



## Winter 2019 Programs

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

**CENTER CLOSED 1/21**

### **Upcoming Program Announcement: 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.

**Please contact Mark Mulhern at SSPR, 781 378-0453, to reserve your spot 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." Facilitators Joy Kingsbury and Kelly Mahoney, both women in long-term recovery, will incorporate readings, writing, and group discussions around the 12 Steps and Big Book of AA. Please contact Kelly Mahoney at [kellmahoney@msn.com](mailto:kellmahoney@msn.com) or 617-893-3312 if you are interested. 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 & 7pm 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. **Please arrive no later than 5:15 for the first group, and no earlier than 6:30pm for the second group, to allow for a quiet experience for everyone.**

### 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](mailto: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](mailto:jsouke@southshorepeerrecovery.com); 339-526-8040.

Volunteers needed. Email, call or text Jess: [jsouke@southshorepeerrecovery.com](mailto:jsouke@southshorepeerrecovery.com); 339-526-8040