

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



March 2026 Newsletter

Theme of the Month: Growth Through Change

March marks a season of renewal and transformation. Just as nature begins to bloom again, this month focuses on embracing personal growth, adapting to change, and nurturing resilience in recovery. Every small step forward is a sign of progress.

Mindful Reflection

Prompt: What changes have occurred in the past few months that have challenged or strengthened personal recovery?

Practice: Spend five minutes journaling about one positive shift that has emerged from a difficult experience. Reflect on what was learned and how it can guide future growth.

Wellness Focus: Building Emotional Flexibility



Emotional flexibility allows for adapting to life's ups and downs without losing balance. Ways to strengthen it:

- Practice acceptance rather than resistance when emotions arise.
- Reframe setbacks as opportunities for learning.
- Use grounding techniques such as deep breathing or mindful observation.
- Seek connection with supportive people who encourage growth.
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Recovery Tip of the Month

Create a "Growth Journal."

Dedicate a notebook to track progress, insights, and gratitude moments. Include reflections on challenges overcome, new coping strategies, and personal victories—no matter how small.



Upcoming Events

Community Lead AA Group

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

**HAPPY
ST. PATRICK'S
DAY**



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

1st FRIDAY of the Month 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.

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.”

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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

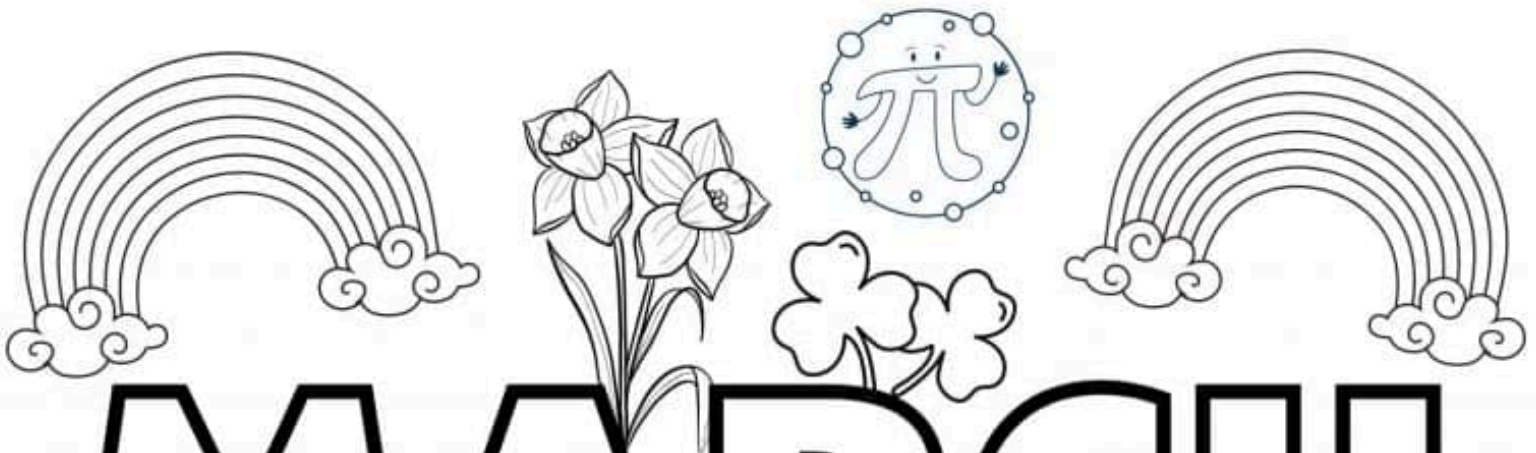
Check in's, sharing experiences and discussing our recovery journey.

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!





MARCH

WORD SEARCH

S	C	F	S	P	R	I	N	G	E	F	R	W	D	L	O	C	R	BIRDS
R	U	R	T	U	Y	M	I	P	A	A	B	K	X	T	N	A	A	CLOVER
L	P	B	P	F	L	S	A	R	G	I	D	R	A	M	S	Y	I	DAFFODIL
W	E	N	A	E	R	S	R	E	R	T	H	Y	W	R	T	K	N	DR SEUSS
S	D	P	T	B	R	C	E	D	E	R	V	X	A	L	A	M	B	FAT TUESDAY
H	G	L	R	R	E	S	S	I	E	A	F	D	F	E	W	M	O	FLOWER
A	W	W	I	E	T	P	B	D	N	R	E	H	F	K	F	L	W	GREEN
M	A	R	C	H	C	Y	W	E	N	E	S	E	L	I	H	C	S	LAMB
R	J	B	K	R	U	H	N	F	A	T	T	U	E	S	D	A	Y	LEPRECHAUN
O	H	R	S	Y	B	T	A	T	T	I	O	P	D	D	A	R	A	MARCH
C	E	E	D	L	I	L	N	U	E	T	C	Y	A	N	F	R	D	MARDI GRAS
K	E	P	A	N	R	R	O	L	N	I	L	J	Y	E	F	A	I	MARIO DAY
S	E	U	Y	D	S	Y	E	I	L	R	O	S	G	S	O	R	P	PI DAY
D	R	S	E	U	S	S	I	P	A	W	V	A	P	S	D	R	N	RAIN
W	F	M	A	R	I	O	D	A	Y	G	E	L	K	B	I	O	R	RAINBOWS
C	H	Y	A	D	J	O	H	D	N	D	R	E	W	O	L	F	R	SHAMROCK
																		SPRING
																		ST PATRICKS DAY
																		TULIP
																		WAFFLE DAY

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.

MARCH ACTIVITY SCHEDULE

Dacotah Recovery Center
522WArborAve.
Bismarck,ND58504

Mar 2026 (Central Time - Chicago)

Dacotah Recovery Center Activity Calendar Holidays in United States

Mon	Tue	Wed	Thu	Fri
<p>2</p> <p>9:30am - DAILY Checkin Group 10am - Social Support Group - Price is 11am - Recovery Education - Skills 1:30pm - Community Lead AA Group 3pm - DAILY Reflection/Meditation</p>	<p>3</p> <p>9:30am - DAILY Checkin Group 10am - Social Support Group - Price is 3pm - DAILY Reflection/Meditation</p>	<p>4</p> <p>9:30am - DAILY Checkin Group 10am - Social Support Group - Price is 11am - Recovery Education - Skills 1pm - Peer to Peer Support -Talking 3pm - DAILY Reflection/Meditation</p>	<p>5</p> <p>9:30am - DAILY Checkin Group 10am - Social Support Group - Price is 1pm - Recovery Education : 3pm - DAILY Reflection/Meditation</p>	<p>6</p> <p>9:30am - DAILY Checkin Group 10am - Social Support Group - Price is 11am - Member Meeting 3pm - DAILY Reflection/Meditation</p>
<p>9</p> <p>9:30am - DAILY Checkin Group 10am - Social Support Group - Price is 11am - Recovery Education - Skills 1:30pm - Community Lead AA Group 3pm - DAILY Reflection/Meditation</p>	<p>10</p> <p>9:30am - DAILY Checkin Group 10am - Social Support Group - Price is 3pm - DAILY Reflection/Meditation</p>	<p>11</p> <p>9:30am - DAILY Checkin Group 10am - Social Support Group - Price is 11am - Recovery Education - Skills 1pm - Peer to Peer Support -Talking 3pm - DAILY Reflection/Meditation</p>	<p>12</p> <p>9:30am - DAILY Checkin Group 10am - Social Support Group - Price is 1pm - Recovery Education : 3pm - DAILY Reflection/Meditation</p>	<p>13</p> <p>9:30am - DAILY Checkin Group 10am - Social Support Group - Price is 11am - Recovery Education - Skills 3pm - DAILY Reflection/Meditation</p>
<p>16</p> <p>9:30am - DAILY Checkin Group 10am - Social Support Group - Price is 11am - Recovery Education - Skills 1:30pm - Community Lead AA Group 3pm - DAILY Reflection/Meditation</p>	<p>17</p> <p>St. Patrick's Day 9:30am - DAILY Checkin Group 10am - Social Support Group - Price is 3pm - DAILY Reflection/Meditation</p>	<p>18</p> <p>9:30am - DAILY Checkin Group 10am - Social Support Group - Price is 11am - Recovery Education - Skills 1pm - Peer to Peer Support -Talking 3pm - DAILY Reflection/Meditation</p>	<p>19</p> <p>9:30am - DAILY Checkin Group 10am - Social Support Group - Price is 1pm - Recovery Education : 3pm - DAILY Reflection/Meditation</p>	<p>20</p> <p>FIRST DAY OF SPRING 9:30am - DAILY Checkin Group 10am - Social Support Group - Price is 11am - Recovery Education - Skills 3pm - DAILY Reflection/Meditation</p>
<p>23</p> <p>9:30am - DAILY Checkin Group 10am - Social Support Group - Price is 11am - Recovery Education - Skills 1:30pm - Community Lead AA Group 3pm - DAILY Reflection/Meditation</p>	<p>24</p> <p>9:30am - DAILY Checkin Group 10am - Social Support Group - Price is 3pm - DAILY Reflection/Meditation</p>	<p>25</p> <p>9:30am - DAILY Checkin Group 10am - Social Support Group - Price is 11am - Recovery Education - Skills 1pm - Peer to Peer Support -Talking 3pm - DAILY Reflection/Meditation</p>	<p>26</p> <p>9:30am - DAILY Checkin Group 10am - Social Support Group - Price is 1pm - Recovery Education : 3pm - DAILY Reflection/Meditation</p>	<p>27</p> <p>9:30am - DAILY Checkin Group 10am - Social Support Group - Price is 11am - Recovery Education - Skills 3pm - DAILY Reflection/Meditation</p>
<p>30</p> <p>9:30am - DAILY Checkin Group 10am - Social Support Group - Price is 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 3pm - DAILY Reflection/Meditation</p>	<p>1</p> <p>9:30am - DAILY Checkin Group 10am - Social Support Group - Price is 11am - Recovery Education - Skills 1pm - Peer to Peer Support -Talking 3pm - DAILY Reflection/Meditation</p>	<p>2</p> <p>9:30am - DAILY Checkin Group 10am - Social Support Group - Price is 1pm - Recovery Education : 3pm - DAILY Reflection/Meditation</p>	<p>3</p> <p>9:30am - DAILY Checkin Group 10am - Social Support Group - Price is 11am - Member Meeting 3pm - DAILY Reflection/Meditation</p>

Businessline:701-255-6402
Memberline:701-255-7846

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

