication Support/Linkage • Tel: 1-866-930-4999
Healing Springs Recovery Community Center	Peer Advocate	<ul style="list-style-type: none"> • Peer-led addiction and recovery support groups • Linkage with community resources • Work with individuals in developing wellness plans • Health and wellness activities; community service opportunities • Tel: (518) 669-9552 or (518)-491-0664
New Choices Recovery Center	Peer Advocate	<ul style="list-style-type: none"> • Peer Support for anyone interested in the recovery process • No insurance is required for this service • Client has the option to meet with the peer advocate in the office or in the community • Tel: 518- 346 -4436 Ext 7201
Our Wellness Collective	Peer Advocates	<ul style="list-style-type: none"> • Peer-led substance misuse and recovery support groups • Peer-led trainings for people in recovery, those struggling with recovery, and for organizations working with people on their journey to recovery • Tel: 518-303-2725
Rensselaer County Department of Mental Health	Peer Advocates	<ul style="list-style-type: none"> • Peers develop brief service plans and provide referrals and linkages to needed services or supports • Cell: 518-925-8067 Office: 518-270-2857



Family Support*

*Some examples of family support services include: learning mindful communication and boundary setting techniques, providing your loved one with healthy motivation, helping family members understand the science of addiction, and providing family members the tools to recognize and avoid enabling behaviors.

Agency	Service	Additional Information
The Addictions Care Center	Family Support Navigators (FSNs)	<ul style="list-style-type: none"> • Family Support • Education on Substance Use Disorder and Recovery • Peer/Family Coaching • Referrals • Insurance Advocacy • Community Engagement • Alleviating communication barriers • Tel: (518) 465-5470
Conifer Park	Family Support Program	<ul style="list-style-type: none"> • Lectures, group interactions, and discussions • Tools to improve communication skills • Tactics to assist the entire family heal and recover • Tel: (800) 989-6446 ext. 8106
Equinox	Family Resources Program in our eyes.	<ul style="list-style-type: none"> • One-on-one meetings in their offices or in clients' homes, multi-family group meetings, a 24-hour hotline, and referral services • Family Resources staff is available to answer questions and provide guidance in person, on the phone, by email, or through the mail • Tel: 518.435.9931 x5455



Family Support (Cont'd.)

Agency	Service	Additional Information
Healing Springs	Family Support Navigator (FSN)	<ul style="list-style-type: none"> Assists family and loved ones understand the progression of addiction, how to navigate the insurance and treatment systems, and how to adjust to a loved one's return home from treatment Ongoing support for families throughout the recovery process Connection to a variety of vital resources Tel: 518-306-3048
Nar-Anon (Multi-Agency Offering) and Al-Anon (Multi-Agency Offering)	Family Support Groups	<ul style="list-style-type: none"> Twelve-step programs Support and help are provided through sharing successes and failures, joys and sorrows, dreams and realities. In this group, a better way to live and cope is learned
New Choices CRAFT Program	Community Reinforcement and Family Training (CRAFT) program	<ul style="list-style-type: none"> The CRAFT program is designed to accomplish three goals: <ol style="list-style-type: none"> 1) When a loved one is misusing substances and refusing to get help, CRAFT helps families invite their loved one into treatment options 2) On its own, CRAFT helps reduce the loved one's alcohol and drug use, even if the loved one has not yet engaged in treatment. 3) CRAFT improves the lives of the concerned family and friends Tel: 518 -382 -7838 X 103 or 518 - 348 -7976 For an informational video and to learn more about the CRAFT guidelines, visit: NYS Office of Addiction Supports and Services
Our Wellness Collective Friends & Family Harm Reduction Works Meeting Link	Friends & Family HRW meetings (multiple pathways for friends & family too)	<ul style="list-style-type: none"> Friends & Family Harm Reduction Works (HRW) is a Mutual Aid meeting open to anyone who is interested in support & empowerment. Meets virtually on Tuesdays @ 6:30 EDT/EST Tel: 518-303-2725



Family Support (Cont'd.)- Capital Region NAR-ANON Meetings:

NAR-ANON (multi-agency offering)

<https://www.nar-anon.org>

Capital Region NAR-ANON Meetings:

MONDAYS: 6 PM & 7 PM

Tel: Nydia @ (347)410-2314

AMSTERDAM, Healing Hope Group
St. Anne's Episcopal Church, 37 Division Street,
Amsterdam, NY 12010.

TUESDAYS: 6 PM & 7 PM

Tel: Barb @ (518)355-8146

COLONIE, Never Alone Group, Capital Church
31 Vly Road, Albany, NY 12205

SARATOGA SPRINGS, Healing Springs Group
United Methodist Church, 175 5th Avenue
Saratoga, NY 12866.

Tel: Julie @ (518)365-1261 or
Judy @ (518)796-0694

WEDNESDAYS: 7PM

Tel: Judy @ (518)796-0694

SOUTH GLENS FALLS, Steps to Hope Group
Pine Knolls Alliance Church, 614 Gansevoort Road,
South Glens Falls, NY 12803.

CHATHAM, Strength & Recovery Together Group
Christ Our Emmanuel Church, 23 Park Row,
Chatham, NY 12037.

Tel: Lori @ (518)858-6124

THURSDAYS: 7PM

Tel: Julie @ (518)365-1261

MECHANICVILLE, Journey of Hope Group
St. Luke's Episcopal Church, 40 McBride Road,
Mechanicville, NY 12118

SATURDAYS: 10AM

Tel: Healing Springs @ 518-306-3048

SARATOGA SPRINGS Families Recover
Held at: Pine Grove Church, 59 Pine Rd.
Saratoga Springs, NY 12866



Creative Outlets*

*In addition to creating pathways for unresolved emotions, creativity can help those in recovery do the following: heal from past traumas, improve work performance, optimize focus, encourage playfulness, work through shame, and reduce stress.

Agency	Service	Additional Information
Albany Art Room The Atelier at Arlene's CREATE Studios Electric City Barn	Arts and Crafts	<ul style="list-style-type: none"> Arts and crafts are one of the fundamental ways to assist with the healing of the heart, mind, and spirit With the relaxation that arts and crafts activities bring, there is also a sense of purpose, thoughtfulness and expression alongside with creativity
SUNY Schenectady Workforce Development SUNY Adirondack Continuing Education SUNY Hudson Valley Continuing Education	Continuing Education Classes.	<ul style="list-style-type: none"> Ample options for learning a language, to play an instrument, acquiring a new skill, or taking some exploratory classes that allow you to consider new directions Developing new hobbies and/or outlets have ongoing benefits, as you continue to widen your horizons in recovery
DIY Network Home Depot DIY Project Ideas Life Hacker	Do It Yourself (DIY)	<ul style="list-style-type: none"> Visit a “how to” site and you could try installing a backsplash, building a deck, or creating an indoor garden- there is no limit to what you can find
Albany Live Music Events Caffe Lena Music Haven Concert Series Saratoga Performing Arts Center (SPAC) Troy Music Hall	Music	<ul style="list-style-type: none"> Music is the most accessible and most researched medium of art and healing, and there has been a principal emphasis on the soothing capacity of music. In particular, music therapy has been shown to decrease anxiety.
Berkeley Gratitude Journal Creative Writing Now Journal Cloud PsychCentral	Writing	<ul style="list-style-type: none"> The effects of writing on overall health, have shown significant improvements in: <ul style="list-style-type: none"> Physical health Maintaining visits to physicians Improved immune system functioning Long-term improvements in mood and health



Social Networks

*Social support is information leading one to believe that s/he is cared for and a member of a network of mutual obligations. Evidence has proved that supportive interactions reduce stress, improve health and can accelerate recovery.

Agency	Service	Additional Information
Friends of Recovery NY Friends of Recovery Schenectady	Advocacy, Training, and Support Services	<ul style="list-style-type: none"> The FOR-NY mission is to demonstrate the power and promise of recovery from addictions and its value to individuals, families and communities throughout New York State and the nation
Meetup Sober Events	Online or in-person events for people in your local community who share your interests.	<ul style="list-style-type: none"> Thousands of events happening every day Find groups to meet people, make friends, find support, and explore your interests
Online Resources: The Temper Smart Recovery NA Meeting Search Recovery Centers of America Support Groups	Personalized Online Recovery Support Groups	<ul style="list-style-type: none"> Recovery is unique to every individual Recovery group options are flexible and supportive
Volunteer Match	Volunteer Opportunities	<ul style="list-style-type: none"> Connect with your community and give yourself a creative outlet by figuring out how to collect school supplies for foster kids, stretch the budget of a local food bank, or connect people living on the streets with services and treatment they need to heal. You have more to offer than you know, and by channeling your creative energy into helping others, you can make a huge difference in their lives and your own
Youth Voices Matter	Youth Recovery Community Organizations	<ul style="list-style-type: none"> YVM's mission is to empower and inspire youth and young adults across NY to create, develop and collaboratively establish Youth Recovery Community Organizations while supporting and contributing to the growth of each individual's recovery process Tel: 518-487-4395



Complementary & Alternative Services*

*These are “non-mainstream” treatments that are used together with, or sometimes instead of, common treatment techniques.

Agency*	Service	Additional Information
Capital Region Acupuncture Directory Capital Region Acupuncturists Centered Stillness	Acupuncture and Acupressure	<p>Acupuncture:</p> <ul style="list-style-type: none"> Originally a Chinese practice of inserting fine needles through the skin at specific points especially to cure disease or relieve pain. National Institutes of Health (NIH) studies have shown that acupuncture is an effective treatment alone or in combination with conventional therapies to treat the following: Substance Use Disorder (SUD), Nausea, Headaches, Fibromyalgia, Osteoarthritis, Lower Back pain, and Chronic Pain <p>Acupressure:</p> <ul style="list-style-type: none"> The application of pressure (as with the thumbs or fingertips) to the same discrete points on the body stimulated in acupuncture that is used for its therapeutic effects, such as the relief of tension or pain. NIH studies have shown that acupressure is effective for improving mental health, recovery from general psychological distress, enhance memory functions, and as an adjunct treatment for traumatic brain injury.
Albany Meditates First Unitarian Universalist Society of Albany Shambhala Center of Albany UnPlug- Virtual Meditation and Mindfulness Programs	Meditation	<p>Meditation:</p> <ul style="list-style-type: none"> To engage in contemplation, reflection, or a mental exercise (such as concentration on one’s breathing or repetition of a mantra) for the purpose of reaching a heightened level of spiritual awareness. NIH studies have shown that meditation results in significant improvement in recovery maintenance, in promoting executive functioning, in working memory, in decision-making skills, and results in decreasing stress levels.



Complementary and Alternative Services* (Cont'd)

Agency*	Service	Additional Information
Tai Chi Foundation	Tai Chi	Tai Chi: An ancient Chinese discipline of meditative movements practiced as a system of exercises.
Free Yoga in the Capital Region -click on the links for updated schedules Find a Meeting – Yoga of 12 Step Recovery (y12sr.com)	Yoga	Yoga: <ul style="list-style-type: none"> • A system of physical postures, and breathing techniques to promote physical and emotional well-being. • NIH studies have found that yoga reduces perceived stress and anxiety, improves physical and mental health, and is considered a holistic intervention leading to long-term benefits. • Donation-based Yoga 12-step Recovery (Y12SR) meetings are held at yoga studios and other community spaces across the country. Each meeting consists of a group sharing circle, and an intentional yoga class taught by a certified Y12SR leader

*In addition to the agencies above, many institutions of faith, recovery centers, community centers, insurance companies, school districts, and libraries will also offer classes in complementary and alternative practices for free or at low-cost to community members.



Recovery Community Centers*

*Recovery Community & Outreach Centers provide non-clinical support and education to individuals in recovery, their families, friends and other allies. They are not meant as a substitute for treatment.

Agency	Service	Additional Information
The Capital District Recovery Center	Recovery Support Groups And Recovery Resources	CDRC Provides: <ul style="list-style-type: none"> • Substance-free meeting space • 12 step and many other types of recovery oriented support groups • Tel: 518-487-4617
Healing Springs Recovery Center	Recovery Support Groups And Recovery Resources	<ul style="list-style-type: none"> • Peer to peer support for people in recovery and families seeking support • Information about area services • Tai Chi, Reiki, Yoga, Coffee Connection • Mutual Aid and other groups, including Refuge Recovery, Heroin Anonymous, Narcotics Anonymous, Alcoholics Anonymous, Nar-Anon, GRASP Grief and Loss Support • Advocacy support for access to treatment and services • Sober Social Events • Tel: 518-306-3048
Second Chance Opportunities	Recovery Support Services	Program Offers: <ul style="list-style-type: none"> • Recovery Coaching • Employment Assistance • Membership • Support • Referrals • Sober Social Events • Tel: 518-489-1929



Harm Reduction Services*

* Harm reduction programs and services focus on reducing risk to prevent dangerous consequences to health and well-being. Harm reduction techniques incorporate a spectrum of strategies from safer use, to managed use, to abstinence.

Agency	Service Description	Eligibility and Additional Information
Catholic Charities	Harm Reduction Services	<ul style="list-style-type: none"> Project Safe Point provides overdose prevention training, syringe exchange, treatment readiness and referrals, HIV and Hepatitis C Screening Tel: 1-866-930-4999
Harm Reduction Works Meeting Schedules and Information	Harm Reduction Works Information and Meetings	<ul style="list-style-type: none"> Find Harm Reduction Works (HRW) meetings, information, and news coverage
National Harm Reduction Coalition	Harm Reduction Policy and Advocacy Work	<ul style="list-style-type: none"> Creates spaces for dialogue and action that help heal the harms caused by racialized drug policies. Builds evidence-based strategies with and for people who use drugs
Never Use Alone	Harm Reduction Service	<ul style="list-style-type: none"> A life-saving 800 number that provides support and resources for people; meeting them “where they are at” without judgement or shaming Tel: 1-800-484-3731
Next Distro	Harm Reduction Services and Supplies	<ul style="list-style-type: none"> Provides Naloxone (Narcan) and clean syringes by mail. Provides a locator for naloxone access, syringe exchange programs, for support and advocacy options
Our Wellness Collective	Harm Reduction Meetings	<ul style="list-style-type: none"> Hosts free weekly Harm Reduction Works meetings and Friends and Family Harm Reduction Works support meetings



Advocacy Support*

*Speaking out about recovery can build relationships within your communities, reduce stigma, and build support or prevention and treatment programs. Whether you are speaking with elected officials, family members, decision makers, law enforcement, or others in recovery, your story can have an impact.

Agency	Service Description	Eligibility and Additional Information
The Alcoholism and Substance Abuse Providers of New York State (ASAP)	Advocacy	<ul style="list-style-type: none"> Advocacy work focused on shaping public policies which affect the provision of addiction prevention, treatment, and recovery services Provides tool kit, sample letters to congress and state representatives, and Up to date information on NYS initiatives and budgets focused on recovery efforts Tel: (518) 426-3122
Friends of Recovery- NY and Faces and Voices of Recovery (National)	Advocacy and Education	<ul style="list-style-type: none"> Advocacy work focused on improving public policy, stigma reduction, capacity building, and supporting the expansion of Recovery Community Organizations (RCOs) Provides an Advocacy Toolkit Provides education about the prevalence, pathways, and styles of long-term substance use disorder recovery Annual Stand Up for Recovery Advocacy Day
NYS Office of Addiction Services and Supports	Advocacy and Patient Rights	<ul style="list-style-type: none"> Provides toolkits for public awareness campaigns as well as patient rights fact sheets Tel: 1-800-553-5790- patient advocacy
Partnership to End Addiction	Advocacy	<ul style="list-style-type: none"> Advocating for improved policy Empowering community members to be capable advocates in the movement to break down barriers, stigma, and increase access to treatment Advocacy toolkit and other tools for effectively communicating with lawmakers
Vocal New York	Advocacy	<ul style="list-style-type: none"> Statewide grassroots membership organization focused on policy and empowerment Efforts focused on low-income people directly impacted by any of the following: HIV/AIDS, the drug war, mass incarceration, and homelessness Community organizing, leadership development, advocacy, direct services, and direct action



Directory

Organization and Contact Information by Category:

Peer Support:

Catholic Charities

31 Walter Street, Albany, New York 12204

<http://www.carecoordinationcc.org>

Tel: 1-866-930-4999

S.A.R.A./Healing Springs

125 High Rock Ave. (back parking lot, blue awning)
Saratoga Springs, NY 12866

<https://www.sararecovery.org>

Tel: (518) 669-9552 or 518-491-0664

Email: crpa@preventioncouncil.org or

crpa2@preventioncouncil.org

New Choices Recovery Center

728 State Street, Schenectady, 12307

www.newchoicesrecovery.org/site/recovery

Tel: 518- 346 -4436 Ext 7201 **Fax:** 518-346-3522

E-mail: Wraparound@newchoicesrecovery.org

Our Wellness Collective

PO Box 475 Ghent NY 12075

<https://www.ourwellnesscollective.com>

Tel: 518-303-2725

Rensselaer County Dept. of Mental Health

1600 7th Ave. Troy, NY 12180

www.rensco.com/peer-engagement-specialist

Cell: 518-925-8067

Office: 518-270-2857

Email: JChapman@rensco.com

Family Support:

The Addiction Care Center

90 McCarty Avenue, Albany, New York 12202

<https://www.theacca.net>

Tel: (518) 465-5829 ext. 416

Email: dmclarney@theacca.net

Al-Anon

<https://al-anon.org/al-anon-meetings/find-an-al-anon-meeting/>

Conifer Park

79 Glenridge Rd. Glenville, NY 12302

www.coniferpark.com/schenectady-outpatient-clinic

Tel: (800) 989-6446 ext. 8106.

Equinox

500 Central Avenue, Albany, NY 12206

equinoxinc.org/page/family-resources-33.html

Tel: 518.435.9931 x5455

Client Weather Line: 518.435.9931, x5454

Healing Springs

125 High Rock Ave. Saratoga Springs, NY

preventioncouncil.org/family-support-navigator

Tel: (518) 306-3048 or (518) 281-8389

Email: family@preventioncouncil.org



Family Support Cont'd:

Nar-Anon

<https://www.nar-anon.org>

New Choices

728 State Street, Schenectady, 12307

<https://www.newchoicesrecovery.org/site/concerned-loved-ones>

Tel: 518 -382 -7838 X 103 or 518 - 348 -7976

NYS Office of Addiction Services and Supports

<https://oasas.ny.gov/community-reinforcement-and-family-training-craft-introduction>

Our Wellness Collective

Events:

<https://www.facebook.com/events/768761117322453>

HRW Meeting Link: <https://zoom.us/j/158207944>

Tel: 518-303-2725

Creative Outlets:

ARTS AND CRAFTS

Albany Art Room

350 New Scotland Ave, Albany, NY 12208

<https://www.albanyartroom.com>

Tel: 518-915-1091

The Atelier at Arlene's

57 Fuller Rd, Albany, NY 12205

<https://arlenesartist.com/classes-workshops>

Tel: 518-482-8882

CREATE Studios

137 State St, Schenectady, NY 12305

<https://createcommunitystudios.org>

Tel: 518-348-9290

Electric City Barn

400 Craig St, Schenectady, NY 12307

<https://ecb.albanybarn.org>

Tel: (518) 935-4858

CONTINUING EDUCATION

State University of New York (SUNY):

[Workforce Development and Community Education | SUNY Schenectady \(sunysccc.edu\)](#)

[Browse Online Courses for SUNY Adirondack | ed2go](#)

<https://www.hvcc.edu/programs/workforce-development/index.html>

DO IT YOURSELF:

DIY Network

<https://www.diynetwork.com>

Home Depot

https://www.homedepot.com/c/diy_projects_and_ideas

Life Hacker

<https://lifehacker.com>



MUSIC

Albany Live Music Events

<https://www.albany.org/things-to-do/events-calendar/live-music>

Café Lena

<https://www.caffelena.org>

47 Phila St. Saratoga Springs, NY 12866

Tel: 518-583-0022

Music Haven Concert Series

<https://www.facebook.com/Music-Haven-Concert-Series-280439965464369>

Saratoga Performing Arts Center (SPAC)

<https://spac.org/calendar/calendar-of-events>

Troy Music Hall

<https://www.troymusichall.org>

WRITING

PsychCentral

<https://psychcentral.com/blog/ready-set-journal-64-journaling-prompts-for-self-discovery>

Journal Cloud

<https://journey.cloud/journal-prompts>

Creative Writing Now

<https://www.creative-writing-now.com/journal-prompts.html>

Berkeley

ggia.berkeley.edu/practice/gratitude_journal

Social Networks:

Friends of Recovery (FOR)

<https://for-ny.org/our-events/>
[Friends of Recovery - Schenectady - Events | Facebook](#)

Meetup

[meetup.com](https://www.meetup.com)
[Find Events & Groups | Meetup](#)

Online Resources

<https://www.thetemper.com/sober-communities-beyond-traditional-aa/>
<https://www.smartrecovery.org/>
<https://www.na.org/meetingsearch/>
<https://recoverycentersofamerica.com/recovery-resources-during-coronavirus/virtual-na-and-aa-meetings/>

Volunteer Match

www.volunteermatch.org

Youth Voices Matter (YVM)

youthvoicesmatterny.org
Tel: 518-487-4395



Complementary and Alternative Services:

ACUPRESSURE

Centered Stillness

307 Hamilton St, Albany, 12210

<https://www.centeredstillness.com/acupressure-massage>

Tel: 518-407-1841

ACUPUNCTURE

Capital Region Acupuncture Directory

<https://www.healthgrades.com/acupuncture-directory/ny-new-york/albany>

Capital Region Acupuncturists

<https://www.albany.com/health-medical/acupuncture>

MEDITATION

Albany Meditates

<https://sites.google.com/view/imatedate/home>

First Unitarian Universalist Society of Albany

<http://albanyuu.org/mindfulness-meditation>

Shambhala Center of Albany

<https://albany.shambhala.org>

UnPlug- Virtual Meditation Classes

<https://www.unplug.com/news/2021/3/2/the-best-virtual-guided-meditation-classes-to-stay-calm-during-the-pandemic>

TAI CHI

Tai Chi Foundation

<https://www.taichifoundation.org/free-live-online-classes>

YOGA

FREE Yoga in the Capital Region

<https://www.news10.com/news/free-yoga-classes-in-the-capital-region>

Yoga 12 Step Recovery Community

<https://y12sr.com/meetings/find-a-meeting-by-state/>

Recovery Community Centers:

Capital District Recovery Center

45 Colvin Ave (2nd Floor) Albany,
NY 12206

www.capitaldistrictrecoverycenter.org/about-us

Tel: 518-487-4617

Healing Springs

125 High Rock Avenue, (Back lot, blue awning)
Saratoga Springs, New York 12866

www.sararecovery.org

Tel: 518-306-3048

Second Chance Opportunities

55 Colvin Ave. Albany, NY 12206

www.scoalbany.com/rcc

Tel: 518-489-1929



Harm Reduction Services:

Catholic Charities

<https://www.projectsafepointcc.org/services>

Tel: 1-866-930-4999

Harm Reduction Works Meetings

<https://linktr.ee/hrw>

National Harm Reduction Coalition:

<https://harmreduction.org>

Never Use Alone

<https://neverusalone.com>

Tel: 1-800-484-3731

Next Distro

<https://nextdistro.org/newyork>

Our Wellness Collective

www.ourwellnesscollective.com/event/harm-reduction-works-hrw

Advocacy Support:

NYS Alcoholism and Substance Abuse Providers

<http://www.asapnys.org/policy-center>

Faces and Voices of Recovery

<https://facesandvoicesofrecovery.org>

Friends of Recovery-NY

<https://for-ny.org/mission-vision>

Tel: 1-518-487-4395

NYS Office of Addiction Services and Supports

www.Oasas.ny.gov

Tel: Patient Advocacy: 1-800-553-5790

Partnership to End Addiction

<https://drugfree.org/advocate-for-change>

Vocal New York

www.Vocal-ny.org





**Healthy
Capital District**

Get Covered • Find Care
Stay Healthy

Recovery Guide

Services, Activities, and Resources