

# What is the Recovery Cafe model?

It begins with the understanding that *every person is precious and worthy of love regardless of past trauma, mental and emotional anguish, addictive behaviors, or mistakes made.*

The model is a membership-based model requiring commitments that are held through loving accountability.

Everyone is a contributor in the model, which allows for mutually liberating relationships which cross socioeconomic, racial, religious, gender, and other barriers that exist in the larger culture.

By practicing radical hospitality, the model supports everyone wherever they are on their journey and encourages multiple pathways to recovery.

From this place of deep knowing and deep loving, the model raises leaders from within its community to share their gifts and follow at the point of other gifts.

This model provides support, resources, and a community of care along the entire continuum of a person's need for recovery assistance.

## Help support the mission of Recovery Cafe Anoka



**TEXT:** RCACGIVE  
**TO:** 44321

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### ADDRESS:

1601 S. 4th Ave.  
Anoka, MN 55303

### PHONE:

612-412-1661

### HOURS:

Mondays & Wednesdays  
9:30 am - 4:00 pm

### EMAIL:

[INFO@RECOVERYCAFEANOKACOUNTY.ORG](mailto:INFO@RECOVERYCAFEANOKACOUNTY.ORG)

### WEBSITE:

[RECOVERYCAFEANOKACOUNTY.ORG](http://RECOVERYCAFEANOKACOUNTY.ORG)

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Recovery Cafe Anoka County is a 501c(3) non-profit organization in Minnesota. All donations are tax deductible.



*“Healing doesn't mean the damage never existed, it' means the damage no longer controls our lives”*



# The Cafe's programs are designed to:

- Help you sustain recovery
- Fulfill your potential
- Reclaim your life
- Reduce relapses



School of Anoka is the educational arm of Recovery Café

## SERVICES:

- Clean and sober activities; organized sports, yoga/meditation, group outings, social gatherings, games, and events.
- Recovery Coaching is available to adults in recovery.
- Meetings are weekly or biweekly and free to those who qualify
- Culturally specific trained coaches to meet each member's needs
- Access to resources; jobs, childcare, housing, etc.
- Naloxone training
- Speaker & Informational presentations to support and inspire individuals and families with lived experiences
- Workforce development & training opportunities
- Service opportunities empowering every member to become a contributor
- Food and beverage provided with a focus on health and wellness and overall physical well-being.



## Our Mission:

To support the development of the mind, body, and spirit of individuals desiring recovery by creating a community committed to love, support, and inclusion.

## Our Vision:

Through a connected community, members will sustain long-term recovery.

The goal is not simply to survive, but to develop thriving members who reach their full potential.



- We thrive to implement equity, trauma-informed healing, family stability, and self-sufficiency.
- We are a community of individuals who have been traumatized by homelessness, addiction, and other mental health challenges.
- We believe everyone needs to know that they are loved and have gifts to share.