ASPIRE is a community based program for young adults (18-30) in recovery from drugs and alcohol. The program and curriculum is designed to fill in gaps around life skills, education and career planning that may have been missed while in active addiction. ASPIRE focuses on additional skill sets to enhance lives including social, education and physical wellbeing.

During the first three months participants will (1 night per week/1 Saturday per month):

- Improve their mental, emotional and physical health and wellness.
- Complete practical tasks leading to furthering their education, advancing career objectives and/or improving personal relationships.

Sessions will be led by professionals from within the community, all of who have extensive educational backgrounds and/or experiential proficiency with long-term recovery. In addition to the curriculum, program participants receive:

- A one-year YMCA of Montclair membership.
- A stipend to cover round trip transportation to the program from Bloomfield, Cedar Grove, Clifton, Glen Ridge, Montclair and Verona NJ.
- Three months of coaching after successful completion of the first three months.

Program participants are expected to:

- Have a at least 90 days of recovery and a personal recovery program in place.
- Pay a $70 registration fee. Participants who successfully complete the program (after the 3 months of coaching) will receive their money back.
- Participate in all program sessions.

More information about the Fall 2018 cohort (begins mid-October) will be available soon. Apply online at http://www.montclairymca.org/aspire/# or contact Kimberley at ASPIREYMCA@montclairymca.org or 973-415-6102.

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