



Winter 2019 Programs

Please call the office to register: 781-378-0453
All programs are free! Age 18 and up.

Upcoming Program Announcements: MARCH 2019

Sober Parenting Journey – 5:00-7:00pm, Tuesdays at Emilson YMCA 75 Mill Street, Hanover

This 14-week group for parents in early recovery is co-facilitated by Stephanie Masland and Linda Nathan. 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. Find out more about the group by contacting Mark Mulhern at SSPR, 781 378-0453.

CRAFT Skills Group – 6:30-8pm, Mondays at the Center, 51 Cole Parkway, Scituate Harbor. This 8-week group teaches communication skills and strategies for family members with a Loved One dealing with problematic substance use. CRAFT is a program with impressive results. In studies, CRAFT has been proven to increase Loved Ones' engagement in treatment, increase their time spent in treatment, and reduce their use. Importantly, the CRAFT participant significantly reduces their own depression, anxiety, and worry. 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, facilitated by John Kimmett.

Please contact Mark Mulhern at SSPR, 781 378-0453, to reserve your spots today! Spaces are limited.

Weekly Programs

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. Open to all.

Women's AWOL Workshop – Beginning Sunday October 14 and running for 18 weeks, 7-8 pm at SSPR, 51 Cole Parkway, Scituate Harbor. "AWOL" means "A Way of Life." Enrollment is closed at this time.

Mondays

Drop-in Meditation – Monday 7:00-8:00pm with Joy Kingsbury - at the Center, 51 Cole Parkway, Scituate Harbor.

This class is a blend of mindfulness and meditation practices that is open to all levels. We aim to create a welcoming environment for the recovery community and their families to learn how meditation can support your recovery. Please join us. Drop in.

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-mile loop to Scituate Lighthouse and back, with fun company.

Please complete waiver and register online: <https://www.facebook.com/bostonbulldogsrunning/>

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 Karen Casey, *Each Day a New Beginning: Daily Meditations for Women*. Facilitator Carol Sasso, a woman in long term recovery, is excited to offer a small group format for women to connect and seek support from one another on their recovery journeys.

Wednesdays

Detox Acupuncture Group – Two Sessions! 5pm & 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. Drop-ins are welcome. **To allow for a quiet experience for everyone, drop in window for 5pm session is 4:45pm-5:15pm, 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. Drop-in.

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. Periodic guest speakers from the recovery community. Facilitated by Derek Quirke, an individual in long-term recovery. Drop-in.

Volunteer Opportunities & Special Events

Mark your calendars!

Ongoing New Greeter Training - Greeters at the center volunteer for a regular shift (based on their availability) to provide a friendly face and to welcome visitors during business hours. Greeters give tours of our space; explain our schedule of programs and activities; encourage engagement in our community; and link visitors to trained staff and resources, if needed. Email, call or text Jess: jsouke@southshorepeerrecovery.com; 339-526-8040.

St. Patrick's Day Parade Volunteers – South Shore Peer Recovery seeks volunteer co-chairs for planning our participation in the March 17, 2019 event - for the fifth year in a row!! If you are talented in this area or interested in this project please contact Jess. Please email, call or text Jess: jsouke@southshorepeerrecovery.com; 339-526-8040.

Gentle Yoga @ Studio143 – Saturday, February 16th, 2:00-3:15pm @ Studio 143, 38 Country Way, Scituate. Studio143 is please to offer a free Gentle Yoga Class to the South Shore Peer Recovery community. Both people in recovery and family members are welcome to attend. The class will be taught by Kim Dwyer, accompanied by Mary Norton. In this class, Kim will offer a gentle practice; easing students into yoga poses with lots of warm-up stretches for all levels of experience...even newcomers. Mary will assist Kim with adjustments in poses and suggestions for alternatives. Kathy Duggan will offer acupuncture, as well, a couple of times during the class. She will use needles on points in the body to promote peace, relaxation and harmony within. Gentle massage and hands-on adjustments will be offered throughout the class. Participants may opt out of any portion of the class. Mats and props provided. Please sign-up in advance at: www.studio143scituate.com/events

Comics for a Cause – Saturday, March 2nd, 6:30 dinner, 8-10pm show @ St Mary's Parish Hall, 1 Kent St, Scituate. Comics for a Cause is hosting a night to celebrate ***The Joy of Recovery!*** A comedy show to benefit South Shore Peer Recovery. It's going to be a wonderful night! We have Master of Ceremonies Martha Driscoll along with comics: Jen Mauceri, Craig Martin, Jimmy Ryan and 2 fantastic storytellers. Delightful gourmet pizza and salad buffet dinner provided by the wonderful folks at Caffe Tosca of Hingham. Plenty of free parking at St. Marys Parish Hall as well as across the street in the church parking lot. **This is a sober event!** [Eventbrite Tickets](#)

Volunteers needed. Email, call or text Jess: jsouke@southshorepeerrecovery.com; 339-526-8040