



September 2021



All Zoom ID's are **5086683960** unless specified

32 Common Street Walpole, MA 02081 / 508-668-3960

Recovery Month

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>Download Our App!</p> 		<p>1</p> <p>9am Morning Check in 12pm SMART RECOVERY Zoom/In Person 6-8pm Discover Your Recovery/ Community Engagement</p>	<p>2</p> <p>9am Morning Check in 7:30pm Your TURNing Point Fire Pit Meeting IN-Person Only </p>	<p>3</p> <p>9am Morning Check in</p>	<p>4</p> <p>9am Morning Check in 10:30am Mental Health Matters In-Person Only 9-2pm- Farmers Market</p>	<p>5</p>
<p>6 CLOSED</p> 	<p>7</p> <p>9am Morning Check in 12pm Community Meeting 6pm Fit2-5K Challenge 7pm Family Recovery Support</p>	<p>8</p> <p>9am Morning Check in 12pm SMART RECOVERY Zoom/In Person</p>	<p>9</p> <p>9am Morning Check in 6pm Fit2-5K Challenge 7:30pm Your TURNing Point IN-Person Only</p>	<p>10</p> <p>9am Morning Check in</p>	<p>11</p> <p>9am Morning Check in 10:30am Mental Health Matters In-Person Only</p>	<p>12</p>
<p>13</p> <p>9am Morning Check in 2pm Monday Reset Zoom/In Person 6-8pm Recovery Creations</p>	<p>14</p> <p>9am Morning Check in 12pm Community Meeting 6pm Fit2-5K Challenge 7pm Family Recovery Support</p>	<p>15</p> <p>9am Morning Check in 12pm SMART RECOVERY Zoom/In Person</p>	<p>16</p> <p>9am Morning Check in 6pm Fit2-5K Challenge 7:30pm Your TURNing Point IN-Person Only</p>	<p>17</p> <p>9am Morning Check in</p>	<p>18</p> <p>9am Morning Check In 10:30am Mental Health Matters In-Person Only 10:30-2:30pm Norwood Day Booth</p>	<p>19</p>
<p>20</p> <p>9am Morning Check in 2pm Monday Reset Zoom/In Person 6-8pm Recovery Creations</p>	<p>21</p> <p>9am Morning Check in 12pm Community Meeting 6pm Fit2-5K Challenge 7pm Family Recovery Support</p>	<p>22</p> <p>9am Morning Check in 12pm SMART RECOVERY Zoom/In Person</p>	<p>23</p> <p>9am Morning Check in 6pm Fit2-5K Challenge 7:30pm Your TURNing Point IN-Person Only</p>	<p>24</p> <p>9am Morning Check in</p>	<p>25</p> <p>9am Morning Check in 10:30am Mental Health Matters In-Person Only 9-2pm- Farmers Market</p>	<p>26</p>
<p>27</p> <p>9am Morning Check in 2pm Monday Reset Zoom/In Person 6-8pm Recovery Creations</p>	<p>28</p> <p>9am Morning Check in 12pm Community Meeting 6pm Fit2-5K Challenge 7pm Family Recovery Support</p>	<p>29</p> <p>9am Morning Check in 12pm SMART RECOVERY Zoom/In Person</p>	<p>30</p> <p>9am Morning Check in 6pm Fit2-5K Challenge 7:30pm Your TURNing Point IN-Person Only</p>			

Monday RESET (In-Person/Zoom) – This supportive, empowering, open discussion group will be meeting In-Person @ 2pm at the Center every Monday, to discuss topics such as how our weekend was and our plan for the week ahead. We'll be focusing on wellness planning and wellness practices.

Family Recovery Support (In-Person Only) - Our family support group will offer a confidential, supportive, and respectful space to share our experiences, strength, and hope when it comes to coping with our loved one's addiction. This group is offered in-person only.

Fit 2-5K Challenge- Join our Turning Point team Tuesday and Thursday nights @ 6pm as we get together to walk/run our already pre-mapped out routes leading up to Mike's 5k to Crush Substance abuse which will take place October 16th @10am in Milton Mass. We have a 1mile route and will build up to our 5K route!

Mental Health Matters (In-Person Only)- A non-clinical, dual recovery group for those on a mental health recovery journey, as well as those who are afflicted by substance use. Family members, allies, and friends of loved ones are also welcome to attend.

Morning Check-In (Today's Gift)- An open discussion around the daily reading from the "Hazelden's Meditations for Families" book, although we encourage those to share on any thoughts, emotions, or challenges they may be going through. This is a wonderful supportive group to start your day.

"Night Light" Read and Discussion- This group is here for you to discuss your day and to ensure tomorrow's hope. Evening hours can be a tough time to wind down from the day's stresses.

Recovery Creations- A 3 week event to provide the community a space to express themselves through art. Artwork will be displayed at Walpole's art & music festival on October 16th!

SMART Recovery (IN-PERSON/Zoom) - A science-based self-help support group whose methods can be used to alter any negative thinking or behavior (substance abuse, eating disorders, gambling, etc.) Brought to you by The New Way Recovery Center!

Your TURNing Point Recovery Support Meeting (In-Person Only)- This meeting is for anyone who has struggled with Substance Use Disorder no matter what the specific substance may be. Each meeting, we plan to have a speaker (followed by a topic to share on) in hopes for everyone to get a TURN to share their experience, strength, and hope with the intent on focusing on the Turning Points' of one's story that lead them to Recovery.

Together We Can

