



SOUTH SHORE Peer Recovery

October 2019 Programs

All programs are free! Age 18 and up.

www.southshorepeerrecovery.com - 781-378-0453

Center Closed Monday October 14, Columbus Day

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

Boston Bulldogs Running Club– 6:30-7:30pm - 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.

Drop-in Meditation – 5:00-6:00pm – at the Center, 51 Cole Parkway, Scituate Harbor starting Mindful meditation practices will be explored and new and seasoned practitioners are welcome. This class will offer gentle movement that feels good for the body and soul and will integrate breathing practices to ready the body for meditation. Facilitated by Joy Kingsbury.

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.



Additional Programs – Pre-registration is required:

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

Y12SR Yoga – NEW GROUP! Saturday’s beginning October 12 and Mondays beginning October 21 – Saturdays 10:00-11:30AM and Mondays 1:00-2:30pm – at SSPR, 51 Cole Parkway, Scituate Harbor. Y12SR “connects the dots” between the ancient wisdom of yoga, the practical tools of 12-step programs, and the latest research on trauma healing and neurobiology. As part of a holistic recovery program, it works in tandem with traditional treatment to address the physical, mental and spiritual disease of addiction. The program serves people recovering from all manifestations of addiction, from behavioral addictions to substance abuse – creating a safe place on the mat where trauma can be released. It also supports those who are impacted by a loved one’s addiction. Ninety (90) minute, 12-step-based discussion and yoga practice. No yoga experience is required. Mats and props provided, but participants are welcome to bring their own. This offering is not a series, you may attend as many classes as you like. Visit our Facebook page at South Shore Peer Recovery, Inc. for weekly registration signup. Each class is limited to 12 people.

Sober Parenting Journey – NEW GROUP PLANNED FOR 2020 – Dates TBA

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. Please contact Donn Young to be added to the email notification list!

NEW!!! Sober Parenting Journey Alumni Group – Monday, October 7th 9:30am-11am at the Center, 51 Cole Parkway, Scituate Harbor.

CRAFT Skills Group – ENROLLMENT FOR JANUARY 2020 GROUP OPENS OCTOBER 7th 2019

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 September 30th, Mondays from 6:30p-8:30p, at the Center, 51 Cole Parkway, Scituate Harbor, through October 26th. Space is limited to 14 parents and caregivers. Please contact Donn Young at SSPR for more information.

NEW!!! CRAFT Alumni Group – Thursday, October 17th 5:00pm-6:15pm at the Center, 51 Cole Parkway, Scituate Harbor.

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.

Special Events - Save the Date!

Marijuana in the Family – Tuesday, October 8th, 7:00-8:30pm at Scituate Council on Aging, 27 Brook St, Scituate - Facilitated by Laura Minier, LICSW. Education & Peer Support Group pilot. This is 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. September meeting will feature information on current trends in cannabis use, products, etc.

Fall Volunteers are in high demand! Contact Mark Mulhern to for more information on any of the volunteer opportunities listed above: mmulhern@southshorepeerrecovery.com

This is the time of year when SSPR volunteers are in high demand. You can also sign up on the volunteer board. We also welcome new volunteers for weekly Greeter and Program Support shifts at the Center. Trainings are on Thursdays by appointment. Contact Mark if interested.