

**NEW WAY PEER RECOVERY CENTER**  
**85 QUINCY AVE Quincy MA. 617-302-3287**  
**January 2026**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 	2  9:00 Go Check Yo Self 2:30 Codependency II 4:00 Common Ground Recovery 5:45 Al- Anon 6:00 Big Book 7:15 Queer Way 7:15 Gamblers Anonymous	3  8:00 Overeaters Anonymous 10:00 Narcotics Anonymous
5  9:00 Go Check YoSelf 10:00 Dual Diagnosis Support Group 11:00 Codependency 2:30 Holistic Healing 5:15 OPRC Wellness 6:00 Women's AA 6:45 Men's AA	6  9:00 Go Check Yo Self 9:50 Yoga 10:00 Peer Development 11:00 Veterans 12:00 Beginners Spanish 2:00 Artistic Expression 6:30 Narcotics Anonymous	7  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	8  9:00 Go Check Yo Self 10:00 When I Got the Music 11:00 Subtle Art of Not Giving a F*&k 12:00 S.M.A.R.T 3:30 Building Recovery Capital 4:00 Do Hard Things 6:00 Burn the Boats	9  9:00 Go Check Yo Self 2:30 Codependency II 4:00 Common Ground Recovery 5:45 Al- Anon 6:00 Big Book 7:15 Queer Way 7:15 Gamblers Anonymous	10  10:00 Narcotics Anonymous
12  9:00 Go Check YoSelf 10:00 Dual Diagnosis Support Group 11:00 Codependency 2:30 Holistic Healing 5:15 OPRC Wellness 6:00 Women's AA 6:45 Men's AA	13  9:00 Go Check Yo Self 9:50 Yoga 10:00 Peer Development 11:00 Veterans 12:00 Beginners Spanish 1:00 Community Meeting 2:00 Artistic Expression 6:30 Narcotics Anonymous	14  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	15  9:00 Go Check Yo Self 10:00 When I Got the Music 11:00 Subtle Art of Not Giving a F*&k 12:00 S.M.A.R.T 3:30 Building Recovery Capital 4:00 Do Hard Things 6:00 Burn the Boats	16  9:00 Go Check Yo Self 2:30 Codependency II 4:00 Common Ground Recovery 5:45 Al- Anon 6:00 Big Book 7:15 Queer Way 7:15 Gamblers Anonymous	17  10:00 Narcotics Anonymous
19  9:00 Go Check YoSelf 10:00 Dual Diagnosis Support Group 11:00 Codependency 2:30 Holistic Healing 5:15 OPRC Wellness 6:00 Women's AA 6:45 Men's AA	20  9:00 Go Check Yo Self 9:50 Yoga 10:00 Peer Development 11:00 Veterans 12:00 Beginners Spanish 2:00 Artistic Expression 6:30 The Sun Will Rise 6:30 Narcotics Anonymous	21  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	22  9:00 Go Check Yo Self 10:00 When I Got the Music 11:00 Subtle Art of Not Giving a F*&k 12:00 S.M.A.R.T 3:30 Building Recovery Capital 4:00 Do Hard Things 6:00 Burn the Boats	23  9:00 Go Check Yo Self 2:30 Codependency II 4:00 Common Ground Recovery 5:45 Al- Anon 6:00 Big Book 7:15 Queer Way 7:15 Gamblers Anonymous	24  10:00 Narcotics Anonymous
26  9:00 Go Check YoSelf 10:00 Dual Diagnosis Support Group 11:00 Codependency 2:30 Holistic Healing 5:15 OPRC Wellness 6:00 Women's AA 6:45 Men's AA	27  9:00 Go Check Yo Self 9:50 Yoga 10:00 Peer Development 11:00 Veterans 12:00 Beginners Spanish 1:00 Community Meeting 2:00 Artistic Expression 6:30 Narcotics Anonymous	28  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	29  9:00 Go Check Yo Self 10:00 When I Got the Music 11:00 Subtle Art of Not Giving a F*&k 12:00 S.M.A.R.T 3:30 Building Recovery Capital 4:00 Do Hard Things 6:00 Burn the Boats	30  9:00 Go Check Yo Self 2:30 Codependency II 4:00 Common Ground Recovery 5:45 Al- Anon 6:00 Big Book 7:15 Queer Way 7:15 Gamblers Anonymous	31  10:00 Narcotics Anonymous

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- **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 Beatties 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!
- **Common Ground** is an all-pathways support group for those overcoming substance use or gambling addiction.
- **Community Meeting – is an open meeting where peers are encouraged to bring their ideas and concerns to the Community**
- **Do Hard Things**- A place for men to talk openly, support each other, and build strength through connection
- **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
- **Music Wellness/Intention** –Music based activities to support your health & wellness from board certified music therapists. Music guided meditation, 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.
- **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 the aforementioned book.
- **The Sun Will Rise** – A once a Month support meeting for those dealing with the loss of a loved one from overdose.
- **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; Newcomers WELCOME; all singing abilities welcome!!
- **When I got the Music** – Share a song for all to listen to, a song that helped you through a struggle.
- **Womens AA** - Open discussion AA meeting for women
- **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.**