If you have a friend who is struggling, you can speak up about what you are seeing. Offer help and support without judgment.

VCU Counseling
Connecting to UCS is easy. Come to either office and ask for a RAM appointment.
University Student Commons, Rm. 238
MCV Campus, VMI Building, Rm. 412
Mon-Fri 8am-4:30pm

Learn more
Get educated about addiction and recovery resources to become a more empathetic friend. Visit
shatterproof.org, and recoveryanswers.org.

FREE HOT COFFEE
The Rams in Recovery Coffee Bike fights stigma through conversations about recovery.

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Weekly Recovery Events ON CAMPUS
Recovery Clubhouse
Mon 12pm Meditation
Mon 7pm AA Meeting
Wed 12pm AA Meeting
Wed 5:30pm Refuge Recovery
Thu 5:30pm Yoga for Recovery
Thu 8pm NA Meeting
Fri 2pm Rams in Recovery Pizza
Hibbs Hall
Sun 8pm NA Meeting rm. 303
Fri 8:30pm AA Meeting rm. 403
819 South Cathedral Pl.
Mon 7:15pm SMART Recovery

RESPECT RECOVERY
If someone says they are in recovery or trying to change their use, encourage them and celebrate their success. You can help by planning events that don’t involve alcohol.

PRO TIP!
Telling someone what to do doesn’t work. Get your loved one talking about the needs drugs fill in their life. Try asking, “What are the good things about using? What are the not-so-good things?” Listen without judging. This gives them a chance to think and talk about what’s important to them, encouraging change from the inside.

Let’s Create a Recovery Ready Campus!

A PLACE TO GO
Professional and community support for those seeking recovery.

HELP EVERYWHERE
When someone asks for help, peers, supervisors, and teachers know where to guide them.

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COBE FAMILY EDUCATION PROGRAM
Addiction and recovery education every Thursday 6:30-8pm
563 Southlake Blvd.
cobe.vcu.edu/families

The JHW Foundation challenge will match your donations to Rams in Recovery! support.vcu.edu/give/RIR