



**“Recovery Stories: Tales of Grit and Grace” a free, 3-part Storytelling Workshop
in Scituate this January!**

Storytelling has long been a way to find triumph in the midst of struggle, to find common ground between people and communities, and to gain new perspectives on our experiences. Storytelling is about connection, empowerment, and healing. Stories are also the foundation of 12 step fellowship for recovery from substance use disorder. South Shore Peer Recovery has worked with two local storytellers to pilot a recovery storytelling workshop – with a most positive response!

These small group workshops help us take our stories out into the world, to find connection and common ground with others outside of the fellowship. By combining positive recovery messaging with traditional personal storytelling like “The Moth,” we create an opportunity for the larger community to hear the stories of people who have been affected by substance use disorder and for the community to better understand the struggles associated with it, thereby reducing stigma. It also brings the hope of recovery to an audience who may otherwise never hear that recovery is possible!

Even for participants who aren’t ready to share their stories with the world – the process of working on their story can be personally impactful.

South Shore Peer Recovery is pleased to offer additional skill-building workshops, and create opportunities for people to share their recovery stories with a variety of audiences in the new year! The first program, entitled “Recovery Stories: Tales of Grit and Grace” starts in January. This is a three session, two hour (per session) storytelling workshop series. Participants will learn to tell their personal stories using the skills of a storyteller. The workshop will concentrate on taking the participant’s personal recovery memories and helping to shape them into meaningful stories that will connect and appeal to a wide audience. Performing in public is not required.

Workshop details: “Recovery Stories: Tales of Grit and Grace” is a 3-part Storytelling Workshop open to all communities. There is no cost to participate, but space is limited to 20 participants. Please register in advance using this link:

<http://www.signupgenius.com/go/508054DAFA92FA1F49-recovery>

Recovery Stories: Tales of Grit and Grace: 3-part Storytelling Workshop:

Scituate Town Library

85 Branch Street, Scituate MA 02066

Sunday 1/7/18, 2:30-4:30pm,

Sunday 1/21/18, 2:30-4:30pm, and

Sunday 1/28/18, 2:30-4:30pm.

*No meeting MLK weekend

Session One - Sunday 1/7/18, 2:30-4:30pm in the downstairs Community Room

- Participants will get an overview of recovery messaging and how to use it in their stories.
- Participants will choose the stories to tell through a series of prompts and exercises.
- Participants will learn how to construct a compelling first and last sentence. They will learn how to find and develop a compelling story arc, when to use the pause, and when to delete unnecessary story information.
- Participants will have an opportunity to share their developing story twice during first session and receive feedback

Session Two - Sunday 1/21/18, 2:30-4:30pm in the upstairs Conference Room

- Participants will do a “check in” with the story coaches to discover how their stories are developing.
- Participants and coaches will use individual coaching techniques including story mapping, how to insert dialogue, scene development, sequencing, pacing and tempo to help participants apply these skills to their stories.
- Participants will tell their stories at the end of the session utilizing the feedback from coaches.

Session Three- Sunday 1/28/18, 2:30-4:30pm in the downstairs Community Room

- Participants will have the opportunity to tell their stories in front of a small audience. They will receive and also offer feedback from coaches and their fellow participants. This coaching session helps participants get performance ready.

An optional performance will be scheduled later in the winter! Storytellers that complete this workshop (or have performed in the past) will be invited to perform at a local, showcase. Stay tuned!

About the Facilitators:

Meghann Perry is a longtime South Shore Peer Recovery volunteer. She is a recovery and family coach who offers hope and help for those struggling with substance use disorder. She caught the storytelling bug last year and has been fascinated ever since. She's won many story slams, been a featured teller in Massmouth's partnership with WGBH, Stories from the Stage, and recently participated in her first Moth Grand Slam. She is a story coach with the Moving Stories Foundation, working with formerly incarcerated women in recovery creating

performances that feature a unique blend of storytelling and dance and are based on their own true stories. She is a cast member of the Improbable Players, a theater group doing prevention plays in schools. Meghan earned a degree in Theater Education from Emerson College.
www.meghannperry.com

Andrea Lovett is the co-founder of the award winning non-profit organization Massmouth, Inc. She has taught and performed stories nationally and internationally. Lovett is currently a teaching artist for Young Audiences of Massachusetts. She believes stories and storytelling help create strong, healthy and connected communities. She is the recipient of the 2010 LANES (League for the Advancement of New England Storytelling) Brother Blue-Ruth Hill Award. And the 2012 National Storytelling Oracle Award for Leadership and Service in the Northeast. Andrea has been featured twice in the Boston Globe "G" pages and South Shore Living Magazine, and produces the storytelling series Say What? for the Hingham Community Access program.
<http://andrealovett.blogspot.com/>

Questions? Please contact Jan Kelly, Center Manager, at 781 378-0453.