



January 2023



32 Common Street Walpole, MA 02081 / 508-668-3960 / Zoom ID: 5086683960

Hours we are Open:
Mon.-Thurs. 10-7:30pm
Fri. 10-6pm, Sat. 9-2pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
2 CLOSED New Year's Day	3 12pm Community Meeting 6:30-8pm Family Recovery Support	4 12pm Wellness Wednesdays 7pm YP AA Fire Pit Meeting	5 6:30pm Your TURNing Point Fire Pit Meeting 	6	7 9:00 – 10:00a Steps 1-3 workshop (Full) 10:30am Navigating the New Year Support Group	8
9	10 12pm Community Meeting 6:30-8pm Family Recovery Support	11 12pm Wellness Wednesdays 7pm YP AA Fire Pit Meeting	12 6:30pm Your TURNing Point Fire Pit Meeting	13	14 9:00 – 10:00a Steps 1-3 workshop (Full) 10:30am Navigating the New Year Support Group 12:00 – Corn Hole Same Day Tournament!	15
16 CLOSED In observance of Martin Luther King Jr. Day	17 12pm Community Meeting 6:30-8pm Family Recovery Support	18 12pm Wellness Wednesdays 7pm YP AA Fire Pit Meeting	19 5:30pm Science and Recovery Club 6:30pm Your TURNing Point Fire Pit Meeting	20 5:30 – 7:30p Diamond Dot Workshop	21 9:00 – 10:00a Steps 1-3 workshop (Full) 9:30 – 11:30a Reiki with Mari 10:30am Navigating the New Year Support Group 12:00 – Corn Hole Same Day Tournament!	22
23	24 12pm Community Meeting 6:30-8pm Family Recovery Support	25 12pm Wellness Wednesdays 7pm YP AA Fire Pit Meeting	26 6:30pm Your TURNing Point Fire Pit Meeting 5:30pm Financial Wellness Workshop	27	28 9:00 – 10:00a Steps 1-3 workshop (Full) 9:30 – 11:30 Reiki with Mari 10:30am Navigating the New Year Support Group 12:00 – Corn Hole Same Day Tournament!	29
30	31 12pm Community Meeting 6:30-8pm Family Recovery Support		LL – Lower Level CR- Courage's Room SR- Sun Room R – Reiki M- Music Room OS – outside SE – Special Events			

Community Meeting- an open meeting to the Community where we embrace your thoughts, ideas, questions or concerns regarding all recovery and wellness needs. We discuss outreach and volunteer opportunities as they come up. Zoom ID:5086683960

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.

Financial Wellness Workshop- In this peer to peer workshop we'll be discussing, sharing, and learning different practices, strategies, and coping skills when it comes to having a healthy relationship with money and why it can be so important in relation to our Recovery and Wellbeing.

YP AA Fire Pit Meeting- Alcoholic Anonymous is a fellowship of people who share their experience, strength, and hope with each other that they may solve their common problem and help others to recover from alcoholism.

Common Ground Book Club-This month's book is "We are the Luckiest" The surprising magic of a sober life which can be picked up at your local library. Please read book prior to meeting

Reiki w/ Ruthie and Mari- 30 Minute Reiki sessions! Reiki is a Japanese energy healing technique that promotes relaxation, reduces stress, and anxiety through gentle touch.

Wellness Wednesdays Recovery Support Group (hybrid) - Join us Wednesdays at noon where we'll discussing recovery related wellness topics such as The 8 Dimensions of Wellness, how Wellness may play apart in your own Recovery journey, and what Wellness practices have you found that work best.

Your TURNING Point Recovery Support Meeting (In-Person Only)- This meeting is for anyone striving for recovery no matter what the specific substance may be. Each meeting, we have 3 topics to choose from, followed by a reading and discussion format in hopes everyone gets a TURN to share on the topic or whatever is on your mind at the time.

Navigating Through... (In-Person Only)- Life in Recovery can be challenging at times, but if we break it down and focus on what's in front of us (one thing at a time) it can be less overwhelming. Sometimes just sharing out loud helps us to Navigate through...whatever seems to be weighing us down at the moment.

Member Orientation w/ Carolyn- Come in person! Learn about how your Center runs, stay up to date as we grow, how to become a facilitator, Volunteer positions, membership opportunities, get involved with the advisory board, and so much more!

Science and Recovery Club- These club sessions will discuss addiction and recovery related topics from a scientific perspective which will be facilitated by a lead science facilitator. Science has an essential role in human health and demonstrates fundamental progress in addiction and recovery supports. The club sessions are held with a peer centered commitment to involve, engage, and empower recovery voices.

Diamond Dot Art- Wednesdays' at 5pm. Similar to cross stitch and paint by number, this is a new craft where you easily affix vibrantly colored resin rhinestones to a self-adhesive canvas. It does not require any special skills, and anyone can make beautiful diamond artworks that shimmer and sparkle!

The workshops are back! Building your Higher Power: steps 1-3 This workshop helps you to ask and answer questions that are vital to understanding the path of your recovery ahead by helping you learn the first 3 steps to AA's 12 step program that will be ready to apply and reapply them to your life.

