



WVU Collegiate Recovery Program

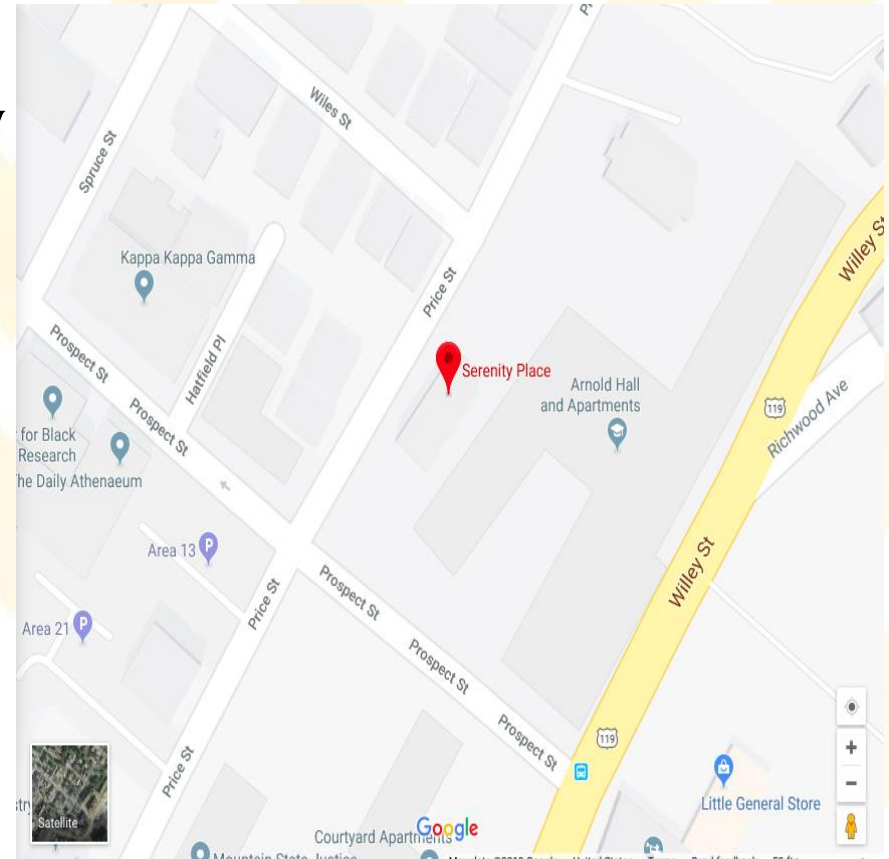


Website: <https://recovery.wvu.edu/>

Facebook: WVU Collegiate Recovery

Instagram: @serenityplacewvu

Twitter: @MovementWvu



SERENITY PLACE, 628 PRICE STREET





“WVU’s Collegiate Recovery Community is a campus-wide movement to inspire and to provide opportunities for students to make changes that support their recovery.”



OUR APPROACH

- *Student Centered*
- *Multiple Pathways*
- *Collaborative*
- *Holistic*
- *Inclusive*
- *FUN!!*



HOLISTIC APPROACH

MINDFULNESS



OUTDOOR
ADVENTURE



ART & MUSIC



NUTRITION

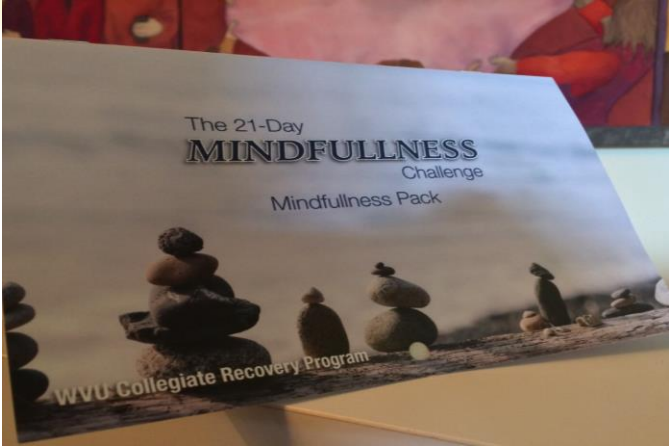
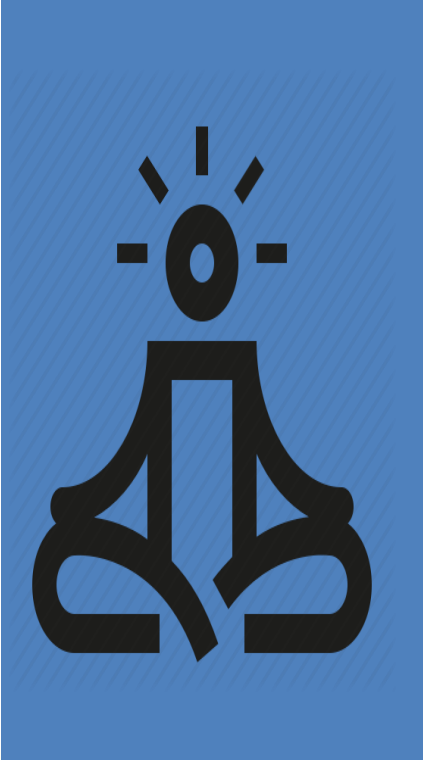


MINDFULNESS



- Reduce stress and anxiety
- Enhance the ability to navigate through illness
- Facilitate recovery from illness
- Improve general health
- Improve academic success
- Positively impact your relationships

MINDFULNESS



OUTDOOR ADVENTURE



OUTDOOR ADVENTURE



ART & MUSIC



NUTRITION



BLUE ZONES



NUTRITION CLASS



HOLISTIC APPROACH

MINDFULNESS



OUTDOOR
ADVENTURE



ART & MUSIC



NUTRITION





*“JOURNEY THROUGH AN
ADDICTION”*



*BY ARTIST
RUTH BLACKWELL ROGERS*

WEST VIRGINIA UNIVERSITY
STUDENT LIFE

CELEBRATIONS



WVU COLLEGIATE RECOVERY PROGRAM



Serenity Place, 628 Price Street		Facebook: WVU Collegiate Recovery	Email: cathy.yuro@mail.wvu.edu	Website: recovery.wvu.edu
MONDAY		Light Up Your Day 8:00-8:30 AM	THURSDAY	Mindfulness Meditation 3:00-4:00 PM
		Recovery Support Group 12:30-1:30 PM		Book Study 3:00-4:00 PM
		Mindfulness Meditation 1:00-1:30 PM		Rhythm of Life 4:00-5:00 PM
		NA Meeting 6:00-7:00 PM		Art Program 5:00-6:00 PM
TUESDAY		Mindfulness Meditation 1:00-1:30 PM	FRIDAY	Light Up Your Day 8:00-8:30 AM
		TED Talk 2:00-2:30 PM		Mindfulness Meditation 1:00-1:30 PM
		EFT Education Group 4:00-4:30 PM		Lazy Movie Hour 1:00-2:00 PM
		Recovery Yoga 5:45-6:45 PM		TGIF Drop-in meditation 3:45-4:45 PM
		Refuge Recovery 8:00-9:00 PM		Sober Jam 5:00-7:00 PM
WEDNESDAY		Light Up Your Day 8:00-8:30 AM	SATURDAY	Nutrition Class 4:00-6:00 PM (Last Friday of the month)
		Future Authoring 11:00-12:00 PM		ADVENTURE ACTIVITIES
		Mindfulness Meditation 1:00-1:30 PM	SUNDAY	Hike with Andrew 9 AM
		Stories of Recovery through Words of Healing 1:30-2:30 PM		Goal Setting 1:00 -2:00 PM
		Eating Disorder Enrichment Network 4:30-5:30 PM		AA Meeting 7:00-8:00 PM



FUTURE INITIATIVES

- *Outreach programs*
- *Scholarships*

