Mindful Meditation & Self Care Group
10:30 a.m. - 11:30 a.m. / Chestnut Hall Room 301 C
A weekly group that practices deep breathing exercises and mindful meditations. Members also discuss topics such as stress management and self-care tips to help them to navigate stressful situations.

Dungeons and Dragons Club
3 p.m. - 5 p.m. / Chestnut Hall Room 301 C
A weekly group that engages in role play that helps to connect students, enhance empathy, strategic thinking, moral development, and imagination. DND campaign will last the entire spring semester.

SMART Recovery Group
6:30 p.m. - 7:30 p.m. / Chestnut Hall Room 324 A
A mutual help group for participants to design & implement their own substance use or process addiction recovery plan to create a more balanced, purposeful, fulfilling, & meaningful life.

Creative Flight
6:30 p.m. -7:30 p.m. / Chestnut Hall Room 301 C
A weekly group that brings together UNT students to explore and express their creativity in a supportive, alcohol and drug-free environment. We provide all the materials for pre-selected projects and activities that are designed to promote well-being and encourage self-expression.

DHARMA Recovery Group
4:00 p.m.-5:00 p.m. / Chestnut Hall Room 301 C
A peer led group that uses Buddhist principles to help individuals find freedom from the suffering of addiction. DHARMA recovery uses the four pillars to help members gain a deeper understanding of the causes of suffering.

If you need an accommodation because of a disability to fully participate in a meeting, please contact us at 940-565-3177 or recovery@unt.edu. Please make the request as soon as possible to allow sufficient time to arrange the accommodation. Thank you!
No registration is required to attend meetings!