



RECOVERY-FRIENDLY EVENTS

AFFORDABLE, SUBSTANCE-FREE COMMUNITY EVENTS FOR ALL TO ENJOY!

January 2020

› Breakfast with the Beasts

January 12th

Got the post-holiday blues? Join the Staten Island Zoo as they prepare breakfast for you and their animal friends! The program includes light breakfast, an animal presentation, tour of the commissary, and a special animal feeding.

TIME: 9:30 AM-11 AM

COST: Adults - \$20.00

Children (ages 3 to 15) - \$15.00

Children 2 years and under - **FREE**

LOCATION: Staten Island Zoo
614 Broadway, Staten Island 10310

› South Shore YMCA Winter Open House

January 11th & 25th

Ring in 2020 with the YMCA! We're here to help you achieve your 2020 health goals with our state-of-the-art cardio fitness centers, swimming pool, group exercise classes and more!

TIME: 11 AM-3 PM

COST: FREE

LOCATION: 3939 Richmond Avenue
Staten Island, NY 10312

› Child Support Workshop

January 14th

Fatherhood Matters presents a child support workshop for non-custodial fathers to help provide fathers with knowledge and empowerment.

TIME: 2 PM-4 PM

COST: FREE

LOCATION: 400 Victory Blvd
Suite C
Staten Island, NY 10301

› GRASP at the YMCA

January 14th

Have you lost a loved one due to substance misuse? The YMCA Counseling Service is proud to partner with GRASP to offer monthly group meetings. For more information, or to register, please contact Patty Flynn or Sue Cris at StatenIslandGrasp@gmail.com.

TIME: 7 PM-8:30 PM

COST: FREE

LOCATION: YMCA Counseling Service South Shore Center
3911 Richmond Avenue
Staten Island, NY 10312

› F.C. Chaos Boxing & Fitness

Every Sunday Starting January 19th

FC Chaos will be offering free workout classes to people in recovery to give back to the community. No prior registration required.

TIME: 2 PM

COST: FREE

LOCATION: 11 Brick Court off Sharrotts Road
Staten Island, NY 10309

› Family Association

Every Wednesday

The Family Association is a key component of our service and is open to a community network of parents, spouses, guardians and other adult family members. This group meets weekly, providing a supportive venue where family members can learn new skills for dealing with the complex issues associated with addiction.

TIME: 7 PM-8:30 PM

COST: FREE

LOCATION: YMCA Counseling Service South Shore Center
3911 Richmond Avenue
Staten Island, NY 10312

› Grandparents' Group

Every Other Wednesday Starting January 8th

Grandparents' Group for grandparents who are raising children due to parental substance abuse. This FREE group is open to community and will meet every other Wednesday at the South Shore Center of the YMCA Counseling Service.

TIME: 10:30 AM-11:30 AM

COST: FREE

LOCATION: YMCA Counseling Service South Shore Center
3911 Richmond Avenue
Staten Island, NY 10312

Stay connected with us: ymcany.org/counseling

YMCA Counseling

@YMCA Counseling

ymacounselingservice

YMCA OF GREATER NEW YORK

YMCA Counseling Service

3911 Richmond Avenue

Staten Island, NY 10312

718-948-3232

New York City's YMCA | WHERE THERE'S A Y, THERE'S A WAY