



Spring 2019 Programs

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

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.” Enrollment is closed at this time.

Mondays

CRAFT Skills Group – 6:30-8pm, Mondays at the Center, 51 Cole Parkway, Scituate Harbor. This 8-week group teaches communication skills and strategies for family members with a Loved One dealing with problematic substance use. CRAFT is a program with impressive results. 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, facilitated by John Kimmett.

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.

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.

Wednesdays

Detox Acupuncture Group –Two Sessions! 5pm & 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. Drop-ins are welcome. **To allow for a quiet experience for everyone, drop in window for 5pm session is 4:45pm-5:15pm, 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. 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.