******

**ALL   
PROGRAMS ARE   
FREE!**

**Program Descriptions  
 October/November 2017  
Please call the office to register: 781-378-0453**

**Weekly Programs**

**Saturdays**“Project Outreach” Drop In Center   
9:00 am – 12:00 pm  
50 Cole Parkway, 2nd floor, Scituate Harbor  
Free, confidential help for individuals and family members navigating treatment and recovery supports. Free overdose prevention and Narcan through Manet, first Saturday of each month.

**Sundays, including Holiday weekends**Gosnold Family Meeting   
11:00 am - 12:30 pm  
Scituate Senior Center, 27 Brook Street, Scituate

All are welcome for education and peer support!

**Mondays**Meditation Series   
7:00 - 8:00 pm  
50 Cole Parkway, 2nd floor, Scituate Harbor

Meditation for recoverees and family members. Joy Kingsbury leads this month-long series for beginners and experienced meditators. Please call ahead to reserve your spot in this small group. Sessions are monthly - October (2, 9, 16, 23, and 30); November (6, 13, 20, 27); and December (4, 11, 18).

**Wednesdays**Detox Acupuncture Group   
7:00-8:30pm  
50 Cole Parkway, 2nd floor, Scituate Harbor  
Kathy Duggan, Lic.Ac., is a Licensed Acupuncturist with more than 10 years of experience. She is certified by the National Acupuncture Detoxification Association (NADA) as an Acupuncture Detox Specialist. Full treatment takes about 45 minutes. Must be 18 years of age to participate. Drop-ins welcome.

**Special Programs**

**Gentle Yoga Workshop**   
Saturday, November 4  
2:00-3:15 pm   
Studio 143 on Country Way  
Kim Dwyer, Mary Norton and Kathy Duggan offer this 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/schedule>.

**Cooking for Recovery**  
November 14th – Healthy Snacks  
*See website for upcoming dates in December & beyond*6:30-8:00 pm   
St. Mary’s Parish Center, 1 Kent Street, Scituate  
Learn how to prepare meals that heal the mind, body and soul with   
local chef Pamela Doyle.   
With thanks to the Scituate Education Foundation for grant support!

**Community Meetings  
1st Tuesday of each month  
  
November 7  
December 5**