

## At the Recovery Center you will find...

- ◆ Safe Space
- ◆ Positive & Encouraging Atmosphere
- ◆ Computers, Library, Meditation Room
- ◆ Volunteer Opportunities
- ◆ Social Events, Music Room, Ping-Pong, Art Activities

## Groups and Activities are always changing. Some examples are:

- ◆ ACOA
- ◆ Relapse Prevention
- ◆ Artistic Expression
- ◆ Quincy Young People (BB)
- ◆ Veterans Support
- ◆ Big Book Meeting
- ◆ Creative Minds
- ◆ Double Winners AA / Al-Anon
- ◆ HIV and HCV Testing; Narcan Training  
1st Thursday of every month
- ◆ Overcoming Negative Thoughts
- ◆ Self Care/Stress Management
- ◆ NA
- ◆ Family Support Group
- ◆ Smart Recovery
- ◆ Yoga, Meditation
- ◆ Just Breathe (Women's meeting)
- ◆ Daily Motivator
- ◆ Sun Will Rise (grief group) - 3rd  
Tuesday of every month
- ◆ And Much More

## Community Meetings

Every Tuesday at 1 p.m.

## Hours of Operation

Monday	9 a.m. - 8 p.m.
Tuesday	9 a.m. - 8:30 p.m.
Wednesday	9 a.m. - 8:30 p.m.
Thursday	9 a.m. - 8:00 p.m.
Friday	9 a.m. - 9 p.m.
Saturday	9 a.m. - 1 p.m.



## A NEW WAY PEER RECOVERY CENTER



85 Quincy Avenue  
Suite B  
Quincy, MA 02169  
TEL 617-302-3287  
FAX 617-481-0324

[www.ANewWayRecoveryCtr.org](http://www.ANewWayRecoveryCtr.org)

No referral needed, just come by  
the Center for support or for more  
information



[Facebook.com/Quincy Recovery Center](https://www.facebook.com/QuincyRecoveryCenter)

TTY/TDD users dial 711 for  
MassRelay Service (24/7)

## What is A New Way

At **A New Way** Recovery Center, we believe healing and recovery happens in community. We know that each individual who walks into the Recovery Center has value. Each individual carries with them a unique story, a story that is filled with a lifetime of lessons to teach and wisdom to share. By sharing our 'lived experience' with one another, we learn we are so much more than our addiction. It is in our stories that we teach, encourage and learn the lessons of life. **There are many pathways to recovery.** We are here to support one another along the path as we journey towards living a healthy, productive and full life.

At **A New Way**, recovery starts with us.

## Who are we...

We are the friends, family members and allies, who suffer along with the alcoholic and addict.

We are here for hope.  
We are here for change.

## Core Values

### **Keep Recovery First**

- ◆ Focus on recovery and supporting one another.

### **Cultural Diversity and Inclusion**

- ◆ The center honors all paths to recovery and welcomes all people in recovery.

### **Participatory Process**

- ◆ The recovery community actively develops the culture, activities and focus of the center. The recovery community will develop a strong independent identity to support one another.

### **Peers Helping Peers**

- ◆ Peer support may include:
  - ◆ Social
  - ◆ Emotional
  - ◆ Information
  - ◆ Affiliation - a safe place to belong
  - ◆ Resources

### **Leadership Development**

- ◆ Provide opportunities for members to take a leadership position.

## Community Meeting

Come to our next Community Meeting and have your voice be heard!

Recovery is all about making new choices and creating new relationships. At the Recovery Center, the people who come to the center are significantly involved in the programs, policies, decisions and overall vibe. Our logo was designed by a peer and voted on by the community—in fact, even our name **A New Way**, came from the community!

**Community Meetings** are held every Tuesday at 1 p.m.

For more information,  
please contact:



Recovery Center

617-302-3287