

ALL RECOVERIES MEETING

Every path. Every person. One community.

All Recoveries Meetings are inclusive, peer-led gatherings for anyone seeking recovery from substance use, mental health challenges, or life disruptions.

There is no single recovery model promoted. Whether your path includes 12-step programs, SMART Recovery, faith-based recovery, medication, therapy, harm reduction, peer support, or self-directed recovery, you are welcome here.

What to Expect

- A safe, respectful space
- Peer-led conversation and shared lived experience
- Voluntary sharing — listening is just as valued
- No labels, no pressure, no judgment
- Confidentiality and mutual respect

You don't have to have it all figured out.

You just have to show up.

Who This Meeting Is For

- People in any stage of recovery
- Those exploring or combining different recovery paths
- Individuals who don't fit into one specific program
- Anyone looking for connection, understanding, and support

What This Meeting Is Not

- Not treatment or therapy
- Not a debate about recovery methods
- Not recruitment for any program
- Not about being "fixed"

This is a space for belonging, dignity, and hope.

Our Belief

Recovery is not one road — it is many roads.

All paths that support healing deserve respect.

All are welcome.

Fridays at 1:30pm @ CRUSH RCC, 317 7th Ave SE #304 Cedar Rapids, IA 52401