

**Wey of Life Peer Recovery Center**  
November 2024 383 Bridge Street, Weymouth MA 02191  
www.southshorepeerrecovery.org/weymouth - 781-812-1392  
**Center's days of Operation:** Monday, Tuesday, Thursday 10am-8:30pm, Saturday: 10am-2pm  
**Drop-in hours for support/resources:** 10am-6pm M ,T, Th, 10am-2pm Sat

### ***Mondays***

#### **-Mindful Mondays 12-1pm**

Start your week off with a deep, mindful, thought provoking discussion. Goal oriented.

#### **-“Faith Finders” Meeting 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.

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

A discussion group focusing on the study of the twelve steps of Alcoholic Anonymous. The group uses the Big Book of Alcoholics Anonymous.

### ***Tuesdays***

#### **-Tidy Tuesday! 10am-11am**

Looking to Volunteer? Come hang out with the team and scrub-a-dub-dub! Help the team tidy up the Recovery Center every Tuesday from 10am-11am.

#### **-Acupuncture: 4 Week Series 10/15 - 10/22 – 10/29 – 11/4 @11am**

The group protocol of the National Acupuncture Detoxification Association (NADA) it is used to alleviate symptoms of post-acute withdrawal syndrome, anxiety, sleeplessness, and to support ongoing recovery management. Full treatment takes about 45 minutes. Licensed Acupuncturist, Kathy Duggan, has many years' experience and has been providing this opportunity for South Shore Peer Recovery since 2015. This will be a four-week series, drop ins welcome. For best benefits of acupuncture, consider coming to all four sessions, if possible.

#### **-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 Last Tuesday of every month @ 5pm**

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)

### ***Thursdays***

#### **-Overcoming Negative Thoughts @10am-11am**

Working with affirmations and cognitive restructuring based on books by Louise Hay

#### **-Knitting in Peace @11am-12pm**

Join us to knit a piece of art in a meditative and peaceful environment on Thursdays at 11AM with Nicole. Nicole will provide guidance on casting on and simple patterns. Come join us for music and fellowship while knitting something you can take home with you. All levels are welcomed, and supplies will be provided!

#### **-Yoga for Recovery @12p-1p**

All levels welcome a slow flow noon time yoga practice. You'll find a deeper breath, calm body and a clear mind so you can move through your day feeling more connected.

#### **-Weymouth's Young People @7p**

Open discussion AA meeting.

### ***Saturdays***

#### **-Coffee with a Coach 10a-11p**

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

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

**Introduction to the benefits of Mindfulness.** 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.***

#### **-Friendsgiving Community Dinner Friday, November 22<sup>nd</sup> @5pm-7pm**

Stop by the center and enjoy a home cooked meal Friends Giving meal from a community member with staff and peers along with some Thanksgiving activities!

#### **-Community Meeting Last Tuesday of every month @ 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.