



March/April 2018 Programs

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

All programs are free!

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, April 3, 2018 at 51 Cole Parkway, from 7:00-8:00 pm**. Kathy Duggan will do a Detox Acupuncture demonstration and Hank Brawley from Shatterproof, a national organization working to reduce the stigma associated with substance use disorder, will speak about their efforts and how to get involved.

Weekly Programs

Sundays, including Holiday Weekends

Gosnold Family Education and Support Meeting

11:00 am - 12:30 pm

Scituate Senior Center, 27 Brook Street, Scituate

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

Mondays

Meditation Series

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

Meditation for recoverees and family members. Joy Kingsbury leads the March 19 and 26 session for beginners and experienced meditators. Please call ahead to reserve your spot in this 4-week, small group. April 2, 9, 16, 23 and 30 session 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

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. Pilot program March 15 – April 26 – 51 Cole Parkway

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.

Special Programs

Cooking for Recovery Series – Free Program, thank you to the Scituate Education Foundation!

Tuesday, April 10 – Cooking for the Week Ahead

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! Future dates: May 8 (Great salads with any meal); June 12 (Complete indulgences)

Stop the Stigma Interfaith 5k Walk/Run

Saturday, April 28 - Begins 10:30 a.m. at 440 East Squantum St., North Quincy

Register at <http://interfaithsocialservices.org/stopthestigma5k/>

Go to the event page and choose Join a Group and South Shore Peer Recovery

Sober Parenting Journey

Tuesdays, beginning May 1, from 5:00-7:00 p.m. at 51 Cole Parkway

Please call 781-378-0453 for more information about this 14-week program.

Please visit www.southshorepeerrecovery.com for more information and registration links.