

Wey of Life Peer Recovery Center

January 2025 383 Bridge Street, Weymouth MA 02191

www.southshorepeerrecovery.org/weymouth - 781-812-1392

Center's days of Operation: Monday, Tuesday, Wednesday, Thursday 9:30-5:30pm, 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 7:30-8:30p

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

-Learn 2 Cope 7-8:30p

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

Wednesdays

-Sacred Space women's drop in group 11a-12p

Join us for an empowering and heartfelt women's group, gathering focused on the practice of holding space for one another.

-Midweek Game Break Starting 1/15 @ 12:30p-2p

Come hang out! Bring a friend! Socialize with the community! Have lunch and play some games!

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.

-CRAFT 6p-7:30p **Starting 1/30**

The CRAFT Skills Group teaches communication skills and strategies in a small group setting. CRAFT is a protocol that delivers results. Participants will work on learning modules through the Allies in Recovery online training website. Then, join other family members for a weekly discussion group led by trained CRAFT facilitators.

-Weymouth's Young People @7p-8p

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: Introduction to the benefits of Mindfulness 11a-12:30p

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.

-Fridays at The Phoenix 1/10 and 1/24 @1pm-3pm for carpool, meet at Wey of Life @1:00p

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.

-Family Style Dinner Friday, January 31st 5pm-7pm

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

-Community Meeting Last Tuesday of every month @ 5pm

Wey of Life PRC 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. 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.