



ANNOUNCEMENTS

- SAARA is participating in the **Magellan Complete Care Drive-Thru Community Health Fair** this **Saturday, March 20th, from 10:30-2:30**. The event will be socially distanced in the **Midlothian Middle School parking lot**. Stop by and find the SAARA booth!
- Thank you to all who participated in SAARA's advocacy efforts during Legislative Session. Our digital actions contacted state legislators over **335 times**. Did you miss our final Advocacy Alert for Legislative Session 2021? Find it [here](#).
- Congress has passed The American Rescue Act in response to COVID-19. Included in the legislation is substantial **funding for mental health programs and services**. Read more about COVID relief bill [here](#).
- Support the **The Virginia Recovery Advocacy Project** by sending a letter to the Governor ensuring that funds from current and potential opioid settlements reach the individuals and communities **most devastated by the opioid crisis**. Use their template to send your letter [here](#).

RECOVERY+ Wellness Series

Recovery+ YOGA

Project Yoga Richmond Ambassadors will lead participants through a series of **all-levels yoga** and mindfulness practices **designed to bolster recovery efforts**. Students will learn a variety of skills to build resilience, manage stress and support them in their unique recovery journeys. This will be offered the **first Friday of every month at 3:00pm**. This is a free and virtual event.

First Class: APRIL 2ND, 3:00

[REGISTER](#)

MORE SAARA EVENTS

Self-Care and Resiliency Webinar

This webinar will discuss **self-care and resiliency for those in the recovery community**. We will focus on teaching simple yet effective practices that can be incorporated into your daily routine. Speakers include **Camille Bird, from InnerWorks** and **James Harris from Men_To_Heal**. This is a free and virtual event.

[REGISTER](#)

Peer Recovery Specialist Training

SAARA will be announcing our next **72-Hour PRS training** soon! Join our waitlist and get notified when applications are open.

[JOIN WAITLIST](#)

Peer Group Schedule

SAARA.ORG/RESOURCES

MEETING INFORMATION: <https://us02web.zoom.us/j/3663298706>
Meeting ID 366 329 8706

	11:00	1:00	3:00
Mon	LETTING GO Build self-esteem through acceptance	ANGER MANAGEMENT Identify triggers and learn coping techniques	ALL RECOVERY Explore all pathways to recovery and discover which is right for you
Tue	LIFE SKILLS Personal growth through new skills and experiences	ALL RECOVERY Explore all pathways to recovery and discover which is right for you	EARLY RECOVERY One year or less in recovery
Wed	WELLNESS RECOVERY Daily activities and strategies to stay aligned with your goals	MARS RECOVERY Safe space for medically assisted recovery	ALL RECOVERY Explore all pathways to recovery and discover which is right for you
Thu	ADDICTIVE THINKING Identify triggers and learn coping techniques	WELLNESS RECOVERY Daily activities and strategies to stay aligned with your goals	ALL RECOVERY Explore all pathways to recovery and discover which is right for you
Fri	ALL RECOVERY Explore all pathways to recovery and discover which is right for you	ALL RECOVERY Explore all pathways to recovery and discover which is right for you	 Substance Abuse & Addiction Recovery Alliance of Virginia

Join a Peer Group Meeting - It's virtual, and completely free

SAARA of Virginia is committed to the health and well-being of both staff and the individuals we serve. Due to the growing concerns and impact of the COVID-19 virus, SAARA's recovery groups are available virtually via [Zoom](#).

[Share this schedule with someone in need.](#)

More Resources

Celebrating Women's History Month

During Women's History Month, we celebrate our leaders, our mentors, and our support system. Thank you for all that you do! Meet the women of SAARA:

Frederika Jones, Board President & Treasurer of the Peninsula Affiliate
Lisa Beitz, Board Member
Sherri Cotton, Board Member
Dr. Maureen Murphy-Ryan, Board Member
Laura Minnick, Board Member & President of the Central Virginia Affiliate
Anika Richburg, Programs and Operations Manager
Betsy Stewart, Communications and Development Coordinator
Lindsey Jefferson, Executive Assistant
Lynda Clarke, Peer Recovery Specialist
Dianna Taylor, Peer Recovery Specialist
Susan Tellier, Vice President of the Central Virginia Affiliate
Tanya Lacey, Treasurer of the Charlottesville Affiliate
Helen McKenzie, President of the Danville Affiliate
Teresa Hill, Secretary of the Danville Affiliate
Katherine Renee Cox, Vice President of the Peninsula Affiliate
Faith Hyman, Secretary of the Peninsula Affiliate
Jessica McGraw, President of the Southside Hampton Roads Affiliate
Si'Andra Lewis, Vice President of the Southwest Virginia Affiliate
Casey Carringer, Treasurer of the Southwest Virginia Affiliate

**Help support SAARA's fight to end the stigma surrounding
Substance Use Disorder (SUD) and ensure accessible Recovery
resources for all Virginians.**

Donate Today

CONTACT US

SAARA of Virginia
2222 Monument Ave

[Contact](#)Check out our website [SAARA.org](https://saara.org)

COMMUNITY EVENTS

March 18, 3:00 - *WRAP and Talking About Tobacco* - This webinar will provide an orientation to the Wellness Recovery Action Plan, and discuss how it can be used for exploring options for wellness including the use of tobacco and the impacts that use might have on one's life. [REGISTER](#)

March 23, 2:00 - *Listening to Young People to Transform Mental Health* - This session will share what 1900 young people have to say about how we can better address mental health and create pathways for hope and leadership for youth and young adults. [REGISTER](#)

March 25, 12:00 - *Depression in the Black Community* - Presented by Mental Health Technology Transfer Center (MHTTC) Network. [REGISTER](#)

March 25, 10:00 - *Introduction to Trauma and resilience* - This virtual training is open to all members of the community interested in a foundational learning experience around the topics of trauma and resilience. [REGISTER](#)

March 30, 12:00 - *Growing Peer Support: Specialized Services in a Time of Crisis* - This webinar will feature a discussion about how an investment in the peer support workforce can not only address the immediate and growing mental health and substance use needs in the US but it can also shape a future system of services rooted in empowerment, hope, connection, human rights, and lived experience. [REGISTER](#)

March 31, 9:00 - *Diversity, Equity and Inclusion Training* - This workshop will discuss the many faces and characteristics of diversity, while learning how diversity, equity, and inclusion impact our relationships and work with people who differ from us. [REGISTER](#)



Substance Abuse &
Addiction Recovery
Alliance of Virginia

{{Disclaimer}}

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