JOIN US FOR OUR VIRTUAL OPEN HOUSE

**ROCC Virtual Open House**

This event will take place every Monday 2pm-3pm and Wednesday 10am-11am starting on 9/16/20.

This is a chance to learn more about the ROCC. Individual appointments are also possible. Contact christopher.corson@maine.edu or nicole.jordan@maine.edu for more information.

**Join us on Zoom:**

https://maine.zoom.us/j/95042346101?pwd=YnpramR2eFRybllloc2tWTk1FQXk2Zz09

Passcode: 750099

MAKE A CONNECTION WITH THE ROCC

JOIN IN A ZOOM GROUP:

**All Recovery Group** *(Portland Recovery Community Center)*

This group occurs 5 days a week (Monday - Friday) 12pm - 1pm.

Support meetings offering a safe place to share experiences, with an emphasis on hope, healing, recovery. Contact nancy@portlandrecovery.org for more information.

**Join on Zoom:** https://zoom.us/j/99629866539

Password: PrCc20

**Mental Health Support Group**

This group occurs Tuesdays 11am - 12pm starting on 9/22/20.

Peer-run support and educational groups with wellness activities and discussions. Contact victoria.boissoneault@maine.edu for more information.

**Join us on Zoom:** https://maine.zoom.us/j/96027597006

**NAMI (National Alliance of Mental Illness) Group**

This group occurs Fridays 5pm - 6pm starting on 9/18/20.

This student-led club offers a safe place where students can talk about mental illness, coping strategies, and success stories. Contact shavonah.bell@maine.edu for more information. **Join us on Zoom:** https://maine.zoom.us/j/97470843093?pwd=NnJTOGZH ZWZLREdhU1N2ZHRX Ry9BZz09

Password: NAMI2020
**Fathers Group**

This group occurs Tuesdays 7pm-8pm. Start date TBD.

A group where fathers can support each other with the ups and downs of fatherhood. A sense of humor is required. Contact christopher.corson@maine.edu for more information.

**Art, Wellness, and Recovery Group**

This group occurs every other Wednesday 3pm-5pm starting on 9/30/20.

This group will focus on using all forms of expressive art (music, visual art, poetry, prose, etc.) to promote wellness, share about recovery, and create community. The emphasis of this group will be on creating a safe space and not on participants' artistic abilities. Contact nicole.jordan@maine.edu for more information.

**Join us on Zoom:**
https://maine.zoom.us/j/95237994897?pwd=ZVFmUCt2NUltQnNFKzBER3N6VzA1dz09

Password: 566857

**Sea Change Yoga (Portland Recovery Community Center)**

This outside, in-person yoga class occurs Tuesdays at Longfellow Park (Portland) 1:40pm-2:30pm.

Social distancing protocols are in place. Masks are required and hand sanitizer is available on site. If you need a yoga mat, you can meet at the Portland Recovery Community Center at 1:30pm to retrieve one before walking to the park. Contact nancy@portlandrecovery.org for more information.

**Storytelling Night Series**

The first night of this monthly event will be on Thursday 9/24/20 7pm-8pm.

Do you enjoy telling or listening to stories? The ROCC will be hosting a monthly storytelling series over Zoom. The prompts for the first evening are “Recovery” and “Wellness.” Feel free to use either or both prompts to inspire your choice of a story. Everyone interested is welcome to share a story, although those who would prefer to join as listeners are welcome as well. This event will NOT be recorded and stories will only be shared with those who choose to attend live. For more information, contact nicole.jordan@maine.edu.

**Join us on Zoom:**
https://maine.zoom.us/j/95210856404?pwd=eFphVk81NHlGZU00dm9NMjhXOVFSZz09

Passcode: 497326
**ROCC Monthly Game Night**

*The first night of this monthly event will be on Friday 9/25/20 7pm-8:30pm.*

Join the ROCC for a monthly game night! This event is meant to be a fun night to connect with other students through games including charades, drawful, pictionary, and many more. Game suggestions and requests are welcome! Contact nicole.jordan@maine.edu for more information.

**Join us on Zoom:**
https://maine.zoom.us/j/96863090383?pwd=cTZoYjdQQXIKcFdpN0E3K01BY2F3UT09

Passcode: 366307

**Recovery Ally Training**

*This training will take place on 9/28/20 3pm-4:30pm.*

This training is intended for staff, faculty, and students with goals to reduce stigma and increase awareness around substance use and mental health recovery. For more information, contact christopher.corson@maine.edu or nicole.jordan@maine.edu.

**Join us on Zoom:**
https://maine.zoom.us/j/93364885187?pwd=dDZCRktrbDVOODR2Z0ZKRndQRjdrZz09

Passcode: 972471