

## **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.

### **Mondays**

**Drop-in Meditation** -7:00-8:00pm with Joy Kingsbury - in the upstairs meeting space! Please enter at 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.

**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. 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, 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.

## **Additional Programs - Pre-registration is required:**

**Please contact Donn Young: [dyoung@southshorepeerrecovery.com](mailto:dyoung@southshorepeerrecovery.com), 781 378-0453**

### **CRAFT Skills Group - new group starting May 6th**

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. The March/April group facilitated by John Kimmett is closed. Now enrolling for a new group facilitated by John Tallon, starting on May 6<sup>th</sup> (Mondays, 6:30-8:00pm at the Center, 51 Cole Parkway, Scituate Harbor, through June 24<sup>th</sup>). Space is limited to 14 parents and caregivers. Please contact Donn Young at SSPR for more information.

### **Gentle Yoga Workshop at Studio 143 - April 20<sup>th</sup>, 2:00-3:15pm**

Free, workshop is offered occasionally at the serene Studio 143, at 38 Country Way in Scituate. Both people in recovery and their family members are welcome to attend. The class will be taught by community members Mary Norton, Kim Dwyer and Kathy Duggan. In this class, Mary will offer a gentle practice; easing students into yoga poses with lots of warm-up stretches for all levels of experience. Kim will assist 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 tiny needles on points in the body to promote peace, relaxation and harmony within. Gentle massage and hands-on adjustments will be offered. Participants may opt out of any portion of the class, if they desire. Mats and props will be provided. You are also welcome to bring your own. There is no charge for this class, but registration is required. Please sign up online at: <http://studio143scituate.com/schedule>

## ***Additional Programs, Continued:***

***Contact Donn Young to register: [dyoung@southshorepeerrecovery.com](mailto:dyoung@southshorepeerrecovery.com)***

### **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!

### **Sober Softball –starting May 26<sup>th</sup>**

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. Free to participate, thanks to our generous sponsors. Please contact Ron Orleans at: [ssprsobersoftball@gmail.com](mailto:ssprsobersoftball@gmail.com) for more information.

### **Telephone Recovery Support– ongoing enrollment**

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.

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