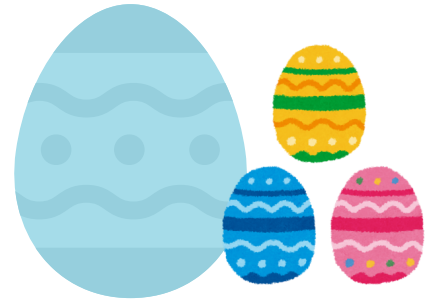


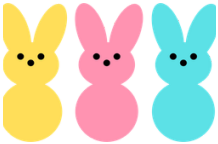


Dacotah Recovery Center  
522 W Arbor Ave.  
Bismarck, ND 58504  
drc@dacotahfoundation.org



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## April Mental Health Recovery Newsletter



Renewal • Hope • Connection

Spring is a season of renewal, growth, and new beginnings. As the days brighten and the weather warms, it's a wonderful time to refresh our routines, reconnect with community, and nurture our mental health.

### Wellness Tip of the Month: “Spring Clean Your Mind”

Just like our homes, our minds benefit from a seasonal “clean-up.”  
Try this simple practice throughout April:

#### Five-Minute Morning Mind Dump

- Set a timer for 5 minutes.
- Write freely—no rules, no editing.
- Let your thoughts flow: worries, plans, feelings, intentions.
- When time is up, close the notebook and continue your day.
- This helps:

#### A Final Thought for April

“Just when the caterpillar thought the world was over, it became a butterfly.”  
Let this month be a reminder that growth often begins quietly and gradually—  
but it always comes.



## Upcoming Events

### Community Lead AA Group

Join us every Monday at 1:30pm for Alcoholics Anonymous.

### Peer Support Group Meetings

Join us every Wednesday at 1pm for Talking Circle—a safe space for open discussion, shared experiences, and encouragement.

### Education: Skills

Join us Mondays Wednesdays and Fridays at 11 am for Skills group.



## Members Meeting

**1<sup>st</sup> FRIDAY of the Month at 11am**

**\*\*\*\*\* APRILS MEMBER MEETING IS FRIDAY APRIL 10<sup>th</sup> at 11am**

### Member Resources

Drop-In Hours: Monday–Thursday 8:30am–5pm, Friday 8:30am–3pm.

Stop by for coffee, conversation, or quiet reflection.

**Resource Library and Computer Lab:** Access materials on recovery, wellness, and mental health.

**One-on-One Peer Support:** Call or visit to connect with our staff.

### Get Involved

We welcome volunteers and new ideas! Help plan events, lead a group, or contribute to our newsletter.

Contact us at 701.255.6402 or email [drc@dacotahfoundation.org](mailto:drc@dacotahfoundation.org).

### Stay Connected

Follow us on Facebook for updates, inspiration, and resources.

**Together, we continue to build a community of hope, strength, and recovery.**

**“Renewal begins not with change, but with awareness.”**

Dacotah Recovery Center

522 W Arbor Ave.

Bismarck, ND 58504

[drc@dacotahfoundation.org](mailto:drc@dacotahfoundation.org)

**THANK YOU FOR BEING PART OF THE DACOTAH RECOVERY CENTER COMMUNITY. TOGETHER, WE'RE BUILDING A STRONGER, HEALTHIER FUTURE.**



# Peer Support Hub

Peer Support Groups should provide a safe non judgmental space to share experiences; reduce feelings of loneliness and isolation; encourages taking control of ones own recovery and well being; and helps build a support system and coping skills box.

## Talking Circle Wednesday at 1:00pm

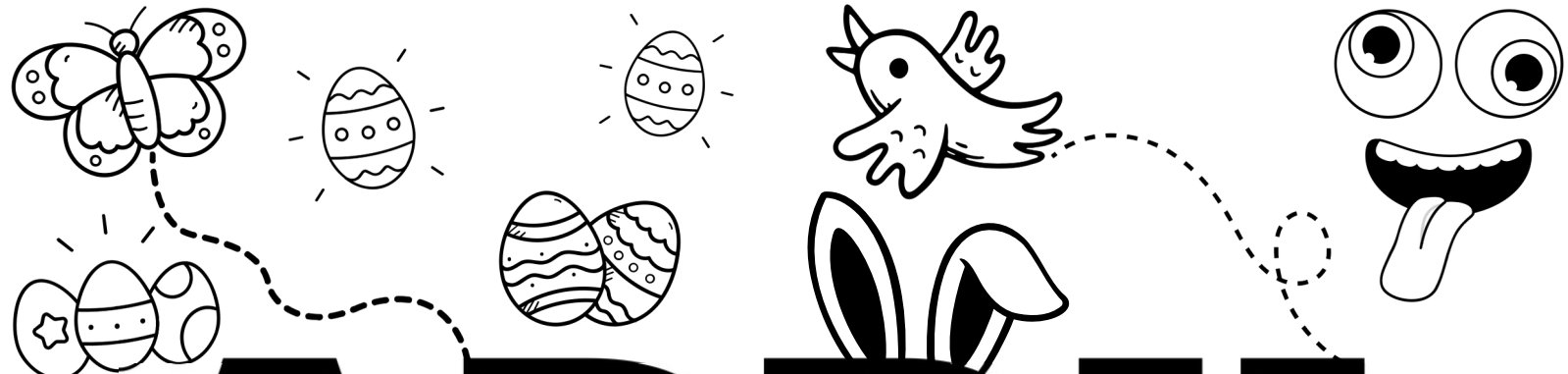
Check in's, sharing experiences and discussing our recovery journey.

Peer support happens informally all day every day here at the Recovery Center. It can happen during morning coffee at the table, playing cards, or individually.

**IF there is a peer support group  
you are interested in and would  
be willing to lead,  
please let us know.**

**Peer to Peer Groups are great!**





# APRIL

## WORD SEARCH

S	C	F	T	P	R	E	N	K	A	L	L	E	R	B	M	U	R	APRIL
R	B	M	A	L	Y	M	I	P	A	A	B	K	N	T	N	A	F	APRIL FOOLS
E	P	U	P	F	L	S	A	R	P	I	D	R	I	F	S	Y	I	BIRDS
W	E	N	N	E	R	M	E	A	R	T	H	D	A	Y	T	K	S	BLOOM
O	D	P	T	N	R	C	E	D	I	R	V	X	R	S	A	N	B	BUNNY
H	G	L	R	R	Y	S	S	I	L	I	R	P	A	E	W	M	A	CHICKS
S	W	F	I	C	T	P	B	D	F	R	E	H	F	K	F	L	P	EARTH DAY
M	O	R	L	H	C	Y	M	O	O	L	B	E	L	I	H	C	S	EASTER
R	J	E	K	O	U	H	N	F	O	D	T	I	F	S	Y	A	X	EGGS
O	H	A	S	Y	W	T	I	T	L	B	O	P	R	D	A	R	G	FLOWERS
C	E	S	D	L	S	E	N	U	S	T	C	W	A	D	F	R	N	GRASS
L	U	T	A	S	R	R	R	L	N	I	O	J	Y	E	S	A	I	GROW
S	E	E	A	D	S	Y	E	S	L	R	O	S	G	S	O	R	R	LAMB
D	G	R	I	U	L	S	I	P	G	W	V	A	P	S	D	R	P	RAIN
W	G	R	A	D	I	O	W	E	Y	G	E	C	H	I	C	K	S	RAINBOWS
C	S	W	O	B	N	I	A	R	N	D	R	U	W	O	Y	F	R	RECYCLE
																		SHOWERS
																		SPRING
																		SUN
																		UMBRELLA

# ATTENTION PLEASE



## DRC WEEKLY GROUP SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday
8:30am – 9:30am	OPEN SOCIAL COFFEE	OPEN SOCIAL COFFEE	OPEN SOCIAL COFFEE	OPEN SOCIAL COFFEE	OPEN SOCIAL COFFEE
9:30am - 10am	DAILY CHECKIN GROUP	DAILY CHECKIN GROUP	DAILY CHECKIN GROUP	DAILY CHECKIN GROUP	DAILY CHECKIN GROUP
10am – 11am	PRICE IS RIGHT	PRICE IS RIGHT	PRICE IS RIGHT	PRICE IS RIGHT	PRICE IS RIGHT
11am – 12pm	SKILLS GROUP	Resources applications	SKILLS GROUP	Resources applications	SKILLS GROUP
12pm - 1pm	OPEN	OPEN	OPEN	OPEN	Reflection /Meditation
1pm – 2pm	Community Lead A.A.	NURSING/WELLNESS	PEER SUPPORT GROUP	Group Outreach	OPEN
2pm – 3pm	PEER TO PEER Cards/Walk	PEER TO PEER Cards/Walk	PEER TO PEER Cards/Walk	PEER TO PEER Cards/Walk	DAILY CENTER JOBS
3pm – 3:30pm	Reflection /Meditation	Reflection /Meditation	Reflection /Meditation	Reflection /Meditation	
3:30pm – 4pm	OPEN	OPEN	OPEN	OPEN	
4pm – 5pm	DAILY CENTER JOBS	DAILY CENTER JOBS	DAILY CENTER JOBS	DAILY CENTER JOBS	

Subject to change

Routine is helpful for recovery, we try our best to stay on schedule.

# APRIL 2026

Dacotah Recovery Center Activity Calendar/Holidays in United States Apr 2026 (Central Time - Chicago)

Mon	Tue	Wed	Thu	Fri
<p>30</p> <p>9:30am - DAILY Checkin Group 10am - Social Support Group - Price is Right 11am - Recovery Education - Skills 1:30pm - Community Lead AA Group 3pm - DAILY Reflection/Meditation</p>	<p>31</p> <p>9:30am - DAILY Checkin Group 10am - Social Support Group - Price is Right 3pm - DAILY Reflection/Meditation</p>	<p>1</p> <p>9:30am - DAILY Checkin Group 10am - Social Support Group - Price is Right 11am - Recovery Education - Skills 1pm - Peer to Peer Support - Talking Circle 3pm - DAILY Reflection/Meditation</p>	<p>2</p> <p>9:30am - DAILY Checkin Group 10am - Social Support Group - Price is Right 1pm - Recovery Education : OUTREACH - 3pm - DAILY Reflection/Meditation</p>	<p>3</p> <p><b>GOOD FRIDAY DRC CLOSED</b> 9:30am - DAILY Checkin Group 10am - Social Support Group - Price is Right 11am - Member Meeting 3pm - DAILY Reflection/Meditation</p>
<p>6</p> <p><b>Easter Monday</b> 9:30am - DAILY Checkin Group 10am - Social Support Group - Price is Right 11am - Recovery Education - Skills 1:30pm - Community Lead AA Group 3pm - DAILY Reflection/Meditation</p>	<p>7</p> <p>9:30am - DAILY Checkin Group 10am - Social Support Group - Price is Right 3pm - DAILY Reflection/Meditation</p>	<p>8</p> <p>9:30am - DAILY Checkin Group 10am - Social Support Group - Price is Right 11am - Recovery Education - Skills 1pm - Peer to Peer Support - Talking Circle 3pm - DAILY Reflection/Meditation</p>	<p>9</p> <p>9:30am - DAILY Checkin Group 10am - Social Support Group - Price is Right 1pm - Recovery Education : OUTREACH - 3pm - DAILY Reflection/Meditation</p>	<p>10</p> <p>9:30am - DAILY Checkin Group 10am - Social Support Group - Price is Right 11am - Recovery Education - Skills 3pm - DAILY Reflection/Meditation</p>
<p>13</p> <p>9:30am - DAILY Checkin Group 10am - Social Support Group - Price is Right 11am - Recovery Education - Skills 1:30pm - Community Lead AA Group 3pm - DAILY Reflection/Meditation</p>	<p>14</p> <p>9:30am - DAILY Checkin Group 10am - Social Support Group - Price is Right 3pm - DAILY Reflection/Meditation</p>	<p>15</p> <p><b>Tax Day</b> 9:30am - DAILY Checkin Group 10am - Social Support Group - Price is Right 11am - Recovery Education - Skills 1pm - Peer to Peer Support - Talking Circle 3pm - DAILY Reflection/Meditation</p>	<p>16</p> <p>9:30am - DAILY Checkin Group 10am - Social Support Group - Price is Right 1pm - Recovery Education : OUTREACH - 3pm - DAILY Reflection/Meditation</p>	<p>17</p> <p>9:30am - DAILY Checkin Group 10am - Social Support Group - Price is Right 11am - Recovery Education - Skills 3pm - DAILY Reflection/Meditation</p>
<p>20</p> <p>9:30am - DAILY Checkin Group 10am - Social Support Group - Price is Right 11am - Recovery Education - Skills 1:30pm - Community Lead AA Group 3pm - DAILY Reflection/Meditation</p>	<p>21</p> <p>9:30am - DAILY Checkin Group 10am - Social Support Group - Price is Right 3pm - DAILY Reflection/Meditation</p>	<p>22</p> <p>9:30am - DAILY Checkin Group 10am - Social Support Group - Price is Right 11am - Recovery Education - Skills 1pm - Peer to Peer Support - Talking Circle 3pm - DAILY Reflection/Meditation</p>	<p>23</p> <p>9:30am - DAILY Checkin Group 10am - Social Support Group - Price is Right 1pm - Recovery Education : OUTREACH - 3pm - DAILY Reflection/Meditation</p>	<p>24</p> <p>9:30am - DAILY Checkin Group 10am - Social Support Group - Price is Right 11am - Recovery Education - Skills 3pm - DAILY Reflection/Meditation</p>
<p>27</p> <p>9:30am - DAILY Checkin Group 10am - Social Support Group - Price is Right 11am - Recovery Education - Skills 1:30pm - Community Lead AA Group 3pm - DAILY Reflection/Meditation</p>	<p>28</p> <p>9:30am - DAILY Checkin Group 10am - Social Support Group - Price is Right 3pm - DAILY Reflection/Meditation</p>	<p>29</p> <p>9:30am - DAILY Checkin Group 10am - Social Support Group - Price is Right 11am - Recovery Education - Skills 1pm - Peer to Peer Support - Talking Circle 3pm - DAILY Reflection/Meditation</p>	<p>30</p> <p>9:30am - DAILY Checkin Group 10am - Social Support Group - Price is Right 1pm - Recovery Education : OUTREACH - 3pm - DAILY Reflection/Meditation</p>	<p>1</p> <p>9:30am - DAILY Checkin Group 10am - Social Support Group - Price is Right 11am - Recovery Education - Skills 11am - Member Meeting 3pm - DAILY Reflection/Meditation</p>

# RECOVERY CENTER'S ACROSS THE STATE

## CONNECTION. COMMUNITY. SUPPORT.

ARE YOU OVER 18 YEARS OF AGE AND HAVE A BEHAVIORAL HEALTH CONDITION?

### FIND A RECOVERY CENTER NEAR YOU.

#### BISMARCK

Dacotah Recovery Center  
522 W. Arbor Ave.  
701.255.6402

#### DEVILS LAKE

Freedom Center  
1124 2nd St. S.E., Suite 100  
701.662.8424

#### DICKINSON

Prairie Rose Recovery  
Center, 202 E. Villard St.  
701.227.0131

#### FARGO

Myrt Armstrong Recovery  
Center, 1419 1st Ave. S.  
701.478.5200

#### GRAND FORKS

Mountainbrooke Recovery  
Center, 112 N. 3rd St.  
701.746.4530

#### JAMESTOWN

Progress Community Center  
428 2nd St. S.W.  
701.251.2964

#### MINOT

Harmony Center  
720 Western Ave., Suite 201  
701.852.3263

#### WILLISTON

The Club Recovery Center  
316 2nd Ave. W.  
701.774.4665

Recovery Centers are safe and supportive places where you can build healthy relationships with peers in recovery and gain skills and confidence to support your health and well-being - at no cost.

#### RECOVERY CENTERS OFFER:



Weekly peer-to-peer  
support groups



Group recreational  
and social events



Recovery education  
and planning



Peer support services



Nutritious on-site  
meals or snacks\*



Connection to other  
community resources

NORTH  
**Dakota** | Human Services  
Be Legendary.™

SCAN TO LEARN MORE OR VISIT:  
[helpishere.nd.gov/recovery-centers](https://helpishere.nd.gov/recovery-centers)

