

Wey of Life Peer Recovery Center

December 2024 383 Bridge Street, Weymouth MA 02191
www.southshorepeerrecovery.org/Wey-Of-Life - 781-812-1392

Center's days of Operation: Monday, Tuesday, Wednesday, Thursday 9:30-5:30pm, (w/ evening groups) Saturday: 9:30am-2pm

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 7:30-8:30pm** A discussion group focusing on the study of the twelve steps of Alcoholics 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.
- 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 7-8:30pm** 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

Wednesday

- Sacred Space women's drop in group @11am-12pm** Join us for an empowering and heartfelt gathering focused on the practice of holding space for one another. This meeting is a chance to connect, share, and listen deeply in a supportive and judgment-free environment.
- Holiday Activities** Lets get into the Holiday spirit every Wednesday afternoon!!!
12/4 @2p-4p Holiday decorating with Christmas Movie
12/11 @2p-4p Gingerbread House Making with Holiday Music
12/18 @20-4p Cookies and Cocoa with Card Making

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.

- Toiletry Drive Saturday, October 1st @12p-3p** Please join us in collaboration with Loopy Cares, on Sunday, December 1, 12-3:00 PM as we collect toiletries for our friends at DOVE (Domestic Violence Ended).
- Fridays at The Phoenix 12/13 and 12/27 @1pm-3pm** Let's step out of our comfort zones and into adventure! Meet us at Wey of Life as we carpool to Phoenix for an exciting indoor rock-climbing session and open gym time.
- Community Meeting 12/17 @ 5pm (meeting early this month for holidays)** The 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.