**Virtual Offerings**

**Support Groups**

**EVERY MONDAY, WEDNESDAY & FRIDAY**

**Morning Workout**  
with Celebrity Trainer Leandro Carvalho  
9:00 AM – 9:45 AM, EST

**EVERY FRIDAY**

**Open Mic Night**  
8:00 PM – 9:30 PM, EST

**EVERY MONDAY**

**Step into Recovery**  
12 Step-Based Meeting  
12:00 PM – 1:00 PM, EST

**EVERY FRIDAY**

**Alcoholics Anonymous**  
6:30 PM – 7:30 PM, EST

**EVERY MONDAY**

**Recovery Support**  
6:30 PM – 7:30 PM, EST

**EVERY FRIDAY**

**LGBTQ**  
7:00 PM – 8:00 PM, EST

**EVERY WEDNESDAY**

**Friends and Family**  
6:30 PM – 7:30 PM, EST

**EVERY WEDNESDAY**

**Young People in Recovery**  
Open to ages 16–30  
4:00 PM – 5:00 PM, EST

**EVERY WEDNESDAY**

**Step into Recovery**  
12 Step-Based Meeting  
12:00 PM – 1:00 PM, EST

**EVERY FIRST & THIRD SUNDAY**

**Book Club: As the Page Turns**  
4:00 PM – 5:30 PM, EST

**Events**

**EVERY FRIDAY**

**Evening Meditation**  
7:45 PM – 8:00 PM, EST

**EVERY FRIDAY**

**Recovery Helpline**

No matter what twists and turns you encounter along your recovery journey, Mountainside can help. Our Recovery Helpline is available 24 hours a day, 7 days a week. Call **833 200 6665**

To learn about all our virtual offerings, visit [mountainside.com/virtual](http://mountainside.com/virtual)