

**December 2024**

All programs are free! Age 18 and up.

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

### **Sundays**

**Gosnold Family Education and Support Meeting** – Sun 11am - 12:30 pm – **In-Person & Online (Center)**

51 Cole Parkway, Scituate MA 02066

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

Meeting ID: 499 635 631. PW: sspr.

### **Mondays**

**Alcoholics Anonymous ‘Scituate Young People Group’** – Mon 7:30-8:30pm – **In-Person & Online (Center)**

51 Cole Parkway, Scituate MA 02066

Meeting ID: 991 7527 6534. PW: sspr.

**Peer Member Check in** – First and Third Mondays of the month – 2:00-3:00pm – **In-Person (Center)**

51 Cole Parkway, Scituate MA 02066

Starting in June, we will be hosting a Peer Member Check-in meeting twice a month. This check-in will be on the First and Third Monday of every month at 2pm. This time is reserved for peers, volunteers, participants and community members to drop in for an informal conversation at the Recovery Center. We are eager to create more opportunity for more voices to be heard. Please stop by and share with us your successes, challenges, ideas and inspirations.

### **Tuesdays**

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

51 Cole Parkway, Scituate MA 02066

This group will explore different themes, including self-esteem, friendship, relationships, spirituality, and hope. Topics will be shared from the well-loved daily reflection books. Facilitators offer a friendly format for women to connect and seek support from one another on their recovery journeys.

Meeting ID: 194 335 786. PW: sspr.

**Refuge Recovery** – Tue 7-8:15pm – **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 Kristen Scully and Christopher M. Mandeville, who are both in long-term recovery. All are welcome.

Meeting ID: 317 206 426. PW: sspr

### **Wednesdays**

**Recovery Acupuncture** – Wed 6–7:00pm - **In-Person (Center)**

51 Cole Parkway, Scituate MA 02066

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.

**The Artist’s Way** – Starting October 2nd for 12 weeks at 10am (Sign-up required) \*This is not a drop in group\* Limited Space. In-Person (Center) 51 Cole Parkway, Scituate MA 02066 The Artist’s Way is a 12 week self help program by Julia Cameron that aims to help people discover and recover their creative selves. The program includes exercises and techniques to help people gain confidence in their creative abilities and skills, and to access more curiosity and delight in their daily lives. The program is intended to help people break free from the idea that they aren’t talented enough, and to transform how they think and approach life.

### Thursdays

**“Creative Community** – Thu 1:00-3:00pm. – **In-Person (Center)**

51 Cole Parkway, Scituate MA 02066

Peer drop in group for community interaction and creative expression to support recovery. Supplies, prompts and inspiration provided. Guest instructors and artists regularly participate to facilitate guided workshops on different forms of art.

**Al-Anon “Scituate Harbor AFG” Group** – Thu 5:45-6:45pm – **In-Person & Online (Center)**

51 Cole Parkway, Scituate MA 02066

Meeting ID: 948 3233 3226 PW: shafg

### Saturdays

**Yoga for Recovery** – Sat 10:00am-11:30am – **In-Person & Online (Center)**

51 Cole Parkway, Scituate MA 02066

Yoga for Recovery “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 discussion and yoga practice. No yoga experience is required. Kathleen Picardi is a yoga instructor and woman in long-term recovery.

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

## Upcoming Events

**Holiday in the Harbor** – Friday December 6<sup>th</sup> 4:00pm – 7:00pm

51 Cole Parkway, Scituate MA 02066

Join us for First Friday in Scituate Harbor for Hot Cocoa and Kids Crafts at the center.

**Holiday Give Back Party** – Tuesday December 10<sup>th</sup> 5:00pm to 7:00pm

51 Cole Parkway, Scituate MA 02066

South Shore Peer Recovery invites you to join us at our Family Friendly Holiday Give Back Party on Tuesday, December 10th between 5:00-7:00 PM for cookies, cocoa and holiday celebration.

Our gifts will benefit women engaged in the Grayken Center SHORE program which provides care for pregnant and postpartum women recovering from substance use disorders (SUD). With your help, we will be granting wishes for a special group of women in recovery who have newborns or are expecting a little one.

We will also contribute to South Shore Recovery Home, a men's halfway house in Quincy. Please bring donations new, unwrapped and in original packaging to the Holiday Party. In addition to our Wish List, we gratefully accept the following: \$10-20 Gas/Grocery/Dunkin/Amazon Gift Cards to support local families in need Diapers

**CRAFT – Community Reinforcement & Family Training** – Thursdays starting January 30th

6-7:30PM – **Wey of Life PRC 383 Bridge St, Weymouth MA 02191**

**Registration required: [southshorepeerrecovery.org/craft-skills-group](https://southshorepeerrecovery.org/craft-skills-group)**

The 7-week CRAFT Skills Group teaches communication skills and strategies in a small group setting. Community Reinforcement and Family Training (CRAFT) is a protocol that delivers results. Reduce your own stress, depression, and anger, as you move your loved one toward treatment. Participants will work on learning modules through the Allies in Recovery online training website. Then, join with other parents and family members for a weekly discussion group, led by trained CRAFT facilitator and person in recovery, John Tallon. Space is limited to 12 participants per small group. Free program.