



January 2020 Programs

All programs are free! Age 18 and up.

www.southshorepeerrecovery.com - 781-378-0453

The Center will be closed for Martin Luther King Day January 20th

Weekly Drop-In Programs - No Registration Required:

Sundays

Gosnold Family Education and Support Meeting - 11:00am - 12:30 pm - at the Scituate Senior Center, 27 Brook Street, Scituate. This peer-led peer support group is facilitated by a clinician from Gosnold.

Mondays

Y12SR Yoga - 1:00-2:30pm - at SSPR, 51 Cole Parkway, Scituate Harbor. Y12SR "connects the dots" between the ancient wisdom of yoga, the practical tools of 12-step programs, and the latest research on trauma healing and neurobiology. As part of a holistic recovery program, it works in tandem with traditional treatment to address the physical, mental and spiritual disease of addiction. Ninety (90) minute, 12-step-based discussion and yoga practice. No yoga experience is required. Mats and props provided, but participants are welcome to bring their own. Each class is limited to 12 people.

Drop-in Meditation - **NEW DAY & TIME!** 7:00-8:00pm - 50 Cole Parkway, Upstairs, Scituate Harbor. Mindful meditation practices will be explored and new and seasoned practitioners are welcome. This class will offer gentle movement that feels good for the body and soul and will integrate breathing practices to ready the body for meditation. Facilitated by Joy Kingsbury.

Tuesdays

"New Beginnings" Women's Book Discussion Group - 10:00-11:00am -at the Center, 51 Cole Parkway, Scituate Harbor. This group will explore different themes, including self-esteem, friendship, relationships, spirituality, and hope. Topics will be shared from the well-loved book by Melody Beattie, *The Language of Letting Go*. Facilitator Carol Sasso, a woman in long term recovery, offers a friendly format for women to connect and seek support from one another on their recovery journeys.

Refuge Recovery - 7:00-8:15pm - at the Center, 51 Cole Parkway, Scituate Harbor. Refuge Recovery is a Buddhist-oriented, nontheistic recovery program that does not ask anyone to believe anything, only to trust the process and do the hard work of recovery. No previous experience or knowledge of Buddhism is required. This is a 1-hour, 15 minute weekly group facilitated by Christopher M. Mandeville, a man in long-term recovery. Meetings are free of charge and all are welcome.

Wednesdays

Detox Acupuncture Group -Two Sessions - 5:00pm & 6:30pm at the Center, 51 Cole Parkway, Scituate Harbor. Kathy Duggan is a Licensed Acupuncturist with many years of experience. The group protocol of the National Acupuncture Detoxification Association (NADA) is used to alleviate symptoms of post-acute withdrawal syndrome, anxiety, sleeplessness, and to support ongoing recovery management. Full treatment takes about 45 minutes. *To allow for a quiet experience for everyone, drop in window for 5pm session is 4:45pm-5:15pm. The drop-in window for the 6:30pm session is 6:15pm-6:45pm. The group will not be accessible outside these windows. Please plan accordingly.*

Boston Bulldogs Running Club - 6:30-7:30pm - Meet at SSPR, 51 Cole Parkway, Scituate Harbor. Organized by Dan Babcock, peer volunteer, individual in long term recovery, and South Shore Coordinator for the Bulldogs. All levels are welcome to walk or run as a group. 3.1-mile loop to Scituate Lighthouse and back, with fun company.

Thursdays

"Faith Finders" Discussion Group -- 7:00-8:00 p.m. at the Center, 51 Cole Parkway, Scituate Harbor This peer facilitated discussion group will explore principles of spirituality, and how the concept of a higher power can positively transform one's recovery journey. Co-facilitated by Kristen Cole-Esson and Robert Egan.

Saturdays

Y12SR Yoga - 10:00-11:30am - at SSPR, 51 Cole Parkway, Scituate Harbor. Y12SR "connects the dots" between the ancient wisdom of yoga, the practical tools of 12-step programs, and the latest research on trauma healing and neurobiology. As part of a holistic recovery program, it works in tandem with traditional treatment to address the physical, mental and spiritual disease of addiction. Ninety (90) minute, 12-step-based discussion and yoga practice. No yoga experience is required. Mats and props provided, but participants are welcome to bring their own. Each class is limited to 12 people.



Additional Programs – Pre-Registration Required:

Please contact Donn Young: dyoung@southshorepeerrecovery.com, 781-378-0453

Sober Parenting Journey – NEW GROUP COMING IN FEBRUARY 2020!

Free, 14-week group for parents in early recovery. Participants will work in a supportive setting to uncover inner strengths and achieve personal transformation in recovery by developing parenting strengths, resources, and hope. Free childcare provided and each 2-hour session begins with a family meal. For new group registration or further information, please contact Donn Young, Program Manager, at 781-378-0453.

CRAFT Skills Group – ENROLLMENT FOR JANUARY 2020 GROUP OPEN! – January 6th – February 24th

CRAFT stands for Community Reinforcement and Family Training, and is a free, 8-week group that teaches communication skills and strategies for family members with a Loved One dealing with problematic substance use. Participants will work on learning modules through the Allies in Recovery online training website. Then, join other parents and caregivers for a weekly discussion group at the Center. Now enrolling for a new group starting on January 6th, Mondays from 6:30pm-8:00pm, at the Center, 51 Cole Parkway, Scituate Harbor, through Monday, February 24th. Space is limited to 14 parents and caregivers. If interested, please pre-register on this CRAFT URL: <https://tinyurl.com/y3ocwgka> or contact Donn Young, Program Manager, at 781-378-0453.

Telephone Recovery Support – ONGOING ENROLLMENT – How May We Help You With Your Recovery Today?

Can't get to the center? Everyone can benefit from a weekly phone call from a friendly peer! Sign up for this free recovery support program and a trained SSPR peer will call you at the same time each week to check in. Please contact Donn Young to get enrolled at 781-378-0453.

***Volunteers are in high demand! Contact Jane Wasel for more information on any of the volunteer opportunities offered at South Shore Peer Recovery!
Email: jwasel@southshorepeerrecovery.com***