



CENTER FOR STUDENTS IN RECOVERY

The Center for Students in Recovery helps students seeking recovery from drugs, alcohol, eating disorders, and other addictions or compulsive behaviors; those affected by addiction or compulsive behaviors; or individuals questioning or exploring the impact of potential addictions or compulsive behaviors on his/her/their life.

FALL 2020 *VIRTUAL* MEETING SCHEDULE

Time	Monday	Tuesday	Wednesday	Thursday	Friday
10 AM – 11 AM		GET SCHOOLED		ALL RECOVERY MEETING	MINDFULNESS MEDITATION
11 AM – 12 PM					F.U.N. FRIDAY
12–1 PM					
1–2 PM	NOURISH				
2–3 PM	BULLET JOURNALING		COMMUNITY		

Bullet Journaling: A time for students to get together and participate in bullet journaling, organization planning, and other creative projects. Students will connect with the CSR community and find the therapeutic value of organization and creativity in recovery.

F.U.N. Friday: Join the CSR in volunteering and other fun activities. Fun Friday will meet one Friday of the month for the Fall 2020. Contact the CSR to find out about time and location.

Get Schooled: Time dedicated to focusing on schoolwork. Quiet and mindful environment encouraged.

Mindfulness Meditation: A morning meditation group that focuses on mindfulness practices to implement in your daily life.

Nourish: Eating disorder/disordered eating peer support group.

Community: A solution focused process group facilitated by a clinician.

All Recovery Meeting: A great way to bring people together from multiple recovery pathways.

Location:

Virtual Meetings via Microsoft Teams

Contact Jeremy Eicke for Access

Contact Information:

Phone: 972-883-7320

E-mail: recovery@utdallas.edu

Website: utdallas.edu/recovery

[Facebook.com/utdcenterstudentsrecovery](https://www.facebook.com/utdcenterstudentsrecovery)