



## February 2026

All programs are **FREE!** Age 18 and up.

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

**Drop-in hours for support/resources:** Monday-Friday 9:30am-5:30pm

**Note:** Evening and Weekend Hours are for scheduled group participants.

Programming at SSPR is primarily intended for individuals in recovery from substance use disorder.

Please note there are specific groups that are designated for family members and that are open to all.

### **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 – Friday**

**Alcoholics Anonymous ‘Seaside’** – Mon-Fri 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

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. 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 expressions 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 6:00-7:00pm – **In-Person & Online**  
51 Cole Parkway, Scituate MA 02066  
Meeting ID: 948 3233 3226 PW: shafg

### ***Friday***

**Drop in & “Ask A Coach”** – Fri 10:30am – **In-Person**

51 Cole Parkway, Scituate MA 02066

Utilize this allotted time to drop in and “Ask A Coach”. Whether you need a treatment referral, need to vent, want to chat or having a tough time this drop-in time allows you this space. Keep in mind that we are a drop-in center and individuals are welcome at any time however this time is reserved to ensure that a coach is available and accessible.

### ***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.

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

## **Monthly Groups, Workshops, & Events**

**Family First Fridays** – Friday February 6th, 1:00 – 2:00pm

51 Cole Parkway, Scituate MA 02066

Join us for our 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. Family First Fridays will be facilitated by SSPR Staff and focus on evidence-based practices and principles

**Creative Community Guest Artist** – Thursday, February 26<sup>th</sup>, 1:00 – 3:00pm (**Will be meeting the last Thursday of the month instead of second Thursday of the month**)

**Meet the Artist: Jody Regan** – Jody is an artist and a recently retired middle school math teacher. She loves drawing and painting on location in Boston, along the beautiful southern New England coast, and on Monhegan Island, Maine where she spends time each summer. Jody came to painting and teaching Math after a twenty-two-year career as a software engineer.

Jody is a member of the Lyme Art Association, Academic Arts Association, local art associations, and a member of the 10-woman challenge group **Girls Just Wanna Paint**, whose work is posted monthly on their self-titled blog

**Meditation for Recovery: Yoga Nidra** – Monday, February 16<sup>th</sup>, 6:00 – 7:00 pm (**Group meeting though Center will be closed for Presidents Day**)

51 Cole Parkway, Scituate MA 02066

Our meditation for recovery is a practice known as yoga nidra. Yoga nidra means “yogic sleep” in Sanskrit and it’s a powerful guided meditation practice that is said to be the equivalent of 3 hours of sleep! Through a systematic process, this meditation helps slow the brain waves down and allow our body to rest, relax and restore. If your schedule is hectic, you’re feeling stressed or maybe not sleeping well, this is the meditation to try. Bring a blanket, pillow, whatever you may need to be comfortable and give yourself a guided restful “timeout”. The hardest part is trying to stay awake.