



**“Recovery Storytelling: Phoenix Tales,” a free, 3-part Storytelling Workshop
in Scituate this June!**

Storytelling has long been a way to find triumph in the midst of struggle, to find common ground between people and communities, and to gain new perspectives on our experiences. Storytelling is about connection, empowerment, and healing. Stories are also the foundation of 12 step fellowship for recovery from substance use disorder. South Shore Peer Recovery has worked with two local storytellers to pilot a recovery storytelling workshop – with a most positive response!

These small group workshops help us take our stories out into the world, to find connection and common ground with others outside of the fellowship. By combining positive recovery messaging with traditional personal storytelling like “The Moth,” we create an opportunity for the larger community to hear the stories of people who have been affected by substance use disorder and for the community to better understand the struggles associated with it, thereby reducing stigma. It also brings the hope of recovery to an audience who may otherwise never hear that recovery is possible!

Even for participants who aren't ready to share their stories with the world – the process of working on their story can be personally impactful.

South Shore Peer Recovery is pleased to offer additional skill-building workshops, and create opportunities for people to share their recovery stories with a variety of audiences in the new year! This is a three session, two hour (per session) storytelling workshop series. Participants will learn to tell their personal stories using the skills of a storyteller. The workshop will concentrate on taking the participant's personal recovery memories and helping to shape them into meaningful stories that will connect and appeal to a wide audience. Performing in public is not required.

Workshop details: "Recovery Stories: Phoenix Tales" is a 3-part Storytelling Workshop open to all communities. There is no cost to participate, but space is limited to 25 participants. Please register in advance using this link: <http://www.signupgenius.com/go/508054DAFA92FA1F49-recovery>

Recovery Storytelling: Phoenix Tales: 3-part Storytelling Workshop:

South Shore Peer Recovery

51 Cole Parkway, Scituate Harbor

Sunday 6/10/18, 2:00-4:00pm,

Sunday 6/17/18, 2:00-4:00pm &

Sunday 6/24/18: 2:00-4:00pm.

Session One - Sunday 6/10/18, 2:00-4:00pm

- Participants will get an overview of recovery messaging and how to use it in their stories.
- Participants will choose the stories to tell through a series of prompts and exercises.
- Participants will learn how to construct a compelling first and last sentence. They will learn how to find and develop a compelling story arc, when to use the pause, and when to delete unnecessary story information.
- Participants will have an opportunity to share their developing story twice during first session and receive feedback

Session Two - Sunday 6/17/18, 2:00-4:00pm

- Participants will do a "check in" with the story coaches to discover how their stories are developing.
- Participants and coaches will use individual coaching techniques including story mapping, how to insert dialogue, scene development, sequencing, pacing and tempo to help participants apply these skills to their stories.
- Participants will tell their stories at the end of the session utilizing the feedback from coaches.

Session Three- Sunday 6/24/18, 2:00-4:00pm

- Participants will have the opportunity to tell their stories in front of a small audience. They will receive and also offer feedback from coaches and their fellow participants. This coaching session helps participants get performance ready.

About the Facilitators:

Meghann Perry, CARC, is a Certified Addiction Recovery Coach, working with both adolescents and adults seeking recovery from addiction. She's also an actor, award-winning storyteller, storytelling teacher, and a two-time Moth Grand Slam finalist. She loves to combine her background in the performing arts with her work as a recovery coach in creative projects, such as acting for Improbable Players, doing prevention work in schools through theater. She is also co-director of the Moving Stories Foundation, which creates unique performances blending original choreography and storytelling with formerly incarcerated women and women in recovery. She is an actor in a theatrical project about the opioid problem, *The Way We Live Now*. And she is the co-creator of Recovery Storytelling. Find out more about these unique creative projects at www.meghannperry.com

Andrea Lovett is the co-founder of the award winning non-profit organization Massmouth, Inc. She has taught and performed stories nationally and internationally. Lovett is currently a teaching artist for Young Audiences of Massachusetts. She believes stories and storytelling help create strong, healthy and connected communities. She is the recipient of the 2010 LANES (League for the Advancement of New England Storytelling) Brother Blue-Ruth Hill Award. And the 2012 National Storytelling Oracle Award for Leadership and Service in the Northeast. Andrea has been featured twice in the Boston Globe "G" pages and South Shore Living Magazine, and produces the storytelling series Say What? for the Hingham Community Access program.
<http://andrealovett.blogspot.com/>

Questions? Please contact Jan Kelly, Center Manager, at 781 378-0453.