



May/June 2018 Programs

Please call the office to register: 781-378-0453

All programs are free! Age 18 and up unless with a parent or guardian.

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. Next meeting will take place on **Tuesday, June 5, 2018 at 51 Cole Parkway, from 7:30-8:30 pm.**

Weekly Programs

Sundays, including Holiday Weekends

Gosnold Family Education and Support Meeting

11:00 am - 12:30 pm at the Scituate Senior Center, 27 Brook Street, Scituate

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

Mondays

New Offering! Gentle Yoga

Pilot program - May 7 through June 25 - No class Memorial Day, 5/28

10:00-11:00 am - 51 Cole Parkway, Scituate Harbor

Nancy Boyle is a 500 hour Kripalu Certified Yoga Teacher who looks forward to sharing gentle yoga and meditation practice with participants of all abilities. Mats and equipment provided, or bring your own. Space is limited. Please sign up for May 7, 14 and 21 (no class Memorial Day) and June 4, 11, 18 and 25.

Mondays

Meditation Series - 7:00 - 8:00 pm -- 51 Cole Parkway

Meditation for recoverees and family members, beginners and experienced meditators welcome. Please call ahead to reserve your spot in this 4-week, small group. May 7, 14 and 21 (no class Memorial Day) and June 4, 11, 18 and 25 sessions will be taught by Mary Norton, a licensed massage therapist, and yoga and meditation teacher.

Wednesdays

Detox Acupuncture Group - 7:00 - 8:30 pm - 51 Cole Parkway, 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.

Thursdays

Faithfinders -- 7:00-8:00 p.m. - 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-ins welcome.

Special Programs

Sober Softball – Every Sunday starting June 3, 1:00-4:00 p.m., Central Field, 63-69 Branch Street Scituate
Be part of the team, co-ed, slow pitch. A great way to spend your Sundays with family and friends. For more info, contact Ron Orleans at ssprsobersoftball@gmail.com or join “SSPR Sober Softball League” on Facebook.

The Anonymous People - Free documentary movie screening. **Friday, June 8 from 7:00-9:00 @ SSPR.**

Cooking for Recovery Series – Free Program, thank you to the Scituate Education Foundation!
Tuesday, June 12 – Complete Indulgences – last class before the Fall, don't miss it!

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!

Recovery Storytelling Workshop – 3-Part workshop

Sundays: June 10, 17 and 24

2:00-4:00pm, 51 Cole Parkway, Scituate Harbor

Meghann Perry, woman in long term recovery, and Andrea Lovett, professional storyteller, will co-facilitate Recovery Storytelling: Phoenix Tales, 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.