



## August 2020 Programs

All programs are free! Age 18 and up.

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

### Weekly Drop-In & Virtual Programs - No Registration Required:

#### *Sundays*

**Gosnold Family Education and Support Meeting** - 11:00am - 12:30 pm – Peer-led support and education group that is facilitated by clinician Aleeya Ensign from Gosnold. Gosnold Family Support Group is currently meeting virtually. Join Zoom meeting online by clicking this link on your phone or computer: <https://zoom.us/j/499635631>. Meeting ID: 499 635 631. PSW: sspr. Or dial in at (929) 205-6099.

**Sober Softball** -1:00pm - 4:00pm, at Central Softball Field 1 Lawson Tower Fields, Scituate. Softball is back for another season! Games every week. Be part of the team – co-ed, slow pitch. Please contact Ron Orleans if you are interested in joining current team at: [ssprsober softball@gmail.com](mailto:ssprsober softball@gmail.com) or check out the SSPR Sober Softball League page on Facebook. Current season ongoing through October 2020.

#### *Mondays*

**Y12SR Yoga** – 12:00-1:00pm – Y12SR “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, 12-step-based discussion and yoga practice. No yoga experience is required. Kathleen Picardi is a yoga instructor and woman in long-term recovery. She teaches yoga to students of all ages and abilities throughout the South Shore, including groups at Beech Street Preschool, Scituate Racquet Club, the Yoga Room in Norwell, the Weymouth Club, Rockland Senior Center, South Shore Support, and the Special Needs Athletic Program (SNAP) in Hingham. She received her Y12SR certification in 2016 and is thrilled to share that practice with the SSPR community. Y12SR Yoga is currently meeting virtually. Join Zoom meeting online by clicking this link on your phone or computer: <https://zoom.us/j/194335786>. Meeting ID: 194 335 786. PSW: sspr. Or dial in at (929) 205-6099.

**Mindful Meditation** – 7:00-8:00pm – at the Center, 50 Cole Parkway, Scituate Harbor. Mindful meditation practices will be explored and new and seasoned practitioners are welcome. This class will offer gentle movement that feels good for the body and soul and will integrate breathing practices to ready the body for meditation. This class is facilitated by Joy Kingsbury, MS OTR/L, RYT-200. Starting her practices in the Iyengar tradition and then discovering Vinyasa yoga, Joy went on to receive her 200 hour teacher training from Open Doors Studio in 2003. In addition, she received certificates in prenatal and meridian yoga styles. In 2016, Joy earned a Masters degree in occupational therapy and has great interest in self care practices and currently works with children. Joy is an experienced yoga teacher who is deeply connected to sharing her love of yoga and spirituality practices with others. She enjoys incorporating her love of neuroscience and anatomy into her classes. Through her own devotion to meditation practices, she guides meditation classes that are rooted in mindfulness with intention to connect to the love that resides in all of us. She has been guiding meditations within the recovery community for 10 years and at South Shore Peer Recovery since 2014. Mindful Meditation is currently meeting in-person AND virtually. Current in-person capacity is fourteen (14) maximum individuals, including facilitator. Join Zoom meeting online by clicking this link on your phone or computer <https://zoom.us/j/317206426>. Meeting ID: 317 206 426. PSW: sspr. Or dial in at (929) 205-6099.

#### *Tuesdays*

**“New Beginnings” Women’s Book Discussion Group** – 10:00-11:00am -at the Center, 51 Cole Parkway, Scituate Harbor. This group will explore different themes, including self-esteem, friendship, relationships, spirituality, and hope. Topics will be shared from the well-loved book, “Each Day A New Beginning,” by author Karen Casey. Facilitator Carol Sasso, a woman in long term recovery, offers a friendly format for women to connect and seek support from one another on their recovery journeys. “New Beginnings” is currently meeting in-person AND virtually. Current in-person capacity is fourteen (14) maximum individuals, including facilitator. Join Zoom meeting online by clicking this link on your phone or computer: <https://zoom.us/j/194335786>. Meeting ID: 194 335 786. PSW: sspr. Or dial in at (929) 205-6099.



**Refuge Recovery** - 7:00-8:15pm - at the Center, 51 Cole Parkway, Scituate Harbor. 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 Christopher M. Mandeville, a man in long-term recovery. Meetings are free of charge and all are welcome. Refuge Recovery is currently meeting in-person AND virtually. Current in-person capacity is fourteen (14) maximum individuals, including facilitator. Join Zoom meeting online by clicking this link on your phone or computer: <https://zoom.us/j/317206426>. Meeting ID: 317 206 426. PSW: sspr. Or dial in at (929) 205-6099.

#### **Thursdays**

**“Faith Finders” Discussion Group** -- 7:00-8:00 p.m. at the Center, 51 Cole Parkway, Scituate Harbor. This peer facilitated discussion group explores principles of spirituality, and how the concept of a Higher Power can positively transform one’s recovery journey. The goal will be for participants, over time, to attain a positive perspective through prayer and meditation, to transform their fears into love, leading to living life in the present moment and, ultimately, to peace of mind. The group meets weekly, on a drop-in basis, to read and discuss a variety of publications related to spirituality and recovery. Selections may include but are not limited to: *The Sermon on the Mount* by Emmet Fox, *A Course in Miracles* scribed by Helen Schucman, *A Return to Love* by Marianne Williamson, *Just Like Jesus* by Max Lucado, and *Become a Better You* by Joel Osteen. Aspects of prayer and meditation are integrated into the discussion each week. Materials are provided, and no advance reading is required. All backgrounds, pathways and perspectives are welcome, including loved ones. Kristen Cole-Esson and Robert Egan co-facilitate. Kristen is a nurse at South Shore Medical Center and an individual in long-term, twelve step recovery who is passionate about supporting others on their own path to recovery. Robert has led several spiritually-based meetings and discussion groups in the South Shore over the past decade, guiding individuals in the practice of practical spirituality. Faith Finders Discussion Group is currently meeting in-person AND virtually. Current in-person capacity is fourteen (14) maximum individuals, including facilitator(s). Join Zoom meeting online by clicking this link on your phone or computer: <https://zoom.us/j/317206426>. Meeting ID: 317 206 426. PSW: sspr. Or dial in at (929) 205-6099.

#### **Additional Programs – Pre-Registration Required. Please contact Donn Young @ 781-378-0453 or pre-register on the SSPR website!**

#### **Telephone Recovery Support – ongoing enrollment – How May We Help You With Your Recovery Today?**

Can’t get to the Center? Everyone can benefit from a weekly phone call from a friendly peer! Sign up for this free recovery support program and a trained SSPR peer will call you at the same time each week to check in. If interested, please pre-register on the SSPR website at <https://southshorepeerrecovery.org/programs/telephone-recovery-support/> or contact our Program Manager, Donn Young, at 781-378-0453.

#### **Sundays**

**CRAFT Skills Group- ENROLLMENT OPEN FOR SEPTEMBER 2020 GROUP! – START DATE/TIME TBA**, at SSPR, 51 Cole Parkway, Scituate Harbor. CRAFT stands for Community Reinforcement and Family Training, and is a free, 8-week group that teaches communication skills and strategies for family members with a Loved One dealing with problematic substance use. Participants will work on learning modules through the Allies in Recovery online training website. Then, join other parents and caregivers for a weekly discussion group at the Center. Current in-person capacity is ten (10) maximum individuals, including facilitator(s). If interested, please pre-register on the SSPR website at <https://southshorepeerrecovery.org/programs/craft-skills-group/> or contact our Program Manager, Donn Young, at 781-378-0453.

#### **Tuesdays**

#### **Parenting Journey In Recovery - ENROLLMENT OPEN FOR SEPTEMBER 2020 GROUP! – START DATE/TIME TBA.**

Free, 14-week group for parents in early recovery. Participants will work in a supportive setting to uncover inner strengths and achieve personal transformation in recovery by developing parenting strengths, resources, and hope. Free childcare provided and each 2-hour session begins with a family meal. If interested, please pre-register on the SSPR website at <https://southshorepeerrecovery.org/programs/parenting-journey-in-recovery/> or contact our Program Manager, Donn Young, at 781-378-0453.