ISSUE 54 • JULY/AUGUST 2026

# ROADS TO RECOVERY
## NEWSLETTER

Created by Dual Recovery at Ascend Mental Wellness
to support individuals in recovery

A newsletter for you
and about you



## SPOTLIGHT TOPIC
### Welcome, Deanna!

BY GINGER MILLER

We have a new Peer Specialist, Deanna Maynard, that you will be seeing facilitating community groups and providing 1:1 support for individuals. We're very excited to have her joining our team of Peers. When you see her be sure to say hi and introduce yourself! Here's a little bit about Deanna:



I'm Deanna, the new Dual Recovery Peer Specialist. I graduated from Lake George High School in 2017 and recently received an English degree from SUNY Adirondack. I've always been grateful to have grown up in the Adirondacks, I can hardly resist taking the long way anywhere I go just to see a little more of this special place. I love literature, poetry, music, museums, and taking little road trips to experience those things in new places. Nothing means more to me than the supportive and inspiring community I've been blessed to build. Recovery is not just about leaving things in the past, it is the act of curating meaningful experiences and building a fulfilling life. I was drawn to Peer work because I recognize that having someone in my life who believed in my potential, through my hardest times, has been integral to me being where I am today. As a Peer, I look forward to walking alongside others as someone who understands first-hand the unique vulnerability, resilience, and strengths that navigating mental health/recovery systems takes as they discover what recovery looks like to them.




## Sneak Peek.....



Certification Assistance Program for Peers (CAPP) and Peer Internships are on the horizon here at ASCEND Mental Wellness!

What is CAPP? If you are interested in becoming a New York Certified Peer Specialist (NYCPS) and aren't sure where to begin or would like some support while you work through the training, CAPP is for you! We will help you look at many facets of becoming a Peer Specialist and provide support while you do so!

What's the Peer Internship about? Once someone has completed the training courses to apply for their NYCPS Provisional Certification, before they can apply for full certification they have to have 2000 hours of 'hands on' experience. Our Peer Internship program is structured to rotate through multiple settings, providing interns with comprehensive exposure to a range of care levels and practical environments. Stay tuned....

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# WARREN/WASHINGTON CONNECTIONS

## YMCA - Finding Your Space To Breathe, Move, and Connect



By Ashley Casimano

Taking care of your mental well-being is just as important as caring for your physical health; and often, the two go hand in hand. Whether you are looking for a quiet place to clear your head, a gentle way to move your body, a safe environment for your kids, or simply a friendly face in a welcoming space, the Glens Falls YMCA has something for everyone.

Starting something new or walking into an unfamiliar place can feel overwhelming. To help ease any uncertainty or anxiety, you can take a tour before joining to get a clear idea of what the facility has to offer. The Membership and Fitness staff are always happy to help, and you do not need to schedule a tour ahead of time. Youth ages 10 to 12 can use the space as long as they complete a quick youth orientation and an adult stays in the building. The building is open from 5:00 AM to 9:00 PM, Monday through Friday, and 7:00 AM to 7:00 PM on weekends.

Physical activity does not have to mean intense, exhausting workouts. Gentle, mindful movement is a proven way to release stress, ease anxiety, and lift your mood. The wellness center, located in the main gym area, offers cardio machines, circuit equipment, free weights, and an indoor running and walking track where you can exercise at your own pace. Trained fitness staff are available on the floor to show you how to use new machines or share tips for your routine. Staff members are also happy to provide a free equipment orientation to anyone who is new or has questions.

Members receive free, full access to daily group exercise classes led by instructors who guide and support you across all skill levels and ages. Active Older Adult classes are an ideal option for those with limited mobility or anyone just getting started; Chair Yoga, Zumba Gold, and Senior Aqua fitness are currently featured on the schedule. If swimming or water aerobics interests you, the pool offers open swim hours and classes that provide a soothing, low-impact way to relieve tension. Swimming lessons are available for all ages, though advance registration is required.

For those who like sports, the gymnasium offers open drop-in hours for basketball as well as pickleball courts, providing casual, social outlets without long-term commitments. Be sure to check the weekly gym schedule for specific open court times. While open gym is included in your membership there are also sign up paid programs. Paid programs for children include summer camps, sports leagues, preschool, gymnastics, birthday parties, and more, all of which require advance registration.



Kidzcare is the YMCA's babysitting service for members. While you work out or take a class or take some time to relax, your child stays in a secure space supervised by CPR-certified, background-checked, and trained staff. A responsible adult must remain in the building at all times, and $2.00 an hour per child, it offers an reasonable way to take a break and focus on self-care.

The Family YMCA of the Glens Falls Area believes that no one should be denied membership or program access due to an inability to pay. Funded by community donations, the Financial Assistance Program provides short-term scholarships based on household need and available resources. Applications are available on the YMCA website or at the Membership Desk. Once submitted, the Scholarship Director reviews the packet and contacts applicants within 10 business days.

Each department at the YMCA has a dedicated phone extension to answer questions, all of which are listed on their website. The branch also hosts changing monthly special events, many of which are open to the public. Some annual highlights include the free Community Carnival and the Annual Golf Classic.

Ultimately, the Glens Falls YMCA is more than just a place to exercise, it is a supportive community centered space dedicated to helping you and your family every step of the way. No matter your fitness level, background, experience, or age, there is a space there to feel supported, recharge your mind, and care for your body. Visit website at GlensFallsYMCA.org for all information or stop by the front desk for a walkthrough and enjoy expanding your wellness journey in your life.



# MENTAL HEALTH MANAGEMENT




## S.T.O.P. Technique

There are innumerable techniques to try when facing emotions such as anxiety or being overwhelmed. Trying a new one is a great idea, perhaps you'll gain another tool to add to your toolbox. S.T.O.P. stands for **S**top. **T**ake A Breath. **O**bserve. **P**roceed. Below is a chart you might find helpful when trying this technique.

**S - S**top when you notice a surge of anxiety or overwhelming emotions, simply stop whatever you are doing. This act of stopping is crucial in breaking the automatic reaction to stress or anxiety.
*Take a minute to describe the situation or trigger that prompted you to use this S.T.O.P. technique.*

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**T - T**ake a breath. Take a deep, calming breath, inhale slowly through your nose for a count of four, hold the breath for a count of four, and then exhale slowly through your mouth for a count of four. This helps to calm your nervous system and bring you into the present moment.
*Describe how you took a deep breath: How did you feel immediately after taking a deep breath?*

_____

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**O - O**bserve. Notice your thoughts, feelings, and body sensations. Observe what is happening inside you and around you. Pay attention to your thoughts, feelings, and physical sensations. This help you understand your internal state and recognize the anxiety without judgment.
*What thoughts were going through your mind?*

_____

_____

_____

*What emotions or feelings were you experiencing?*

_____

_____

_____

*What physical sensations did you notice (tightness in chest, tension in shoulders or jaw, etc.)?*_____

_____

**P - P**roceed. Proceed with Awareness and intention. Decide on a thoughtful and intentional way to proceed. Consider the best course of action that aligns with your values and goals, rather than reacting impulsively to the anxiety or stress.
*What actions did you take? Reflect on the outcome of these actions.*

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_____

You may find it helpful to review this later and consider if you would do anything differently if you found yourself in a similar situation. When we take a few minutes (don't run down the rabbit hole or pick up that bat and start beating yourself!) to reflect and consider other options we are storing options our brain can try to pull up at another time. Or maybe we see that we handled it pretty darn well and it gives our confidence a nice boost.

Open Access at Caleo Counseling Services (ASCEND's Clinical outpatient mental health clinic) is available Monday through Thursday from 9:00 AM to 12:00 PM and 1:00 PM to 3:00 PM at 3043 State Route 4 in Hudson Falls, NY. Mental health clinicians' availability may vary for mental health assessments, and treatment recommendations or referrals will be made as appropriate. Please note that Open Access services are for adults only.




# HEALTH & WELLNESS

## CARBS: Are They Good For You?

By Melissa Carvey

In today's culture, many people think carbs, or Carbohydrates, are bad for you. But is that really true? First and foremost, let's explore what carbs are and how they affect our bodies and our diets.

In an article published by the *Cleveland Clinic*, published on March 8, 2024, they describe carbs as a "macronutrient found in certain foods and drinks". They are "essential food nutrients" that your body uses to give you the energy needed to function. Basically, your body "turns carbs into glucose (blood sugar)", which in turn provides you with the energy your body needs to function.

Complex Carbs vs. Simple Carbs

Complex carbs are found in fruits, vegetables, and whole-grains. Simple carbs are found in "sugary" foods like candy, cakes and juice drinks and many energy drinks, too. Foods with simple carbs break down in the body quickly and can have some negative effects. One article stated that drinking one can of cola can have as much as 9 cubes of sugar, which is more than the "recommended daily limit for adults." When we feed our bodies too much sugar it can cause more sugar cravings, we get tired more easily and it eventually leads to weight gain. Complex carbs are a healthier choice because of the way our bodies process them. Many complex carbs are found in foods like beans and legumes, fruits, nuts and seeds, whole-grain breads and cereals, as well as vegetables like broccoli, corn and squash. Complex carbs also provide our bodies with important vitamins and minerals needed to maintain a healthy lifestyle.



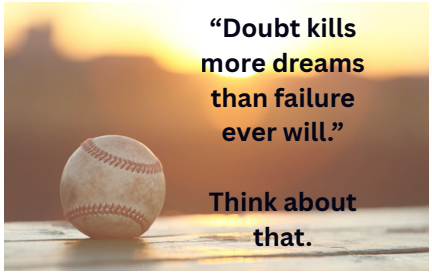
It's also important to note that people managing diabetes or obesity may need to pay closer attention to nutrition labels and carbohydrate intake to support a healthy diet.

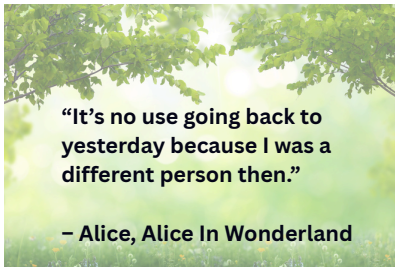
The US Department of Agriculture recommends a "healthy plate approach" to eat a balanced and nutritious diet. According to the article, it maintains that half your plate be filled with fruits and veggies, a quarter of the plate has whole grains and the other quarter of the plate contain meat, fish, beans or eggs. Some vegetarians will choose tofu for their protein substitute, but knowing how to tastefully prepare it, can make it more appealing to the palate.

What I took away from reading this information is that, like most things in life, it comes down to understanding balance, making thoughtful choices, and recognizing how those choices can affect our daily lives. Eating a chocolate bar or an ice cream is not "bad" for you so long as you also incorporate healthy foods in your daily diet. And, it's important to listen to our bodies and understand that if we're feeling very tired or out of breath from climbing the stairs, it may be that our bodies are gently reminding us that we didn't make the best choices on our plates that day.

# INSPIRATION & MOTIVATION





# IS THIS MEETING/RESOURCE FOR YOU?

## WeConnect Recovery

WeConnect offers a free app to access real-time peer support, virtual support sessions, and wellness tools; all accessible on your schedule. Real-time peer support is trained peers with lived experience. They do not use scripts. No judgment. Connection and support from someone who has been there. Peers can be supportive with topics such as anxiety, depression, stress, burnout, wellness, healthy habits, goal setting, work-life balance, physical wellness, personal relationships, self-advocacy, grief, substance use challenges, and more. WeConnect provides daily online recovery groups for those with substance use and mental illness. Their meetings offer a safe space for anyone with quality-of-life concerns and seeking community, wellness, and personal growth such as mental health, grief, substance/alcohol use, food related challenges, and more. WeConnect meetings are open to all including those in a 'supporting role'. There is no pressure to participate, you can just listen or simply share your own experience, and it is your choice to have your camera on or off. If you use the app to attend meetings it even offers you an easy way to track and download your meeting attendance through a verification form you can request to receive in your email. To see what zoom meetings are available today go to https://app.weconnecthealth.io/meetings

# SIMPLE ACTS OF KINDNESS

Emotional forces ripple through our society and social networks every day, and we contribute to it, often without even thinking about it. Some people spread anger or impatience, others make the effort to spread kindness. Spreading kindness involves performing small, intentional, or random acts that brighten someone's day and build stronger communities.

We have the opportunity every day to choose what emotional energy we want to spread. Self-awareness, combined with even small efforts can have large impacts. A simple smile, 'hello', or holding open a door for someone can make an impact. With intention, imaging the impact we can have on a friend, a neighbor, coworker, or even a stranger! Taking the time to show someone you care is something you can hold in your heart with a smile; it's a small way to add compassion, love, and gratitude to your day as well as to others around you. Each issue we will provide some suggestions of ways to provide simple acts of kindness. If you try some of them (or an idea of your own) we'd love for you to share the experience so it can be added to this newsletter in the Personal Stories/Moments That Matter section; spreading some positive energy and encouraging others to do so too...helping build our community even stronger. Help kindness be contageous in our community! We will add these as anonymous entries. Things to include in the writing could be:

What was the act of kindness?
Who was it given to?
How did you feel while you were doing it? And after?

Did you do it without them knowing?
If so, did you get to see their reaction?
What was the persons response?



- Mow your neighbor's yard
- Write a thank you note to a helpful coworker
- Surprise your friend with an Iced Coffee

* Be a mentor
* Donate your books and/or CD's to the library
* Call an elderly relative just to say hello

### Riddles of the Month:

1. How do you tell if an ant is a boy or girl?

2. What do you call a bear with no teeth?



### Riddle Answers

1. Put it in water. If it sinks it's a girl ant, if it floats it's a boy ant!
2. A Gummy Bear



# PERSONAL STORIES/ MOMENTS THAT MATTER

## Who Was I Before Sobriety?




By Cortney Ehle

If I'm being completely honest, the woman I was when addiction was calling the shots is not someone sober me would choose to hang out with. Not even for a brief cup of coffee. Back then, I was a storm of negativity. I was constantly unhappy, chronically defensive, and entirely out of control. If it was toxic, destructive, or dark, I was wrapped up in it. Looking back at her now, I don't feel anger, I feel a profound sadness. She was drowning, and she didn't know how to swim.

**THE MASK OF "PERFECT" MOTHERHOOD**

As a mother, the guilt of active addiction is a heavy, suffocating weight. It sits on your chest from the moment you wake up to the moment you finally pass out. Early on, no matter how loudly the voice in my head whispered that I was a horrible mother, I kept drinking. I poured another glass and put on my performance. I smiled, packed lunches, and pretended everything was completely fine. The wildest part of active addiction is the delusion. I genuinely believed I had everyone fooled. I thought my mask was seamless, when in reality, it was cracked, fragile, and constantly slipping.

**THE WHISPER BEFORE THE CRASH**

About six months before my life-changing DWI arrest, a quiet shift started happening inside me. The sheer exhaustion of living a double life was wearing me down to the bone. I couldn't keep chasing a fleeting high while neglecting my child in ways I was too terrified to admit out loud. I was desperate for a way out, but too proud, and too scared, to ask a human being for help. So, I did something I had never done before: I prayed. I didn't know who or what I was praying to, but it was a raw, unfiltered cry for intervention. Six months later, that intervention came in the flashing blue lights of a DWI arrest. It was humiliating, terrifying, and exactly the hard stop my soul was screaming for.

***"Alcohol hadn't just been my vice; it had been my anesthesia.***
***Without it, I had to feel every single burn of the trauma I had survived."***

**LEAVING MORE THAN THE BOTTLE BEHIND**

Starting over wasn't just about putting down the drink; it was about dismantling my entire existence. When I chose sobriety, I also had to find the courage to end a ten-year relationship with a man who physically, mentally, and emotionally abused me. For a decade, I had been told, and believed, that I was worthless. Rebuilding my self-worth from absolute zero was the hardest thing I have ever done. Learning to look in the mirror and believe "I am good enough" and "I deserve a beautiful, safe life" took time, tears, and relentless effort. But block by block, I rebuilt my foundation.

**TO THE MOMS STILL IN THE TRENCHES**

If you are a mother reading this (whether you are newly sober, white-knuckling it, or still hiding bottles in the laundry basket) I want you to hear me clearly:

***You are not alone.*** The shame wants to isolate you, but thousands of us have stood exactly where you are standing right now.

***You are worth the fight.*** Your child deserves a present mother, yes, but you deserve to actually experience your own life.

***You have to want it.*** True recovery doesn't happen for your partner, your parents, or even your kids. It has to be for you. You have to be willing to do whatever it takes, even when it's deeply uncomfortable.

You are so much stronger than the chemicals telling you that you can't survive without them. If I could walk out of that dark, abusive cycle and into the light of a peaceful life, so can you.

Has someone done something kind for you that made a lasting impact on your life? We would love to share your story too (up to 300 words). We're happy to print with just initials or anonymous if you prefer.
To submit your story please email it to gmiller@ascendmw.org or mail it to ASCEND Dual Recovery Department, 230 Maple St., Glens Falls, NY 12801.



# CREATIVE WRITING CORNER

## Annie

Who Was She?
She was trapped. She was alone and scared, and so tired. Trapped in a world she created. A world she's outgrown. Trapped in her pain and her fear. She was too scared to move because every single door she tried was locked. So, she stopped even trying and stayed. Trapped. Hoping one day soon someone would hand her the keys. To escape her daily nightmare, she would have to walk through the door and close it for good.

Who Is She?
She is fighting. Fighting a battle against an enemy who's been training for the last 25 years. An enemy who knows how she feels, how she thinks, and what her next move is. But she fights anyway. Because the stakes are too high. Because a 10-year-old boy watches, with hope in his eyes. He's holding a key. Her mom and dad hold another. Everything she wants to be and achieve. She dreams of keys. She writes about keys. She keeps fighting, with a key in her hand. She holds onto it. She's not letting go this time.

Who Will She Be?
Anything she wants, because she knows she can. She's a mother, a daughter, a friend, a survivor. She will be holding her head high, feeling a freedom she's never felt before. She's starting to like herself. Scratch that, she will love herself. She finally caught her breath and stopped running away. Because she realizes she will never outrun her shadow. She will know what she's worth, and she will never let anyone take that away again.

~ Anne F.



## We Do Recover

Cutting ties, breaking free from the lies,
No more tears from family's cries.

Time wasted, doped up, feeling dead,
But I won't stay down, I'll lift up my head.

Two years passed, you still clowning around,
But I'm stronger, ready to crack and rebound. In the midst of darkness, I find my light,
Leaving behind what doesn't feel right.

No more pretending, no more disguise,
I'll embrace my truth, and reach for the skies.

With courage and strength, I'll break free,
Creating a life that's authentically ME.

No more living in shadows, I'll shine bright,
Leaving behind the clown, taking flight.

I hear your pain, your struggle, and your fight,
But remember, you're not alone in this night.

Surround yourself with love, support, and care,
Together we'll rise, and life will repair.

Believe in yourself, trust your inner voice,
You have the power to make a different choice.

Leave behind the past, embrace a new start,
You're stronger than you think, with a resilient heart.

~ Samantha B

2 years clean on 9/18. 🩷 We do recover. Let go of everything that is stopping you before your life gets cut short.

We would love to hear from you! If you'd like to share a poem you've written, some creative writing you've done or a piece of your recovery story we would love to add it to our newsletter to help support or inspire our readers. Not sure what to write about? We'll provide prompts each month as an option.

**July/August Prompts**

1. Write about a summer activity you look forward to doing every year. Why do you look forward to it?
2. Write a short story with the title The Enchanted Key

**To submit your writing please email it to gmiller@ascendmw.org or mail it to ASCEND Dual Recovery Department, 230 Maple St., Glens Falls, NY 12801.**

# RECOVERY Resources

## PHONE NUMBERS

**Life Line Mental Health Crisis & Suicide Prevention:** 24/7 support for people in emotional distress or suicidal crisis**. Call or Text 988** When calling Press **1** for Veterns, Press **2** for Spanish, Press **3** for LGBTQIA+, or visit 988lifeline.org
**Mobile Crisis:** Meet a clinician in an agreed-upon location. 518-741-6099
**Crisis Text Line**: 24/7 for any crisis. A live, trained Crisis Counselor receives the text and responds, all from our secure online platform. Text 'HOME' to 741741
**United Way:** 24/7 Connects you to a community resource specialist who can put you in touch with local organizations that provide critical services. English and ***Spanish*** Dial 211
**Never Use Alone Crisis Prevention Center:** A toll-free nationwide overdose prevention, detection, crisis response and reversal lifeline services for people who use drugs while alone. The all volunteer peer-run call center operators are available 24-hours a day, 7 days a week, 365 days a year. No stigma. No judgment. Just love! 800-484-3731
**Rose House Warm Line**: 24/7 A safe place to stay or someone to talk to. 518-502-1172
**National Domestic Violence Hotline:** confidential support 24/7/365 ***English, Spanish and 200+ languages through interpretation service*** 800-799-7233 or Text 'START' to 88788
**National Sexual Assult Hotline RAINN** (Rape, Abuse, Incest National Network: 24/7 1-800-656-HOPE (4673) or visit online.rainn.org
**The Trevor Project:** 24/7 crisis support services for LGBTQ young people. Text, chat, or call anytime to reach a trained counselor: thetrevorproject.org/hotline: 866-488-7386 or Text 'START' to 678678
**National Center for PTSD Helpline:** 1-800-273-8255
**National Alliance on Mental Illness** (NAMI): Hotline staff are prepared to answer any mental health questions you may have. (800) 950-NAMI (6264)
**Problem Gambling Northeast Resource Center**: (518) 801-1491
**Substance Abuse and Mental Health Services Administration** (SAMHSA): Available 24/7, 365 days a year: (800) 662-HELP (4357). The professionals on the phone can provide treatment information and referrals in English and ***Spanish***.
**National Institute of Mental Health** (NIMH): Available 8:30am to 5pm EST: (866) 615-6464 or (866) 415-8051 (TTY). Professionals can answer any mental health related questions in English or ***Spanish***.
**Boys Town**: Specially trained counselors are available 24/7, 365 days a year to provide crisis support specifically for children and their families: (800) 448-3000
**National Eating Disorders Association**: 24/7 crisis support Text 'NEDA' to 741741
**National Human Trafficing Hotline:** Serving victims and survivors. Toll-free hotline is available from anywhere in the country, 24/7, 365 days a year at 1-888-373-7888

## WEBSITES

**Al-Anon and Ala-teen Groups:** Hope and help for families and friends of alcoholics: al-anon.org
**Alcoholics Anonymous (AA):** Local group schedule and information: district13.aahmbny.org To speak to someone local call 518-463-0906
**Debtors Anonymous:** Offers hope for people whose use of unsecured debt causes problems and suffering in their lives and the lives of others: debtorsanonymous.org
**Digital Recovery Support:** Online recovery support groups are available daily. They are open to anyone who is dealing with substance use, mental health conditions, and any other quality of life concerns. Meetings are led by peer recovery support specialists who have firsthand experience and understand what you're going through: www.recoveryanswers.org
**Gamblers Anonymous (GA):** Online services for anyone struggling with a gambling addiction: gasteps.org
**Grief Recovery After a Substance Passing (GRASP):** For those who have lost someone to substance use or addiction: grasphelp.org
**In The Rooms**: A free online recovery tool that offers 130 weekly online meetings. We embrace multiple pathways including all 12 Step, Non-12 Step, Wellness and Mental Health modalities. Other resources available also such as news, blogs, guides, and more https://www.intherooms.com/home/
**Narcotics Anonymous (NA):** local group schedule and information: narcotics.com
**Overeaters Anonymous (OA):** Online support groups for anyone who wants to stop eating compulsively: oarecovery.com

## PODCASTS

**Mental Illness Happy Hour:** Weekly interviews with comedians, artists, friends, and the occasional doctor.; exploring mental illness, trauma, addiction and negative thinking.
**This Naked Mind:** Some of the episodes discuss alcohol withdrawals, the link between drinking and binge eating, how to deal with loneliness, and more.
**Recovery Rocks:** Our varied paths show listeners that there are a myriad paths to recovery and countless songs to rock out to along the way.
**Mental Health - Hope and Recovery:** They share inspirational true stories and a host of recovery skills. You'll learn about treatment options, coping skills, goal setting, relationships, and mindfulness.

## APPS

**Addiction Apps**: Twenty-Four Hours A Day (Free), Quit That! Habit Tracker (Free), NoMo (Free)
**Anxiety Apps**: MindShift (Free), Self-Help Anxiety Management – SAM (Free)
**Bipolar Disorder Apps**: IMoodJournal ($), EMoods (Free)
**Counseling Apps:** TalkSpace ($$) BetterHelp ($$) Larkr ($$) ReGain ($$) TeenCounseling ($$)
**Depression Apps:** Talk Space Online Therapy ($$), Happify (Free), MoodTools (CBT; Free)
**Eating Disorder Apps:** Recovery Record (Free), Rise Up & Recovery (Free), LifeSum (Free)
**General Mental Health Apps:** What's Up (CBT; Free) Mood Kit (CBT; $)
**Mindfulness & Meditation Apps**: Calm ($), Serenity: Guided Meditation & Mindfulness (Free)
**Obsessive Compulsive Disorder Apps**: nOCD (Free), Worry Watch ($), GG OCD (Free)
**PTSD Apps**: PTSD Coach (Free), Breathe2Relax (Free)
**Schizophrenia Apps:** UCSF Prime (Free), Schizophrenia Health Story Lines (Free)
**Suicide Prevention Apps**: MY3 (Free) notOK (Free)
**Wellness:** Wellness Recovery Action Plan (Goal Setting; Free)

ASCEND MENTAL WELLNESS

**Check Out Our *Peer Perspective* Podcast!**
**On ASCENDMW.org, SPOTIFY, IHeart Radio,**
**Apple Podcast, and Amazon**

ASCEND DUAL RECOVERY SUPPORT GROUPS

EVERY TUESDAY
4:15-5:15 PM OPEN DISCUSSION/RECOVERY TOPICS
HOPE & HEALING RECOVERY CENTER:
37 CHESTER STREET, GLENS FALLS
IN PERSON

OR

PLEASE VISIT WWW.ASCENDMW.ORG FOR MORE INFORMATION & COPIES OF OUR NEWSLETTERS



American Foundation for Suicide Prevention Capital Region New York
THANK YOU FOR YOUR SUPPORT
FIDELIS CARE
MMB+CO BUSINESS ADVISORS AND CPAS