



December / January 2018 Programs
Please call the office to register: 781-378-0453
All programs are free!

*Thank you for supporting community recovery! Please join us at an upcoming Community Meeting, generally held on the 1st Tuesday of the month. All are welcome! A great opportunity to learn what South Shore Peer Recovery is all about! Share your input on organizational plans, socialize, and learn about volunteer opportunities. Some meetings feature expert speakers on topics of interest like Medication Assisted Treatment or Spirituality and Recovery. Next meeting will take place on **Tuesday, February 6, 2018** at the WPA Building, 7 Henry Turner Bailey Road, North Scituate, from 7:00-8:00 pm.*

Weekly Programs

Sundays, including Holiday Weekends

Gosnold Family Education and Support Meeting

11:00 am - 12:30 pm

Scituate Senior Center, 27 Brook Street, Scituate

This peer-led group is facilitated by a clinician from Gosnold.

Mondays - No group on January 1st

Meditation Series

7:00 - 8:00 pm

50 Cole Parkway, 2nd floor, Scituate Harbor

Meditation for recoverees and family members. Joy Kingsbury leads this month-long series for beginners and experienced meditators. Please call ahead to reserve your spot in this 4-week, small group. Sessions are monthly.

January dates: 1/8, 1/15, 1/22 and 1/29.

Wednesdays

Detox Acupuncture Group

7:00 - 8:30 pm

50 Cole Parkway, 2nd floor, Scituate Harbor

Kathy Duggan is a Licensed Acupuncturist with more than 10 years of experience. She is certified by the National Acupuncture Detoxification Association (NADA) as an Acupuncture Detox Specialist. Full treatment takes about 45 minutes. Must be 18 years of age, or have parental consent, to participate. Drop-ins are welcome.

Special Programs – free to participate, but please call to reserve your spot

Cooking for Recovery Series

Tuesday, January 9 – Family Favorites

6:30 - 8:00 pm, St. Mary's Parish Center, 1 Kent Street, Scituate

Learn how to prepare meals that heal the mind, body and soul with local chef Pamela Doyle. With thanks to the Scituate Education Foundation for grant support! See website for future dates.

Gentle Yoga Workshop - one Saturday per month

Saturday, December 30

2:00 - 3:15 pm, Studio 143, Country Way, Scituate

Kim Dwyer, Mary Norton and Kathy Duggan offer this workshop for all levels. Optional massage, adjustments, and acupuncture points will be offered throughout. Participants may opt out of any portion. Please register here:

<http://studio143scituate.com/schedule>

Peer Voices Discussion Group – Meeting schedule to be determined

February date to be announced

50 Cole Parkway, 2nd floor, Scituate Harbor

During this new group, peers in recovery will select readings on recovery pathways, philosophy and research, then gather for a small group discussion. Space is limited, but those interested in receiving recommended reading may email John Kimmett (jkimmett2000@yahoo.com) to be included in the distribution list.

Recovery Storytelling Workshop – 3-Part workshop – only offered in January 2018!

Sundays: January 7, 21 and 28

2:30-4:30pm, Scituate Town Library, 85 Branch Street, Scituate MA 02066

Meghann Perry, woman in long term recovery, and Angela Lovett, professional storyteller, will co-facilitate Recovery Stories: Tales of Grit and Grace, for recoverees and loved ones to learn how to shape personal recovery memories into meaningful stories that will connect appeal to a wide audience.

Please visit www.southshorepeerrecovery.com for more information and registration links.