

Trehab Community Resource Center of Susquehanna County

14 Public Ave, Montrose

Just a few of the things happening at the Center. Come visit us, bring a friend.



YOUNG PEOPLE IN RECOVERY— All Recovery Meetings

Every Tuesday at 6:00 PM and every Sunday at 7:00 PM

Meetings to honor all pathways to recovery, acknowledging that each person's path is unique and reflects their own personal strengths.

Come, Share, Socialize. All are welcome

THE RECOVERY ROAD LESS TRAVELED:

Getting Sober With



A Growing Alternative To 12-Step Programs

◀◀ The Power Of Choice ▶▶

SMART RECOVERY

MEETINGS :

Tuesdays at 1:00 and Fridays at 6:00



NARCOTICS ANONYMOUS

Narcotics Anonymous

Wednesdays at 7:00



YOGA*

Mondays 12:45 And Wednesdays at 1:00

**Times sometimes vary,
please call Center to confirm.*



Women's Certified Recovery Support (CRS) Group

*Please call 570-647-4907
for more information*

Trehab Community Resource Center of Susquehanna County Phone # 570-647-4907