



**A NEW WAY PEER RECOVERY CENTER**  
 85 QUINCY AVE Quincy MA. 617-302-3287

**July 2025**



monday	tuesday	wednesday	thursday	friday	saturday
	<b>1</b> 9:00 Go Check Yo Self 9:50 Yoga 10:00 Peer Development 11:00 Veterans 2:30 Computer Lab 3:30 It's Your Choice 6:00 Open Source 6:30 Narcotics Anonymous	<b>2</b> 9:00 Go Check Yo Self 9:30 Al- Anon 10:00 Music w/ Intention 11:00 12 Steps of ACOA 12:00 Music 4 Wellness (Women) 2:30 Stages of Change 6:00 Quincy Men's AA 7:00 Ladies Living Free 7:15 Dharma	<b>3</b> 9:00 Go Check Yo Self 11:00 Subtle Art of Not Giving a F*ck 12:00 S.M.A.R.T 2:00 Meet Your Shadow 3:30 Building Recovery Capital 6:00 Burn the Boats 7:00 Audio Big Book	<b>4</b> CLOSED 	<b>5</b> 8:00 Overeaters Anonymous  9:00 It's Your Choice  10:00 Narcotics Anonymous
<b>7</b> 9:00 Go Check Yo Self 10:00 Dual Diagnosis Support Group 11:00 Codependency 2:30 Holistic Healing 4:00 Artistic Expression 5:15 OPRC Wellness 6:00 Women's AA 6:45 Men's AA	<b>8</b> 9:00 Go Check Yo Self 9:50 Yoga 10:00 Peer Development 11:00 Veterans 1:00 Community Meeting 2:30 Computer Lab 3:30 It's Your Choice 6:00 Open Source 6:30 Narcotics Anonymous	<b>9</b> 9:00 Go Check Yo Self 9:30 Al- Anon 10:00 Music w/ Intention 11:00 12 Steps of ACOA 12:00 Music 4 Wellness (Women) 2:30 Stages of Change 6:00 Quincy Men's AA 7:00 Ladies Living Free 7:15 Dharma	<b>10</b> 9:00 Go Check Yo Self 11:00 Subtle Art of Not Giving a F*ck 12:00 S.M.A.R.T 2:00 Meet Your Shadow 3:30 Building Recovery Capital 6:00 Burn the Boats 7:00 Audio Big Book	<b>11</b> 9:00 Go Check Yo Self 2:30 Codependency II 5:45 Al- Anon 6:00 Big Book 7:15 Queer Way 7:15 Gamblers Anonymous	<b>12</b> 9:00 It's Your Choice  10:00 Narcotics Anonymous
<b>14</b> 9:00 Go Check Yo Self 10:00 Dual Diagnosis Support Group 11:00 Codependency 2:30 Holistic Healing 4:00 Artistic Expression 5:15 OPRC Wellness 6:00 Women's AA 6:45 Men's AA	<b>15</b> 9:00 Go Check Yo Self 9:50 Yoga 10:00 Peer Development 11:00 Veterans 2:30 Computer Lab 3:30 It's Your Choice 6:00 Open Source 6:30 Narcotics Anonymous 6:30: The Sun Will Rise	<b>16</b> 9:00 Go Check Yo Self 9:30 Al- Anon 10:00 Music w/ Intention 11:00 12 Steps of ACOA 12:00 Music 4 Wellness (Women) 2:30 Stages of Change 6:00 Quincy Men's AA 7:00 Ladies Living Free 7:15 Dharma	<b>17</b> 9:00 Go Check Yo Self 11:00 Subtle Art of Not Giving a F*ck 12:00 S.M.A.R.T 2:00 Meet Your Shadow 3:30 Building Recovery Capital 6:00 Burn the Boats 7:00 Audio Big Book	<b>18</b> 9:00 Go Check Yo Self 2:30 Codependency II 5:45 Al- Anon 6:00 Big Book 7:15 Queer Way 7:15 Gamblers Anonymous	<b>19</b> 9:00 It's Your Choice  10:00 Narcotics Anonymous
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**Al-Anon** – A 12 step support group to help family and friends recover from the effects of someone else's drinking.

**Artistic Expression** – Using art therapy as a springboard, to express thoughts and feelings. One intention is to be open to new perspectives and new ways to view oneself and the world in which we live.

**Big Book Meeting**- A 12 Step discussion Big Book meeting of Alcoholics Anonymous.

**Broken Chains** – Men's All Pathways to recovery

**Burn the Boats** - Are you a father in Recovery? This group will be an A.A. solution-based recovery meeting, speaker/open discussion. All Fathers are welcome! (Z #845-0974-4979 PW#888630)

**Building Recovery Capital**—group will discuss strategies and coping skills to prevent relapse when faced with life on life's terms.

**Go Check Yo Self** - Start your day on a positive note. Check in with other peers, get or give support in a safe supportive environment

**Codependency Revisited**- (original and II) We are currently reading Melody Beaties books. Please join us as we explore our lives and endeavor to improve our behaviors with the help and guidance of each other. We grow in Community!

**Computer Skills Lab**: Basic computer literacy one-on-one help available with Brian the wonderful.

**Community Meeting** – is an open meeting where peers are encouraged to bring their ideas and concerns to the Community

**Dharma**- is a peer led meeting that uses Buddhist teachings to heal from the suffering of addiction.

**Dual Diagnosis** – Do you struggle with substance use and mental health issues? This is a support group for Peers that have similar feelings and worries meeting the challenges of daily living. Together we will explore topics to help us cope with the challenges together.

**Gamblers Anonymous** – The G.A. 12-step recovery (like other 12-step programs such as N.A.) is intended to help addicted gamblers accept responsibility for their behavior and do everything in their power to change it.

**Holistic Expression** – A group offering a variety of natural healing practices including: Meditation, energy healing & holistic therapies to nurture mind, body and spirit. Enhance your well-being in a compassionate & inclusive environment.

**It's Your Choice** – Join us as we explore the day to day choices we make and how they impact our lives

**Ladies Living Free** – N.A. meeting for women

**Men's AA** – Open discussion AA meeting for men

**Meet your Shadow**- A group designed to delve deep into the inner parts of our subconscious mind and help recognize the hidden aspects of our psyche to improve our self-awareness to understand our motivations, desires, fears and behaviors better.

**Music Wellness/Intention** –Music based activities to support your health & wellness from board certified music therapists. Music guided meditations, song sharing, singing, dancing and more. Learn to play an instrument

**NA Meeting** – Narcotics Anonymous is a twelve-step fellowship for anyone struggling with the disease of addiction.

**Narcan HIV/HepC testing**- Monthly Narcan training by Manet Community Health Services on the first Tuesday of the month.

**Open Source** – Interactive workshop focused on key elements of recovery, including factors that influence addiction and sustainable recovery. Meditation & mindfulness are also practiced in this meeting

**OPRC** – Achieving balance through 8 dimensions of wellness

**Overeaters Anonymous** (Men's Group) – 8:00 AM. (meets 1<sup>st</sup>. Saturday of the month)

**Peer Development Workshop** – A rotating series of trainings for Peers.

**Queer way** – All persons and recovery modalities are welcome. Join us as we explore where recovery can take us in our journey to better know and embrace the truest versions of ourselves. This meeting will follow a rotating/revolving schedule.

**Quincy Men's Meeting** – discussion meeting utilizing A.A.'s daily meditation for men.

**S.M.A.R.T. Recovery** – A science based self-help support group whose methods can be used to alter any negative behavior (substance use, eating disorder, gambling etc., (Zoom id# 617-302-3287)

**Stages of Change** – Join us as we discuss and explore the stages of Change.

**Subtle art of not giving a F%&k** – Reading and discussion of aforementioned book.

**The Sun Will Rise** – A once a Month support meeting for those dealing with the loss of a loved one from overdose.

**Tired Not Tipsy** – An all-recovery literature based group for moms at all different stages of their journey. (Children Welcome)

**Twelve Steps of ACOA** – A support group to help individuals who desire to recover from the effects of growing up in an alcoholic family.

**Veteran's Support** - The Veteran's Support group is a support group run for Veterans by Veterans.

**Voices of Hope** – Recovery Choir with vocal training; New comers WELCOME; all singing abilities welcome!!

**Woman's Group** – Women's discussion Group.

**Yoga** – We learn how to develop a healthy relationship to how we perceive, react, and ultimately live. The goal of Yoga is to take the tools you find on your mat and apply them to life. An all-level class. **Please be sure to arrive at 9:50 so as not to disturb the class once it has begun.**