



## RECOVERY CAFÉ

Recovery Café San José is a healing community for those traumatized by addiction, homelessness, and mental health challenges. While many other programs maintain long waiting lists, or only offer services for a limited time, RCSJ is always immediately welcoming and available for the long term.

### **The Benefits of Café Membership:**

- Hot meals four days each week (*five days by late 2016*)
- Weekly Recovery Circles (*peer support groups*)
- Classes and workshops to learn job and life skills
- Group activities to build social skills and inner strength
- Connections to resources and partner agencies
- Relapse prevention & breaking free from addiction

Membership is free, and open to all. The only requirements are:

- Be drug and alcohol free for 24 hours before entering the Café
- Attend Recovery Circle each week
- Give back by participating in Café chores

### **Membership in the Cafe Works:**

- 94.5% say RCSJ has been an important source of meals
- 90.9% are taking better care of their health since coming to RC
- 92.7% say coming to the Café helps them to feel less alone

### **New Member Introduction Sessions are held weekly:**

- **Every Tuesday at 1 PM**
- Arrive by 12:45 to sign in & get lunch. Plan to stay till 2 PM

### **Located in the First Christian Church building**

- **80 South 5th Street, downtown San José**
- 5th St. north of San Fernando (*between SJSU & City Hall*)

## Daily Activities

Each day's schedule is different, with calendars published at the start of each month. These are examples of the types of activities you might find on any given day in the Café.

### Recovery Circles

- Recovery Circles are the heart of Recovery Café, and every member participates in one. Circles are small, peer support groups (8-10 members per group) that meet weekly.

### Drop-in Activities (examples)

- Job Readiness & Resume Help
- Writers' Circle / Art Activities
- Recovery Tea / Daily Dish
- Jam Session & Sing-Along

### School for Recovery

- *School for Recovery* classes are more structured and each runs for eight weeks. Topics are in the areas of Addiction/Recovery, Life Skills, Healing & Relationships, and Healthy Lifestyles. Classes include:
  - WRAP – *Wellness Recovery Action Plan*
  - *Cooking (includes food handling & safety)*
  - *Finding Meaningful Work*
  - *Mindfulness Meditation*

### Special Events (examples)

- Health Fairs / Housing Fairs
- Guest Speakers / Movies
- Bi-Monthly Open Mic Night on Saturdays
- Holiday Dinners

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