

## **Weymouth Peer Recovery Support Center**

**July 2024**

383 Bridge Street, Weymouth MA 02191

[www.southshorepeerrecovery.org/weymouth](http://www.southshorepeerrecovery.org/weymouth) - 781-812-1392

**Center's days of Operation:** Monday, Tuesday, Wednesday 10am-8:30pm, Saturday: 10am-2pm

**Drop-in hours for support/resources:** 10am-6pm MTW, 10am-2pm Sat

### ***Mondays***

#### **Mid-Day Motivation Coffee Hour 12-1pm**

Get your week started off in the right direction! Drop by the Center for some mid-day motivation and coffee with recovery support staff.

#### **“Faith Finders” Meeting Mon 6:30-7:30pm**

An 11th Step discussion group focusing on spiritual principles based on the belief in a higher power and the positive transformation of your life through that power. Facilitated by Robert Egan. Robert has led several spiritually based meetings and discussion groups in the South Shore over the past decade, guiding individuals in the practice of PRACTICAL SPIRITUALITY. Practical spirituality is not just using spirituality for strength, but using it to actually change your life for the better, and to rid yourself of any negative aspect you desire to be removed.

#### **Alcoholics Anonymous Big Book Step Meeting 730-830p**

A discussion group focusing on the study of the twelve steps of Alcoholic Anonymous. Facilitated by Robert Egan. Robert has led several spiritually based meetings and discussion groups in the South Shore over the past decade, guiding individuals in the practice of the Twelve Steps of Alcoholics Anonymous. The group uses the Big Book of Alcoholics Anonymous.

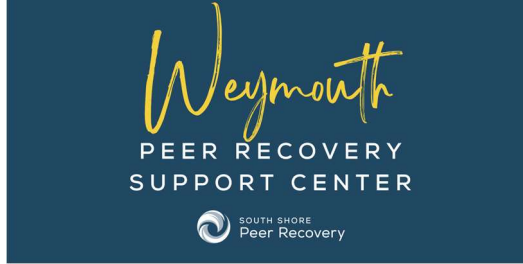
### ***Tuesdays***

#### **Ted Talks Coffee Hour 12-1pm**

Come to the Center, watch a Ted Talk and hang out to talk recovery and enjoy coffee with company.

#### **Community Meeting @ 7/30 5-6p (Final Tuesday of Month)**

Join us for our Monthly Community Meeting. We will discuss input from our Community Focus Collaborations and want to hear from you: What do you want in your community? Help plan events and groups! Facilitate your own group or workshop! Come hang out and meet new people! Open to the public, all are welcome! This is YOUR opportunity to help build YOUR Recovery Community Center.



### **Learn 2 Cope 7-830p**

Learn to Cope is a peer-led support network that offers education, resources, and hope for family members and friends who have loved ones affected by substance use disorder. For more information, please visit [www.learn2cope.org](http://www.learn2cope.org)

### *Wednesdays*

#### **Coffee with a Coach 11a-12p**

Stop by the Center for some coffee and talk with a Recovery Coach!

### *Saturdays*

#### **Present Hearts Group 11a-12:30p**

**Introduction to the benefits of Mindfulness** with Michael McColgan. This group will focus on the first four foundations of Mindfulness. 1. Mindfulness Of Breathing 2. Mindfulness Of The Body 3. Mindfulness Of Feeling Tone 4. Mindfulness Of The Mind. In the group we will unpack these foundations, meditate on them, and reflect on our direct experience with them in the group as well. Mindfulness is present time, non-judgmental kind attuned awareness. In the group we will examine the power of now and how by paying attention to present time experience we can become the kind non-judgmental witness to thoughts, moods, emotions, sensations and feelings and not be dragged around by them.

### *Single Day Groups/Workshops/Events etc.*

#### **Community Meeting 7/30@ 5pm**

They Weymouth PRSC is a **PEER PARTICIPATORY MODEL**. That means we need your input on building out programs, branding, and decision making. Please join us at our Monthly Community Meeting to help make this community YOURS.

Hear about new proposed programs.

Share your ideas.

Help make decisions on our brand and important foundational policies.