

Who we are

Recovery is a reality for over 62 million individuals, as well as their families and loved ones.

We believe that recovery is not only possible, but likely when individuals receive the support they need. With this philosophy in mind, Unity Recovery was founded to be an inclusive recovery community organization and drop-in center for everyone.

Vision: We envision a world where recovery is no longer hidden in the shadows and the millions of Americans with mental health and substance use disorders are celebrated and supported.

Mission: To provide inclusive community-based recovery support services and education for all individuals in or seeking recovery.

Visit Unity

106 Gay Street - Floor 2
Philadelphia, PA 19127

Center Drop-in Hours

SUN 10AM - 4PM
MON 9AM- 7PM
TUES 9AM- 7PM
WED 9AM - 7PM
THURS 9AM - 7PM
FRI 9AM - 7PM
SAT 10 AM - 5PM

More Info

www.UnityRecovery.org
contact@unityrecovery.org
267-748-2454

UNITY RECOVERY
RECOVERY COMMUNITY ORGANIZATION

PREGNANCY & POSTPARTUM RECOVERY SUPPORT

Recovery is the expectation,
not the exception

www.UnityRecovery.org

What We Do

Pregnancy/Postpartum Recovery Services

We provide one-on-one, peer-based recovery support services for pregnant and postpartum mothers navigating the recovery process.

Parenting Education

Our peer staff provide learning opportunities for individuals to learn more about parenting in recovery, life skills education, and much more.

Care Coordination

Not everyone knows what is available in their community, and our peer staff are there to help fill the void to help pregnant and postpartum mothers get connected to available resources including housing, pre/postnatal care, treatment support, and mental health care.

Pre/Postnatal Yoga

We offer free recovery yoga classes and pre/post natal yoga classes at the Unity Yoga studio every week. These classes are perfect for expecting and recent mothers and offer an easy opportunity to begin thinking about our physical health in recovery.



Elevate Recovery. Elevate Life.

Recovery should be accessible to anyone, at anytime. We **never** charge a single fee for any individual who wants recovery supports.

Philadelphia is home to one of the most vibrant and diverse recovery communities in the entire United States. At Unity Recovery, we focus on partnerships and collaboration to bring comprehensive peer-based pregnant and postpartum recovery supports to those that need them. Our peers are experts in the community so you can find connection to the right resources, at the right time.

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