

Wey of Life Peer Recovery Center

MAY 2025 383 Bridge Street, Weymouth MA 02191

www.southshorepeerrecovery.org/weymouth - 781-812-1392 ****Evening Hours for Group Meeting****

Drop-in hours for support/resources: ((9:30am-5:30pm M, T, W, Th)) - ((9:30am-2pm, Fri)) - ((9:30am-2pm, Sat))

Mondays

-**Coffee with a Coach 10a-11p** Stop by the Center for some coffee and talk with a Recovery Coach!

-**Mindful Mondays 12-1p** Start your week off with a deep, mindful, thought-provoking discussion. Goal oriented.

-**"Faith Finders" Meeting 6:30-7:30p** A 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 730-830p** A discussion group focusing on the study of the twelve steps of Alcoholics Anonymous. The group uses the Big Book of AA.

Tuesdays

-**Take Action Tuesday: Narcan Training 11a** Stop by for free informal training on how to recognize and respond to an opioid overdose with Narcan. No registration is needed, just drop in, learn lifesaving skills, and leave with a free Narcan kit. Together, we can save lives!

-**Ted Talks Coffee Hour 12-1p** Come to the Center, watch a Ted Talk and hang out to talk recovery and enjoy coffee with company.

-**Learn 2 Cope 7-830p** 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 Circle All Pathway's Women's Drop-in Group 11a-12p** Join us for an empowering and heartfelt all pathway's women's discussion group using spiritual literature such as The Four Agreements.

-**Clear and Balance w/ Reiki 12p-1p** Get rid of old stagnant energy by using Tuning Forks, Somatic Stretches, and Reiki.

Thursdays

-**Overcoming Negative Thoughts 10a-11a** Working with affirmations and cognitive restructuring based on books by Louise Hay

-**Creative Escape 11a-1p** Whether you knit, paint, draw, or just want to explore your creativity, this is your time to unwind and express yourself in a welcoming space. No experience needed; all are welcome!

-**Community Table 1p** Come share a meal, connect with others, and build a stronger community in a welcoming and supportive space. FREE lunch prepared by staff and volunteers. (Food available while it lasts)

-**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-8p** Open discussion AA meeting.

Fridays

Men's Len's All Pathway's Men's Support Group 11a-12p (Hybrid) Men's All Pathway's Open Discussion Group Exploring male concepts and perceptions. **ZOOM:** 853 2339 1082 **PASSWORD:** sspr

Level Up Game Break 12:30p - 2p Come hang out! Bring a friend! Socialize with the community! Play some Nintendo Switch!

Saturdays

-**Al-Anon 10a-11:30a (Hybrid)** Open discussion Al-Anon meeting with adult child focus. **Meeting ID:** 844 6531 9374 **Password:** sspr

-**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.

-**Clean Sweep Hour 1p-2p** Join us for Community Clean-Up Hour as we come together to refresh, organize, and take pride in our shared space! This is a great opportunity to give back, connect with others, and help create a welcoming environment for everyone.

Single Day Groups/Workshops/Events/and Volunteer Opportunities.

-**Weymouth Clean-Up Day 5/3 @9a-12p** Come Volunteer and help make your community a better place while socializing with peers!

-**The Force of Recovery Dance Party 5/3 @7p-10p** Dance, connect, and celebrate recovery in a galaxy far, far away. Join us for an electrifying night of EDM, pro sound & lighting, and glow sticks! Featuring DJ sets by Athena Luv, ZYON and Sizzle! Costumes encouraged—unleash your inner Jedi or Sith! May the Force of Recovery be with you! 54 New Market st, Boston MA.

-**Volunteer Orientation Tuesday 5/6 @10a**

Our Volunteer Orientation is designed to introduce you to our center, our values, and the vital role you'll play in fostering a welcoming and supportive environment.

-**Grief Workshop Series Wednesday 5/7 - "Grief in Early Recovery" 5/14 - "Needs of the Grieving" 5/21 - "How Grief Shows up in the Body" @6p (Hybrid) With Julie Rand-Foster** Join us for our Grief Workshop Series, designed to provide you with the tools, support, and understanding you need to process your feelings in a safe and nurturing environment. www.southshorepeerrecovery.org/grief to sign up!

-**W.O.L. Turns 1 Year Old- 5/8 @1p-3p** Join us for our first Birthday Party! Elle's Treats ice cream truck will be here!

-**Carolina Hill Shelter 5/14 @11a-2p (728 Main St, Marshfield, MA)** Come volunteer with peers and community and help put together some furniture! (www.carolinahill.org)

-**Peer Grief Support for People in Recovery (3rd Wednesday of every month // Pre-Registration Required**

(TheSunWillRise.org) **Wednesday 5/21 @12p-1:30p (Hybrid)** A group for people who have experienced the death of someone they care about due to substance use

-**Summer Wellness Series with: Kat Ogar, ND (Naturopathic Doctor) meeting second Tuesday of every month @1p-230p**

@5/13 From Chaos to Calm: Harmonizing Your Hormonal Health (Women's Group) **Jun - 6/10** EFT for Inner Peace: A Tapping Workshop to Alleviate Anxiety (All Welcome) **Jul - 7/8** Essential Oils 101: A Journey to Natural Health and Healing **Aug - 8/12** Food for Thought: Transforming Mood and Mindset Through Nutrition (All Welcome).

-**Family Style Dinner Friday, 5/30 @5p-7p** Stop by the center and enjoy a home cooked meal from a community member with staff and peers!

-**Fridays at The Phoenix 5/23 @1pm-3p 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.

-**Community Meeting Last Tuesday of every month @12:00p** Open to the public, all are welcome! This is YOUR opportunity to help build YOUR Recovery Community Center. Let your voice be heard!