



SOUTH SHORE PEER RECOVERY PRESENTS
SOBER PARENTING JOURNEY

Tuesdays beginning March 5th, 2019 from 5:00-7:00pm

****At South Shore YMCA, 75 Mill St., Hanover****

***Each 2-hour session begins with a family meal.
Free childcare provided.***

Parenting Journey is free and open to everyone. We work with mothers, fathers, and caregivers from all walks of life who are raising children of all ages.

SOBER PARENTING JOURNEY | PROGRAM



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.

South Shore Peer Recovery supports individuals and families as they face the challenges of ongoing recovery from the disease of addiction. SSPR provides peer support, education, and advocacy opportunities, and works to help remove barriers to recovery. All participants are treated with dignity and respect, regardless of the chosen pathway of recovery.

South Shore Peer Recovery – www.southshorepeerrecovery.com
51 Cole Parkway, Scituate MA 02066 – 781-378-0453

Must register by March

Contact Mark at SSPR for information and intake:

781.378.0453

mmulhern@southshore

peerrecovery.com

Program limited to 12 participants

Additional SPJ Sessions will be available in 2019. Call for information.

WHAT'S IN IT FOR YOU

In a supportive setting, we will work with you to uncover your inner strengths and help you to achieve personal transformation in recovery:

- Begin to understand & experience healing new & old wounds
- Address the impact of triggers that lead to relapse
- Learn about local resources & support available to you
- Effectively communicate with your children
- Become more confident & optimistic about maintaining recovery
- Learn to overcome shame, guilt & stop justifying consequences related to substance use