

February 2025

All programs are free! Age 18 and up.
www.southshorepeerrecovery.org - 781-378-0453

Sundays

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

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 – Thursday

Alcoholics Anonymous ‘Seaside’ – Mon-Thurs 8:30-9:30am – **In-Person**

51 Cole Parkway, Scituate MA 02066

Mondays

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

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**

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**

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**

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**

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.

Thursdays

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

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**

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

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 Workshops & Events

New!!!! Show Support!! Family First Fridays – Friday February 7th, 1:00 – 2:00pm

51 Cole Parkway, Scituate MA 02066

Join us for our NEW monthly Family Support Group – “Family First Fridays”, a skills-based group designed for loved ones supporting individuals with substance use disorder. This group will offer practical tools to improve communication, set healthy boundaries, and support your loved one while prioritizing your own well-being. Whether you're new to this journey or looking to deepen your understanding, you'll find a compassionate space to connect, learn, and grow.

Family First Fridays will be facilitated by SSPR Staff and focus on evidence-based practices and principles such as those found in C.R.A.F.T. (Community Reinforcement and Family Training), the Beyond Addiction Book, and more.

Therapeutic Drumming Experience – February 7th, 7:00 – 8:00pm

51 Cole Parkway, Scituate MA 02066

Breath, Stretch, Drum... Learn basics to become confident with drum. Participants are encouraged to move beyond what is taught and reach for their own rhythm. We also practice eye contact and laughter to connect participants in creating community and building awareness of the power of self. Easy, fun and designed for newcomers.

Creative Community Guest Artist – Thursday, February 13th, 1:00 – 3:00pm

51 Cole Parkway, Scituate MA 02066

Annemarie Whilton is a local artist and former art teacher; she will be facilitating a workshop on collages. She has chosen collage for its energy, approachability and ability to break down art to its essential elements: color, shape and line. Come join us for a quick slideshow and a fun workshop. All you need to do is bring yourself and a pair of scissors

Reflexology in Recovery – Wednesday February 19thpm 1:00pm

51 Cole Parkway, Scituate MA 02066

Join us for an introduction to Reflexology with Analee. Learn about the benefits and participate in a demonstration or sit back and observe! Reflexology is a holistic healing practice that focuses on applying pressure to specific points on the feet, hands, and ears to promote relaxation and stimulate healing throughout the body. Open to all.

New!!!! Show Support!! Partners in Recovery – Friday, February 28th, 4:30-6pm - In-Person

51 Cole Parkway, Scituate MA 02066

Being in a relationship with someone experiencing substance use disorder comes with unique challenges. Whether your partner is actively using, in early recovery, or maintaining long-term recovery, this workshop is for you. Register for this workshop at www.southshorepeerrecovery.org/