


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

*MAY 2026*

<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>	<i>SATURDAY</i>
				1 9:00 Go Check Yo Self 2:30 Codependency II 4:00 Common Ground Recovery 5:30 Al- Anon 6:00 Big Book 6:30 Beginners AA 7:15 Queer Way 7:15 Gamblers Anonymous 7:30 Speaker AA	2 8:00 Overeaters Anonymous 10:00 Narcotics Anonymous
4 9:00 Go Check Yo Self 10:00 Quincy Reality 11:00 Codependency 1:00 The Four Agreements 2:30 Holistic Healing 5:15 OPRC Wellness 6:00 Women's AA 6:45 Men's AA 7:30 Club 164	5 9:00 Go Check Yo Self 9:50 Yoga 10:00 Meet Your Shadow 11:00 Veterans 12:00 Beginners Spanish 2:00 Computer Basics 2:00 Artistic Expression 6:30 Narcotics Anonymous 7:00 Searching and Fearless	6 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 3:00 Stages of Change 6:00 Quincy Men's AA 7:00 Ladies Living Free 7:15 Dharma 7:15 Quincy AWOL	7 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 Drop The Rock 4:00 Do Hard Things 6:00 Burn the Boats 6:30 12 Step AA	8 9:00 Go Check Yo Self 2:30 Codependency II 4:00 Common Ground Recovery 5:30 Al- Anon 6:00 Big Book 6:30 Beginners AA 7:15 Queer Way 7:15 Gamblers Anonymous 7:30 Speaker AA	9 10:00 Narcotics Anonymous
11 9:00 Go Check Yo Self 10:00 Quincy Reality 11:00 Codependency 1:00 The Four Agreements 2:30 Holistic Healing 5:15 OPRC Wellness 6:00 Women's AA 6:45 Men's AA 7:30 Club 164	12 9:00 Go Check Yo Self 9:50 Yoga 10:00 Meet your Shadow 11:00 Veterans 11:00 2 Truths 12:00 Beginners Spanish 1:00 Community Mtg 2:00 Computer Basics 2:00 Artistic Expression 6:30 Narcotics Anonymous 7:00 Searching and Fearless	13 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 3:00 Stages of Change 6:00 Quincy Men's AA 7:00 Ladies Living Free 7:15 Dharma 7:15 Quincy AWOL	14 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 Drop The Rock 4:00 Do Hard Things 6:00 Burn the Boats 6:30 12 Step AA	15 9:00 Go Check Yo Self 2:30 Codependency II 4:00 Common Ground Recovery 5:30 Al- Anon 6:00 Big Book 6:30 Beginners AA 7:15 Queer Way 7:15 Gamblers Anonymous 7:30 Speaker AA	16 10:00 Narcotics Anonymous
18 9:00 Go Check Yo Self 10:00 Quincy Reality 11:00 Codependency 1:00 The Four Agreements 2:30 Holistic Healing 5:15 OPRC Wellness 6:00 Women's AA 6:45 Men's AA 7:30 Club 164	19 9:00 Go Check Yo Self 9:50 Yoga 10:00 Meet your Shadow 11:00 2 Truths 11:00 Veterans 12:00 Beginners Spanish 2:00 Computer Basics 2:00 Artistic Expression 6:00 The Sun Will Rise 6:30 Narcotics Anonymous 7:00 Searching and Fearless	20 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 3:00 Stages of Change 6:00 Quincy Men's AA 7:00 Ladies Living Free 7:15 Dharma 7:15 Quincy AWOL	21 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 Drop The Rock 4:00 Do Hard Things 6:00 Burn the Boats 6:30 12 Step AA	22 9:00 Go Check Yo Self 2:30 Codependency II 4:00 Common Ground Recovery 5:30 Al- Anon 6:00 Big Book 6:30 Beginners AA 7:15 Queer Way 7:15 Gamblers Anonymous 7:30 Speaker AA	23 10:00 Narcotics Anonymous
25  <b>MEMORIAL DAY</b> REMEMBER AND HONOR  <b>CENTER CLOSED</b>	26 9:00 Go Check Yo Self 9:50 Yoga 10:00 Meet your Shadow 11:00 2 Truths 11:00 Veterans 12:00 Beginners Spanish 1:00 Community Mtg 2:00 Computer Basics 2:00 Artistic Expression 6:30 Narcotics Anonymous 7:00 Searching and Fearless	27 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 3:00 Stages of Change 6:00 Quincy Men's AA 7:00 Ladies Living Free 7:15 Dharma 7:15 Quincy AWOL	28 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 Drop The Rock 4:00 Do Hard Things 6:00 Burn the Boats 6:30 12 Step AA	22 9:00 Go Check Yo Self 2:30 Codependency II 4:00 Common Ground Recovery 5:30 Al- Anon 6:00 Big Book 6:30 Beginners AA 7:15 Queer Way 7:15 Gamblers Anonymous 7:30 Speaker AA	30 10:00 Narcotics Anonymous

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

- Artistic Expression – Using art therapy as a springboard, to express thoughts and feelings
- Beginners Spanish- focused on building basic vocabulary, conversation skills
- Burn the Boats - 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.
- Club 164- AA Big Book Open Meeting
- 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- using Melody Beattie's books and exploring our lives as we work to improve our behaviors through shared support and guidance
- 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 - A beginner-friendly class that teaches the basics of using a computer,
- 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.
- Gamblers Anonymous – A 12-step recovery program helping addicted gamblers take responsibility and commit to change.
- 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
- Joyful Noise– Recovery Choir with vocal training; Newcomers WELCOME; all singing abilities welcome!!
- Ladies Living Free – N.A. meeting for women
- 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
- 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.
- 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)
- 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.
- Quincy Realities- speaker based discussion meeting
- Searching and Fearless- AA based 12 step meeting
- 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- exploring *The Four Agreements* to build self-awareness, improve communication, and create positive personal change.
- The Sun Will Rise – A once a Month support meeting for those dealing with the loss of a loved one from overdose.
- Two Truths build / work on the skill of holding two truths within yourself that may contradict each other.
- 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.
- 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. Please be sure to arrive at 9:50 so as not to disturb the class once it has begun.