



## May 2021 Programs

All programs are free! Age 18 and up.

[www.southshorepeerrecovery.org](http://www.southshorepeerrecovery.org) - 781-378-0453

Individual Group Status: In Person/Online Updated Weekly

### Sundays

#### **Gosnold Family Education and Support Meeting** - 11:00am - 12:30 pm – **Online Meeting**

Peer-led support and education group that is facilitated by clinician Aleeya Ensign from Gosnold.

Join Zoom meeting online by clicking this link on your phone or computer: <https://zoom.us/j/499635631>.

Meeting ID: 499 635 631. PW: sspr. Or dial in at (929) 205-6099.

### Monday-Friday

#### **Recovery Rising** – 7:30-8:15am – **Online Meeting**

Morning readings and facilitators will vary to include a variety of themes and the many pathways of recovery. Be sure to check in on different days, and offer your suggestions. After the opening reading or meditation, all zoom participants will have a chance to chime in and check in to start the weekday with connection.

Join Zoom meeting online by clicking this link on your phone or computer: <https://zoom.us/j/91765076257>

**Meeting ID:** 917 6507 6257. **PW:** sspr. Or dial in at (929) 205-6099.

### Mondays

#### **“Faith Finders on Main” Discussion Group** - 6:30-7:30pm – **In-Person & Online (Weymouth)**

1584 Main St. Weymouth MA

This peer facilitated discussion group explores principles of spirituality, and how the concept of a Higher Power can positively transform one’s recovery journey. The goal will be for participants, over time, to attain a positive perspective through prayer and meditation, to transform their fears into love, leading to living life in the present moment and, ultimately, to peace of mind. The group meets weekly, on a drop-in basis, to read and discuss a variety of publications related to spirituality and recovery. Selections may include but are not limited to: *The Sermon on the Mount* by Emmet Fox, *A Course in Miracles* scribed by Helen Schucman, *A Return to Love* by Marianne Williamson, *The Power of Now* by Eckhart Tolle, *The Four agreements* by Don Miguel Ruiz and *Become a Better You* by Joel Osteen. Materials are provided, and no advance reading is required. All backgrounds, pathways and perspectives are welcome, including loved ones. Kristen Cole-Esson and Robert Egan co-facilitate.

Join Zoom meeting online by clicking this link on your phone or computer: <https://zoom.us/j/99434370418>

Meeting ID: 994 3437 0418. PW: sspr. Or dial in at (929) 205-6099.

#### **Mindful Meditation – 5:30-6:30pm – In-Person & Online (Center)** **NEW START TIME: 5:30**

51 Cole Parkway, Scituate MA 02066

Mindful meditation practices will be explored and new and seasoned practitioners are welcome. This class will offer gentle movement that feels good for the body and soul and will integrate breathing practices to ready the body for meditation. This class is facilitated by Joy Kingsbury, MS OTR/L, RYT-200. She has been guiding meditations within the recovery community for 10 years and at South Shore Peer Recovery since 2014.

Join Zoom meeting online by clicking this link on your phone or computer <https://zoom.us/j/317206426>.

Meeting ID: 317 206 426. PW: sspr. Or dial in at (929) 205-6099.

#### **Alcoholics Anonymous ‘Scituate Young People Group’** – 8:00-9:00pm – **In-Person & Online (Center)**

51 Cole Parkway, Scituate MA 02066

Join Zoom meeting online by clicking this link on your phone or computer <https://zoom.us/j/99175276534>.

Meeting ID: 317 206 426. PW: sspr. Or dial in at (929) 205-6099.

### Tuesdays

#### **“New Beginnings” Women's Book Discussion Group** – 10:00-11:00am – **In-Person & Online (Center)**

This group will explore different themes, including self-esteem, friendship, relationships, spirituality, and hope. Topics will be shared from the well-loved book, “Each Day A New Beginning,” by author Karen Casey. Facilitator Carol Sasso, a woman in long term recovery, offers a friendly format for women to connect and seek support from one another on their recovery journeys. Join Zoom meeting online by clicking this link on your phone or computer:

<https://zoom.us/j/194335786>.

Meeting ID: 194 335 786. PW: sspr. Or dial in at (929) 205-6099.

#### **Refuge Recovery** – 7:00-8:15pm – **In-Person & Online (Center)**

51 Cole Parkway, Scituate MA 02066

Refuge Recovery is a Buddhist-oriented, nontheistic recovery program that does not ask anyone to believe anything, only to trust the process and do the hard work of recovery. No previous experience or knowledge of Buddhism is required. This is a 1-hour, 15 minute weekly group facilitated by Christopher M. Mandeville, a man in long-term recovery. Meetings are free of charge and all are welcome.

Join Zoom meeting online by clicking this link on your phone or computer: <https://zoom.us/j/317206426>.

Meeting ID: 317 206 426. PW: sspr. Or dial in at (929) 205-6099.

### Wednesdays

#### **Alcoholics Anonymous ‘South Shore Group’ – 12:00-1:30pm – In-Person & Online (Center)**

Join Zoom meeting online by clicking this link on your phone or computer

<https://zoom.us/j/194335786>. Meeting ID: 194 335 786. PW: sspr. Or dial in at (929) 205-6099.

#### **Detox Acupuncture Group –7:00pm – 8:00pm In-Person Meeting (Center) – Registration Required**

51 Cole Parkway, Scituate MA 02066 **NEW START TIME: 7:00**

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.

*This group is currently limited to 8 participants and pre-registration is required. Please no drop-ins.*

*We expect to increase capacity and offerings in the near future.*

#### **“Serenity” Recovery Group - 7:00-8:00pm – In-Person Meeting (SHBC Building)**

SHBC Building 44 Jericho Rd, Scituate

This group meets weekly on Wednesday nights at 7pm and closes with the serenity prayer at 8:15pm. This is an open speaker discussion group set in a circular seating formation for a feeling of equality and inclusion. Serenity is a non-denominational group following no specific beliefs other than recovery principals that have proven to work for us on a daily basis. This group is open to anyone wishing to attend, regardless of length of recovery and is open to individuals in, seeking and/or supporting recovery.

### Thursdays

#### **“Faith Finders” Discussion Group - 7:00-8:00pm – In-Person & Online (Center)**

This peer facilitated discussion group explores principles of spirituality, and how the concept of a Higher Power can positively transform one’s recovery journey. The goal will be for participants, over time, to attain a positive perspective through prayer and meditation, to transform their fears into love, leading to living life in the present moment and, ultimately, to peace of mind. The group meets weekly, on a drop-in basis, to read and discuss a variety of publications related to spirituality and recovery. Selections may include but are not limited to: *The Sermon on the Mount* by Emmet Fox, *A Course in Miracles* scribed by Helen Schucman, *A Return to Love* by Marianne Williamson, *The Power of Now* by Eckhart Tolle, *The Four agreements* by Don Miguel Ruiz and *Become a Better You* by Joel Osteen. Aspects of prayer and meditation are integrated into the discussion each week. Materials are provided, and no advance reading is required. All backgrounds, pathways and perspectives are welcome, including loved ones. Kristen Cole-Esson and Robert Egan co-facilitate. Join Zoom meeting online by clicking this link on your phone or computer: <https://zoom.us/j/317206426>

Meeting ID: 317 206 426. PW: sspr. Or dial in at (929) 205-6099.

### Fridays

#### **Spiritual Recovery – 12:00-1:00pm – In-Person & Online (Center)**

This peer facilitated discussion group explores the principles of spirituality through the Life Recovery Bible and the twelve steps The Life Recovery Bible is widely used in tangent with the 12 Step recovery programs and by individuals seeking help taking their life back from behaviors and substances that have held them captive. The twelve steps are the main focus including comparison with scripture. Group is facilitated by Michael Addison. Materials are provided and no advanced reading required. All are welcome. Join Zoom meeting online by clicking this link on your phone or computer: <https://zoom.us/j/194335786>.

Meeting ID: 194 335 786. PW: sspr. Or dial in at (929) 205-6099.

### Saturdays

#### **Y12SR Yoga – 10:00-11:15am – In-Person & Online (Center)**

Y12SR “connects the dots” between the ancient wisdom of yoga, the practical tools of 12-step programs, and the latest research on trauma healing and neurobiology. As part of a holistic recovery program, it works in tandem with traditional treatment to address the physical, mental and spiritual disease of addiction. Sixty (60) minute, 12-step-based discussion and yoga practice. No yoga experience is required. Kathleen Picardi is a yoga instructor and woman in long-term recovery.

Join Zoom meeting online by clicking this link on your phone or computer: <https://zoom.us/j/194335786>

Meeting ID: 194 335 786. PW: sspr. Or dial in at (929) 205-6099.



**Additional Programs – Pre-Registration Required. Please contact Mark Mulhern @ 781-378-0453 or pre-register on the SSPR website!**

**Telephone Recovery Support – ongoing – How May We Help You With Your Recovery Today?**

Can't get to the Center? Everyone can benefit from a weekly phone call from a friendly peer! Sign up for this free recovery support program and a trained SSPR peer will call you at the same time each week to check in. If interested, please pre-register on the SSPR website at <https://southshorepeerrecovery.org/programs/telephone-recovery-support/> or contact our Center Director, Mark Mulhern, at 781-378-0453.

***Sundays***

**CRAFT Skills Group- ENROLLMENT OPEN**

**START DATE May 9th** – 4-5:30pm the Center, 51 Cole Parkway, Scituate Harbor

CRAFT stands for Community Reinforcement and Family Training, and is a free, 8-week group that teaches communication skills and strategies for family members with a Loved One dealing with problematic substance use. 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. If interested, please pre-register on the SSPR website at <https://southshorepeerrecovery.org/programs/craft-skills-group/> or contact our Center Director, Mark Mulhern, at 781-378-0453