The Center for Students in Recovery helps students seeking recovery from drugs, alcohol, eating disorders, and other addictions or compulsive behaviors; those affected by addiction or compulsive behaviors; or individuals questioning or exploring the impact of potential addictions or compulsive behaviors on his/her/their life.

SUMMER 2018 MEETING SCHEDULE

<table>
<thead>
<tr>
<th>Time</th>
<th>Mon</th>
<th>Tues</th>
<th>Wed</th>
<th>Thurs</th>
<th>Fri</th>
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</thead>
<tbody>
<tr>
<td>10:30 – 11:30 am</td>
<td>Recovery Fit</td>
<td></td>
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<td>Weekly</td>
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<td>12:00 – 1:00 pm</td>
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<td>Recovery Check-in</td>
<td>Volunteer</td>
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<td>1:00 – 2:00 pm</td>
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<td></td>
<td>Creative Recovery</td>
<td></td>
<td>Activity</td>
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<tr>
<td>7:00 – 8:00 pm</td>
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<td></td>
<td></td>
<td>Refuge Recovery</td>
<td>(Contact CSR for time and location)</td>
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Recovery Fit - This is a time used for fitness. Students will be able to exercise with their peers in a safe and supportive way. This will include going to Urec as a group, following a yoga or fitness instructional video in our group room or having volunteer certified teachers come lead a class.

Creative Recovery - This is a time for students to come and participate in creative projects (art, crafting, journaling, film, music). Students will connect with the CSR community and find the therapeutic value of creativity in recovery.

Recovery Check-in - Time for students to check-in with their CSR peers and staff and find recovery support during the summer.

Refuge Recovery - Meditation and discussion based recovery meeting inspired by Buddhist principals.

Volunteer - This time will be spent on and off campus for volunteering. Time and Location will change throughout the summer. Contact CSR to find out about time and location.

Location:
Student Services Addition
4th Floor, Suite 14.270
Open to all students:
Mon-Wed: 8am-6pm
Th: 8am-8pm
Fri: 8am-5pm

Contact Information:
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Facebook.com/utdccenterstudentsrecovery