



July 2019 Programs

All programs are free! Age 18 and up.
51 Cole Parkway, Scituate MA 02066
www.southshorepeerrecovery.com - 781-378-0453
Center Closes 3pm July 3rd, Closed July 4th

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.

Sober Softball – Season Ongoing! – Sundays 1:00pm-4:00pm at Central Softball Field 1 (Lawson Tower Fields, Scituate) Softball is back for another season! Games every Sunday in Scituate from 1:00-4:00pm. Be part of the team: - co-ed, slow pitch. Please contact Ron Orleans at: ssprsobersoftball@gmail.com or check out the SSPR Sober Softball League page on Facebook.

Mondays

Drop-in Meditation – On Summer Break! Will be returning to regular schedule in September!

Boston Bulldogs Running Club– 5:00-6:00pm - Meet at SSPR, 51 Cole Parkway, Scituate Harbor. Organized by Matt Foley, 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.

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.

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.*

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

12-Step WAR Fellowship “We Are Recovered” – 4:00pm-5:30pm at the Center, 51 Cole Parkway, Scituate Harbor. 12-step fellowship group is open to all who are pursuing recovery regardless of substance or pathway. Guest speakers from the recovery community. Facilitated by Derek Quirke, an individual in long-term recovery.

New & Upcoming!

Marijuana in the Family – Tuesday, July 9th at Scituate Council on Aging, 27 Brook St, Scituate - Education & Peer Support Group pilot. This is a new group for family members and friends who are concerned about a loved one’s marijuana use. The format of this monthly education and support group will be an open meeting where anyone can drop-in to listen, share or provide peer support. Laura Minier, LICSW, will assist participants by opening the meeting with an educational component. Topics may include dependence, withdrawal symptoms, setting boundaries, addressing anger, treatment options for cannabis use disorder, mental health impacts, recovery support resources, and other topics suggested by the group. One hour will be dedicated to peer support. Additional dates may be scheduled based on interest, with individuals in recovery from cannabis use disorder invited as guest speakers to share their experience, strength and hope with the group. **DROP IN!** Contact Laura Minier with questions: lminier@scituatema.gov; 781 378-1653

Recovery Storytelling 4-week Workshop – Tuesdays 6:30-8:30pm starting August 20th until September 10th, at Scituate Library. This free, creative workshop is open to people in recovery from substance use disorder, loved ones, allies, anyone with a personal story to tell. Two seasoned writers and tellers – Meghann Perry and Andrea Lovett - will teach the craft in a small-group setting. Public sharing is not required. Participants will learn about future performance opportunities. Join the fun! Contact dyoung@southshorepeerrecovery.com to register!

Additional Programs – Pre-registration is required:

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

CRAFT Skills Group – NEW GROUP: Starting July 8th

Free, 8-week group 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 July 8th (Mondays, 6:30-8:00pm at the Center, 51 Cole Parkway, Scituate Harbor, through August 26th). Space is limited to 14 parents and caregivers. Please contact Donn Young at SSPR for more information.

Sober Parenting Journey – new groups starting in September.

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. The current group at the Emilson YMCA is closed. Several options will be offered this fall. Please contact Donn Young to be added to the email notification list!

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 started.

[Click here to Pre Register](#)

Special Events - Save the Date!

SSPR's Recovery Rocks 'An Evening of Music and Celebration' – Thursday August 22, 6-10pm @ Bulman Marine

Join us! Enjoy the summer breeze overlooking Scituate Harbor, benefiting one of the premier South Shore organizations supporting individuals and families who are recovering from substance use disorder.

Tickets now on sale! <http://www.southshorepeerrecovery.com/an-evening-of-recovery.html>

4th Annual Overdose Awareness Vigil - Saturday August 31, 5:45am @ Scituate Lighthouse

Sunrise service at Scituate Lighthouse, in partnership with Scituate FACTS

Summer Volunteer Opportunities

Contact Jess Souke to for more information: jsouke@southshorepeerrecovery.com

This is the time of year when SSPR volunteers are in high demand. Thank you all! If you want more information on any of the below opportunities please contact Jess Souke, Volunteer Coordinator, jsouke@southshorepeerrecovery.com. You can also sign up on the volunteer board.

Recovery Rocks Event Crew - Aug 22,

Scituate Overdose Awareness Sunrise Vigil - Aug 31, 2019 @ Sunrise

Neighboring Overdose Awareness Tables - Aug 30 -Sept 2, 2019

MOAR Rally & Sober Cruise to Boston! - Monday, Sept 16, 2019 (tentative)

Shatterproof Run – Sunday, September 22 (time TBA)

Ongoing New Greeter Training - We continue to welcome new volunteers and train them for weekly Greeter and Program Support shifts at the Center. Trainings are on Thursdays by appointment. Contact Jess if interested.