



Docendo discimus

“By teaching, we learn.”

- Seneca

We are a group of people wanting to create a community around recovery in Portland, Oregon. We're striving to create an alternative model to 12-step programs, SMART recovery, Refuge Recovery, and more. What makes this project unique? We want to start a group which puts the focus on recovery for EVERYONE, focused on practical coping skills, grounding and mindfulness practices, how to set boundaries-- really, things that everyone could stand to learn or brush up on.

These are the things you learn in a clinical setting when dealing with substance use and mental health struggles, and that knowledge is essentially out of reach for the under-insured and people who just don't require a stay in the hospital. This project is essentially about accessibility to quality, evidence-based recovery methodologies.

"Take what works and leave the rest" is the starting premise rather than an afterthought. For people struggling with addictions, complete abstinence and harm reduction are presented as viable options, while gently encouraging dialectical abstinence (a model which takes the best of both worlds, and offers a more compassionate take on relapse).

We also acknowledge that “the personal is political,” and we welcome discussion about these intersections and society's impact on our everyday wellbeing, a piece of the puzzle that's often missing.

Currently, we meet every 1st and 3rd Monday at 6:30-8:00 at Taborspace

5441 SE Belmont St, Portland, OR 97215

(see <http://www.reimaginingrecovery.org/> for an updated schedule and more information)

September 3rd	Sleep Hygiene 101
September 17th	Low and No Cost Self Care
October 1st	Cultivating Self-Compassion
October 15th	Introduction to Dialectical Abstinence
November 5th	The Science of Mindfulness
November 19th	Maslow's Hierarchy of Needs
December 3rd	Radical Acceptance
December 17th	Synaptic Plasticity and Its Implications

Dates TBA: * Locating Emotions in the Body * Living with Dual Diagnoses * The Legacy of Trauma: Intro to Epigenetics * The Gut-Brain Axis * Transformative Storytelling: Rewriting Your Personal Narrative * Spotting and Combating Black and White Thinking * Creating a Sensory Kit for Grounding * Coping with the Complex Trauma of Intersectional Oppression * Navigating OHP
* Understanding the Fight/Flight/Freeze/Fawn Response * And more!