



3RD STREET BEAT

PRODUCED BY CLIENTS OF THE RECOVERY CENTER

8 EAST 3RD STREET 10003

#62 JULY 2025

RHON
XXX

THE 3RD STREET BEAT MISSION STATEMENT

The Third Street Beat is a newsletter written by and created for people with substance use disorder. Our mission is to validate that experience so people know that they are not alone, and to emphasize the many unique roads that we take to recovery. This is an opportunity to share our experiences to creatively support each other. We are non-political, non-denominational, multi-racial, and gender neutral. Our mission is one of recovery and harm reduction, and all experiences are welcome. All the viewpoints herein are personal in nature and related specifically to our contributors' recovery.

THE 3RD STREET BEAT EDITORIAL TEAM

The 3rd Street Beat is produced by The Recovery Center community with assistance from the occupational therapy team.

3RD STREET BEAT BACK ISSUES

CAN BE DOWNLOADED AT:

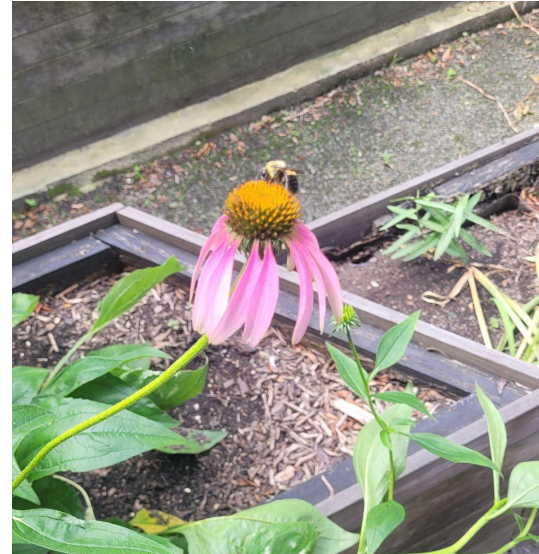
<https://www.projectrenewal.org/news-and-publications/publications/page/1/?byCategory=the-recovery-center>

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@[recoverycenternyc](https://www.instagram.com/recoverycenternyc)

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**PLANT SALE AT TRC
SATURDAY JULY 19**



Free tours of the
greenhouse and
our mother plants!

KEEP CALM AND BUY PLANTS
& support our work in harm reduction!

11:30-2pm
8 East 3rd St.



Hydro Painting!





OUTSIDE IN THE GARDEN



I will work on going
to garden a little more
the spirit growth is
garden's nature All
god doing love it

I will spend time around people
who make me feel better

Setting Intentions

You are still here.
And that is
something. ♡

The world is better with
you in it ♡

amc

HOT WEATHER = MOVIE TIME!



4TH ANNUAL HARM REDUCTION BBQ!

MARCUS GARVEY PICNIC AREA







I never knew that a musical like on Broadway would help me to refocus my direction, my path to recover. It was MJ the Musical at the Paul Simon Theater in Manhattan where I was face to face with some of my history, my past, and now my future. As I watched in amazement and enjoyed the eye candy and delightful experience I began to reminisce about the similarity of my past like having an afro, and wearing pumps for men. As I looked on at the show I was taken to another place as it relates to addiction, trauma, and the pain that kept me using for so long. I'm so grateful I had an opportunity to experience to seeing the Musical MJ. There were also other event rips, outing provided by TRC and 2nd Chance where I was reminded of how blessed I am I'm so grateful that I was reintroduced to things I once knew to be rewarding and productive. There were more than a few, some of the most recent events were Superman the Movie and then there was Hells Kitchen written by Alicia Keys.

By G.C.¹⁰

SOCIETY'S ALZHEIMER

A STATEMENT OF TRUTH WAS MADE IN AN ARTICLE OF A WEEKLY PUBLISHING OF THE "CO-OP CITY" NEWSPAPER BY THE DIRECTOR KEVIN LAMBERT: WHO MENTIONS THAT PRESENTLY IN OUR SOCIETY UNFORTUNATELY SOME PEOPLE RATHER TEND TOWARD GOSSIP (OR LISTEN OR BELIEVE) SOMETHING THEY HEARD (HEARSAY) AND ENTERTAINMENT OPPOSED TO, OVER THE TRUTH AND FACTS THIS APPLIES TO THE AGENDA OF THE SO-CALLED REWRITING OF HISTORY THAT HAS LONG TIME ALREADY BEEN KNOWN, PROVEN, DOCUMENTED, VETTER, TAUGHT AND LEARNED IN ITS ORIGINAL FORMS, BY THOSE OF MORE THAN HALF A CENTURY'S AGE AND UP. THIS IS A SIGN OF THE DECLINE OF SOCIETY'S MEMORY

(KJH)

JULY 3 2025

I love my freedom
I like built with my hand
I built my house
I like to work my hand
I built the store
I like to chop wood
I built water fountains
I love USA people
I built houses
I Manhattan built
Help hands America people

-S.M.

Perspective

The perspective of life in general is very important for me that's my go to. To stay receptive toward my life's everyday problems. I try to stay consistent toward how I view and feel concerning my problems and situation perspective also helps me too, be receptive toward other ways that I can possibly use for myself. I could go on and on about perspective. I end by saying that it is essential in life 2 be perceptive and consistent toward life's many challenges!

A.T.

Life in the Shelter

By Darryl A.

I be sitting in the mess hall where we eat breakfast in the morning, lunch in the afternoon, and dinner in the evening everyday. Sometimes I be brainwash being here the same routine over and over again. I am use to it by now I just roll with the punches life take you through up and down I want to stay up not down but I know I get rich and famous people want to kill m kidnap me or rob me once I do my book and movie come out 5 to 10 years from now. I hope God bless with that goal. I got to be patient and wait for that goal and dreams come true I know people are going be jealous and envy of me I got to hire security and bodyguards to protect me so I got to careful who I be with male and female people will set up you and kill, kidnap, or rob em so I got to be careful who I be with so that enf of my story God bless the city New York and country United States and world.

Thank you

Darryl A.¹⁴

Recovery Center Weekly Schedule for Fall 2025!

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 A.M.	Preventing Recurrence (Angela)	Self Care (OT)	Substance Use Education (Brian)	Healthy Relationships (Rosa)	Back to Work/ Weekend Planning (OT)	<u>9:30am</u> Open Discussion (Nikolay)
10:05 A.M.	Health & Wellness (Katie)	Anger Management (Nikolay)	Values (Nikolay)	Spanish Speaking Group (Aida)	Anxiety Busters (Karin)	<u>10:30am</u> Peer Group (Robert)
11:00 A.M.	Free Time	Newsletter (OT)	Cooking Club (OT)	Men's Group (Nikolay)	11:00 – 11:15 Recognition Meeting	Open Discussion (Rotating)
12:00 P.M.	Free Time	Free Time	Free Time	Free Time	12:00 pm Staff Clinical Meeting (Group room closed)	Free Time
2:00 P.M.	Free Time	Art or Garden Group (OT)	Art or Garden Group (OT)	Creative Writing (Katie and OT)	Peer Group (Robert)	Free Time
5:15 P.M.	Road to Recovery (Brian)	Preventing Recurrence (Aida)	No group	Substance Use Education (Angela)	<u>TRC Hours of Operation</u> Mon – Tues: 8:30am to 6:15pm Wed – Fri 8:30am to 5:00pm Saturday 9:00am to 5:00pm	

Please be safe....
 Ask the TRC
 or the 2nd Chance Program
 if you need fentanyl test
 strips or naloxone kits &
 training!

Are you in need of
 Residential Treatment or
 withdrawal management?

24 hour Intake hotline

212-533-8400 ext 5136 or 5137

EVERY LIFE IS WORTH SAVING!

**THANKS FOR READING
 OUR NEWSLETTER, WE
 HOPE YOU ENJOY IT!**

**The 3rd Street Beat
 is accepting submissions!**

THE RECOVERY CENTER

212-533-8400 x5144 for Intake

8 East 3rd Street

Outpatient Substance Use

Treatment Program