

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

<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>	<i>SATURDAY</i>
2 9:00 Go Check Yo Self 11:00 Codependency 12:00 How to boil water 1:00 The Four Agreements 2:30 Holistic Healing 5:15 OPRC Wellness 6:00 Women's AA 6:45 Men's AA 7:00 NA COMM	3 9:00 Go Check Yo Self 9:50 Yoga 10:00 All Pathways 11:00 Veterans 12:00 Beginners Spanish 1:00 Community Meeting 2:00 Artistic Expression 6:30 Narcotics Anonymous	4 9:00 Go Check Yo Self 9:30 Al- Anon 11:00 12 Steps of ACOA 12:00 Music 4 Wellness (Women) 2:00 Drum Circle 2:00 Computer Basics 3:00 Stages of Change 6:00 Quincy Men's AA 7:00 Ladies Living Free 7:15 Dharma	5 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 2:00 Meet Your Shadow 3:30 Relapse Prevention 4:00 Do Hard Things 6:00 Burn the Boats 6:00 Beginners Spanish	6 9:00 Go Check Yo Self 9:00 Beats and Eats with DJ Warren 2:30 Codependency II 4:00 Common Ground Recovery 5:45 Al- Anon 6:00 Big Book 7:15 Queer Way Anonymous	7 8:00 Overeaters Anonymous 10:00 Narcotics Anonymous
9 9:00 Go Check Yo Self 11:00 Codependency 12:00 How to boil water 1:00 The Four Agreements 2:30 Holistic Healing 5:15 OPRC Wellness 6:00 Women's AA 6:45 Men's AA	10 9:00 Go Check Yo Self 9:50 Yoga 10:00 All Pathways 11:00 Veterans 12:00 Beginners Spanish 1:00 Community Meeting 2:00 Artistic Expression 6:30 Narcotics Anonymous	11 9:00 Go Check Yo Self 9:30 Al- Anon 10:30 Ukelele 11:00 12 Steps of ACOA 12:00 Music 4 Wellness (Women) 2:00 Drum Circle 2:00 Computer Basics 3:00 Stages of Change 6:00 Quincy Men's AA 7:00 Ladies Living Free 7:15 Dharma	12 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 2:00 Meet Your Shadow 3:30 Relapse Prevention 4:00 Do Hard Things 6:00 Burn the Boats 6:00 Beginners Spanish	13 9:00 Go Check Yo Self 9:00 Beats and Eats with DJ Warren 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	14 10:00 Narcotics Anonymous
16 	17 9:00 Go Check Yo Self 9:50 Yoga 10:00 All Pathways 11:00 Veterans 12:00 Beginners Spanish 1:00 Community Meeting 2:00 Artistic Expression 6:30 The Sun Will Rise 6:30 Narcotics Anonymous	18 9:00 Go Check Yo Self 9:30 Al- Anon 10:30 Ukelele 11:00 12 Steps of ACOA 12:00 Music 4 Wellness (Women) 2:00 Drum Circle 2:00 Computer Basics 3:00 Stages of Change 6:00 Quincy Men's AA 7:00 Ladies Living Free 7:15 Dharma	19 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 2:00 Meet Your Shadow 3:30 Relapse Prevention 4:00 Do Hard Things 6:00 Burn the Boats 6:00 Beginners Spanish	20 9:00 Go Check Yo Self 9:00 Beats and Eats with DJ Warren 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	21 10:00 Narcotics Anonymous
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- Beginners Spanish- focuses on building foundational skills to communicate in everyday situations
- 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!
- Common Ground is an all-pathways men 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
- Computer Basics
- 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.
- How to Boil Water
- 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 1st. 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 Four Agreements-
- 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.