



## September Programs

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

All programs are free! Age 18 and up.

**Center will be closed Sept 1-4<sup>th</sup> for Labor Day**

### 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.

**Sober Softball** - 1:00-4:00 p.m. Softball will continue through October! New location for Sept/Oct at the field behind the Old Gates School, 327 First Parish Road (across from First Parish Unitarian Universalist Church). Be part of the team - co-ed, slow pitch. Join "SSPR Sober Softball League" on Facebook for updates. Contact Ron Orleans: [ssprsobersoftball@gmail.com](mailto:ssprsobersoftball@gmail.com) for more information. Register for Fall season here: <https://www.signupgenius.com/go/30e084aa8a622a1fa7-sober>

**Recovery Storytelling Workshop** - This 4-part workshop will meet on: 9/9 from 6-8:00pm, 9/16 from 2-4:00pm\*, 9/23 from 6-8:00pm, and 9/30 from 6-8:00pm at the Center, 51 Cole Parkway, Scituate Harbor. Storytelling Workshop is open to individuals in recovery and family members. The 2-hour sessions 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, using the skills of a storyteller. Co-facilitated by Meghann Perry and Andrea Lovett of Phoenix Tales - a live performance storytelling troupe! (\*An optional field trip is planned for the evening of 9/16 in Jamaica Plain.) No cost to participate, but space is limited to 20 participants. Please register here: <https://www.signupgenius.com/go/30e084aa8a622a1fa7-recovery1>

#### Mondays

**Drop-in Meditation** - Monday evening group (7:00-8:00pm) resumes on September 10th with Joy Kingsbury.

**Boston Bulldogs Running Club** - 6:00-7:00pm - Meet at the Gazebo on Cole Parkway, Scituate Harbor  
*New!* Scituate meet-up organized by Matt Foley, 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 to gazebo, with fun company. Some members are training for the Shatterproof 5k in September. 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. Please note: No Meeting on 9/4.

**Sober Parenting Journey** - 5:00-7:00pm, starts September 11th

This 14-week group for parents in early recovery is facilitated by Stephanie Masland from Wellspring. Participants will work in a supportive setting to uncover inner strengths and achieve personal transformation in recovery by developing parenting strengths, resources, and hope. Group will meet at the Emilson YMCA in Hanover. Free childcare provided and each 2-hour session begins with a family meal. Find out more about the group by contacting Ken Feldstein at SSPR, 781 378-0453.

#### Wednesdays

**Detox Acupuncture Group** - 7:00 - 8:30 pm - 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. Must be 18 years of age, or have signed parental consent, to participate. Drop-ins are welcome.

#### Thursdays

**"Faith Finders" Spirituality 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"** - 9:00-10:30am - 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. Facilitated by Derek Quirke, an individual in long-term recovery. Drop-in. Note: The center will open for this group only over Labor Day weekend, 9/1!

## *Special Events- Mark your calendars!*

### **September 6th - Greeter Training** - Sign up for an **10:30am-11:30am** training and orientation session!

Greeters at the center volunteer for a regular shift (based on their availability) to provide a friendly face and welcome visitors during business hours. Greeters give tours of our space; Explain our schedule of programs, activities, advocacy and educational opportunities; 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.

### **September 11<sup>th</sup> Community Meeting, 7:30-8:30pm** – National Recovery Month! Find out ways that you can advocate and celebrate!

**September 17<sup>th</sup> - MOAR Recovery Day in Boston** - South Shore Peer Recovery will be participating in the statewide advocacy day in Boston for the fourth year! Travel with peers and supporters by train from the Greenbush Commuter Rail Station, or meet us in Boston for a day of stigma-busting, advocacy, and celebration! Agenda includes: 9:00am rally at City Hall Plaza followed by a march to Faneuil Hall for a speaker program. Lunch will be provided at Quincy Hall Marketplace. Recovery Artists may contact Maryanne Frangules at MOAR if they would like to display their work as part of the showcase: [maryanne@moar-recovery.org](mailto:maryanne@moar-recovery.org). If you want to join the SSPR group, email, call or text Jess: [jsouke@southshorepeerrecovery.com](mailto:jsouke@southshorepeerrecovery.com); 339-526-8040.

**September 23, Shatterproof Rise Up Against Addiction 5K Walk/Run** – Seeking team of walkers and runners for Team SSPR, and volunteers to staff our table in the Community Village at Franklin Park in Boston! Email, call or text Jess: [jsouke@southshorepeerrecovery.com](mailto:jsouke@southshorepeerrecovery.com); 339-526-8040.

**September 29, RecoveryFest 2018 – McCoy Stadium in Pawtucket, Rhode Island** - MACKLEMORE will headline the show! The Above the Noise Foundation is uniting for the first ever drug and alcohol free music festival to support communities impacted by the addiction crisis. This will be place for us to celebrate the power of recovery & support our community. SSPR has access to a block of **FREE TICKETS!** Please register here and we will contact you with details:  
<https://www.signupgenius.com/go/30e084aa8a622a1fa7-recovery2>