



Winter Programs

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

All programs are free! Age 18 and up.

Center will be closed Dec 25

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.” Facilitators Joy Kingsbury and Kelly Mahoney, both women in long-term recovery, will incorporate readings, writing, and group discussions around the 12 Steps and Big Book of AA. Please contact Kelly Mahoney at kellmahoney@msn.com or 617-893-3312 if you are interested. Enrollment is closed at this time.

Mondays

Drop-in Meditation –Monday evening group (7:00-8:00pm) with Joy Kingsbury.

Boston Bulldogs Running Club– 6:00-7:00pm - 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, September 11th through December 11th 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. **Intake interviews can be arranged now for the next session slated to begin March, 2019. Reserve your spot today!**

Wednesdays

Detox Acupuncture Group –Two Sessions! 5pm & 7pm 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. **Please arrive no later than 5:15 for the first group, and no earlier than 6:30pm for the second group, to allow for a quiet experience for everyone.**

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

****Program Time Changing****

12-Step WAR Fellowship “We Are Recovered” - 9:00-10:30am

NEW TIME! Beginning 12/15 WAR will be meeting from 4:00 – 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.

Volunteer Opportunities & Special Events Mark your calendars!

Ongoing New Greeter Training - Greeters at the center volunteer for a regular shift (based on their availability) to provide a friendly face and to welcome visitors during business hours. Greeters give tours of our space; explain our schedule of programs and activities; encourage engagement in our community; and link visitors to trained staff and resources, if needed. Email, call or text Jess: jsouke@southshorepeerrecovery.com; 339-526-8040.

Holiday Party – December 4th, 4:00-8:00pm @ the Center. South Shore Peer Recovery invites the community to join us in a party to celebrate the holidays and support our Holiday Give-Back which will benefit children, mothers and men at two recovery homes. Stop by with kids and family for live music, cocoa, cookies and holiday cheer.

Holidays in the Harbor “Kids Crafts” – December 7th, 4:00-7:00pm. We are participating in this year’s 'Holidays in the Harbor' hosted by Scituate Harbor Business Association. The festivities will kick off this Friday, December 7th! We will be hosting a “Kids Crafts” night here at the Center. Feel free to stop by and join the festivities with your family.

Volunteers needed. Email, call or text Jess: jsouke@southshorepeerrecovery.com; 339-526-8040

Gentle Yoga @ Studio143 – Saturday, January 5th, 2:00-3:15pm @ Studio 143, 38 Country Way, Scituate. Studio143 is pleased to offer a free Gentle Yoga Class to the South Shore Peer Recovery community. Both people in recovery and family members are welcome to attend. The class will be taught by Mary Norton, accompanied by Kim Dwyer and Kathy Duggan at the serene studio. In this class, Mary will offer a gentle practice; easing students into yoga poses with lots of warm-up stretches for all levels of experience...even newcomers. Kim will assist Mary with adjustments in poses and suggestions for alternatives. Kathy Duggan will offer acupuncture, as well, a couple of times during the class. She will use needles on points in the body to promote peace, relaxation and harmony within. Gentle massage and hands-on adjustments will be offered throughout the class. Participants may opt out of any portion of the class. Mats and props provided. Please sign-up in advance at: www.studio143scituate.com/events