



## Announcing our Recovery Month Schedule!

September 2017

Please call the office to register: 781 378-0453

- September 2 - "**Project Outreach**" **Saturday Drop In Center** is open from 9:00am-12:00pm 50 Cole Parkway, 2nd floor, Scituate Harbor. Free, confidential help for individuals and family members navigating treatment and recovery supports. ***This week, free overdose prevention and Narcan through Manet.***
- September 6 - -- **Wednesday Detox Acupuncture** Group, 7:00-8:30pm at the SSPR Office, 50 Cole Parkway, 2nd floor, Scituate Harbor.
- September 9 - "**Project Outreach**" **Saturday Drop In Center** is open from 9:00am-12:00pm 50 Cole Parkway, 2nd floor, Scituate Harbor. Free, confidential help for individuals and family members navigating treatment and recovery supports.
- September 9 - **Gentle Yoga Workshop** – 2:00-3:30pm at Studio 143 on Country Way. Kim Dwyer, Mary Norton and Kathy Duggan will offer another free workshop for all levels. Optional massage, adjustments, and acupuncture points will be offered throughout. Participants may opt out of any portion. Please register here: <http://studio143scituate.com/events>
- September 10 – **Recovery Storytelling Workshop (Part 1 of 2)** – 3:00-6:00pm at Scituate Harbor Community Building, 44 Jericho Road. Learn how to share your experience in an entertaining "moth" style format. Meghann Perry, a peer in long-term recovery will co-facilitate this fun group! Please reserve your spot here: <http://www.signupgenius.com/go/30e084aa8a622a1fa7-recovery>
- September 11 - **Monday Meditation Series (week 1 of 3)** for recoverees and family members. Joy Kingsbury will lead this three-part series for beginners and experienced meditators at the SSPR office. Please call ahead to reserve your spot in this small group.
- September 13 – **Recovery Storytelling Workshop (Part 2 of 2)** – 7-8:00pm at Scituate Harbor Community Building, 44 Jericho Road. Refine and practice your 5-minute recovery story with our group! Meghann Perry, a peer in long-term recovery, will co-facilitate this stigma-busting group! Please reserve your spot here: <http://www.signupgenius.com/go/30e084aa8a622a1fa7-recovery>
- September 13 – **Wednesday Detox Acupuncture** Group, 7:00-8:30pm at the SSPR Office, 50 Cole Parkway, 2nd floor, Scituate Harbor.
- September 16 - "**Project Outreach**" **Saturday Drop In Center** is open from 9:00am-12:00pm 50 Cole Parkway, 2nd floor, Scituate Harbor. Free, confidential help for individuals and family members navigating treatment and recovery supports.
- September 18 - **Monday Meditation Series (week 2 of 3)** for recoverees and family members. Joy Kingsbury will lead this three-part series for beginners and experienced meditators at the SSPR office. Please call ahead to reserve your spot in this small group
- September 20 – **Statewide Recovery Day Celebration in Boston** – a group of SSPR volunteers will commute together to participate in the rally, march, speakers starting at City Hall Plaza at 9:00am. Please contact Carol Sasso for details; [carsass@gmail.com](mailto:carsass@gmail.com)
- September 20 – **Wednesday Detox Acupuncture** Group, 7:00-8:30pm at the SSPR Office, 50 Cole Parkway, 2nd floor, Scituate Harbor.

- September 23 – **Project Outreach Saturday Drop-In Center** 9:00am-12:00pm at the office. Peer Support Specialists and treatment professionals are available to provide walk-in assistance.
- September 25 - **Monday Meditation Series (week 3 of 3)** for recoverees and family members. Joy Kingsbury will lead this three-part series for beginners and experienced meditators at the SSPR office. Please call ahead to reserve your spot in this small group
- September 27 – **Wednesday Detox Acupuncture** Group, 7:00-8:30pm at the SSPR Office, 50 Cole Parkway, 2nd floor, Scituate Harbor.
- September 30 - **“Project Outreach” Saturday Drop In Center** is open from 9:00am-12:00pm 50 Cole Parkway, 2nd floor, Scituate Harbor. Free, confidential help for individuals and family members navigating treatment and recovery supports.

**Please note the following schedule changes:**

*No Community Meeting this month.*

*The office will be closed in observance of Labor Day on September 4<sup>th</sup>.*

*The start date for the **Cooking for Recovery series has been moved to October 10<sup>th</sup>***

*- no workshop on September 12<sup>th</sup>*

**As always, the Gosnold Family Meeting will meet every Sunday from 11:00am-12:30pm, including holiday weekends, at the Scituate Senior Center, 27 Brook Street. All are welcome for education and peer support!**