



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><b>Download Our App!</b></p> 				<p>1</p> <p><b>9am</b> Morning Check in</p>	<p>2</p> <p><b>9am</b> Morning Check in <b>10:30am</b> Mental Health Matters In-Person Only <b>9-2pm- Farmers Market</b></p>	<p>3</p>
<p>4</p> <p><b>9am</b> Morning Check in <b>2pm</b> Monday Reset Zoom/In Person</p>	<p>5</p> <p><b>9am</b> Morning Check in <b>12pm</b> Community Meeting <b>5pm</b> <b>Fit2-5K Challenge</b></p>	<p>6</p> <p><b>9am</b> Morning Check in <b>12pm</b> SMART RECOVERY Zoom/In Person</p>	<p>7</p> <p><b>9am</b> Morning Check in <b>5pm</b> <b>Fit2-5K Challenge</b> <b>7:30pm</b> Your TURNing Point Fire Pit Meeting IN-Person Only </p>	<p>8</p> <p><b>9am</b> Morning Check in</p>	<p>9</p> <p><b>9am</b> Morning Check in <b>10:30am</b> Mental Health Matters In-Person Only</p>	<p>10</p>
<p>11</p> <p><b>CLOSED</b> <b>Happy Indigenous Peoples' Day!</b></p>	<p>12</p> <p><b>9am</b> Morning Check in <b>12pm</b> Community Meeting <b>5pm</b> <b>Fit2-5K Challenge</b></p>	<p>13</p> <p><b>9am</b> Morning Check in <b>12pm</b> SMART RECOVERY Zoom/In Person</p>	<p>14</p> <p><b>9am</b> Morning Check in <b>5pm</b> <b>Fit2-5K Challenge</b> <b>7:30pm</b> Your TURNing Point Fire Pit Meeting IN-Person Only</p>	<p>15</p> <p><b>9am</b> Morning Check in</p>	<p>16</p> <p><b>9am</b> Morning Check in <b>10:30am</b> Mental Health Matters In-Person Only <b>10:00am</b> <b>Race Day for Mike's 5K</b> <b>80 Edge Hill Rd, Milton, Ma.</b></p>	<p>17</p>
<p>18</p> <p><b>9am</b> Morning Check in <b>2pm</b> Monday Reset Zoom/In Person</p>	<p>19</p> <p><b>9am</b> Morning Check in <b>12pm</b> Community Meeting</p>	<p>20</p> <p><b>9am</b> Morning Check in <b>12pm</b> SMART RECOVERY Zoom/In Person</p>	<p>21</p> <p><b>9am</b> Morning Check in <b>7:30pm</b> Your TURNing Point Fire Pit Meeting IN-Person Only</p>	<p>22</p> <p><b>9am</b> Morning Check in</p>	<p>23</p> <p><b>9am</b> Morning Check in <b>10:30am</b> Mental Health Matters In-Person Only <b>11am</b> <b>Turning Point Zoo Day!</b> (Sign Up sheet at the Center)</p>	<p>24</p>
<p>25</p> <p><b>9am</b> Morning Check in <b>2pm</b> Monday Reset Zoom/In Person</p>	<p>26</p> <p><b>9am</b> Morning Check in <b>12pm</b> Community Meeting</p>	<p>27</p> <p><b>9am</b> Morning Check in <b>12pm</b> SMART RECOVERY Zoom/In Person</p>	<p>28</p> <p><b>9am</b> Morning Check in <b>7:30pm</b> Your TURNing Point Fire Pit Meeting IN-Person Only</p>	<p>29</p> <p><b>9am</b> Morning Check in</p>	<p>30</p> <p><b>9am</b> Morning Check in <b>10:30am</b> Mental Health Matters In-Person Only <b>5-7pm- Halloween EVENT!</b></p>	<p>31</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.

**Fit2Recover Workouts-** We start with a quick check-in for Q & A before we get into our non-intimidating, never the same, challenging, and fun workouts! We also have a Group Page to help with support, accountability, and interaction along the way to your goals.

**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.

**Mike's 5K to Crush Substance Abuse-** Meet us at our booth to say hello, to run/walk, or volunteer! Saturday, October 16<sup>th</sup>, 9am arrive, start time 10am!

**Outreach Team Meeting-** An open meeting to the Community where we embrace your thoughts, ideas, networks, and resources regarding Recovery support. We plan on doing this through relationship building and Outreach events throughout the community. Please email [gtouchette@baystatecs.org](mailto:gtouchette@baystatecs.org) to get involved with outreach!

**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!

**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.

**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.

**Volunteer Team Meeting-** Join our Turning Point Recovery & Support Center's Volunteer team! We meet bi-weekly to discuss Volunteer opportunities as they come up. If you want to get involved in Volunteering, we would love to know your thoughts and ideas. Please email [amorse@baystatecs.org](mailto:amorse@baystatecs.org) if interested in volunteering!

*Together We Can*

