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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 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 6:00 Burn the Boats 6:30 12 and 12	2 9:00 Go Check Yo Self 10:00 Funky Fitness 2:30 Codependency II 5:30 Al- Anon 6:00 Big Book 6:30 Beginners AA 7:15 Queer Way 7:15 Gamblers Anonymous 7:30 Speaker AA	3 8:00 Overeaters Anonymous 10:00 Point of Freedom (NA)
5 9:00 Go Check Yo Self 10:00 Quincy Reality 12:00 Chair Yoga 1:00 The Four Agreements 2:30 Holistic Healing 5:15 OPRC Wellness 6:00 Women's Sacred Circle 6:45 Men's AA	6 9:00 Go Check Yo Self 9:50 Yoga 10:00 Smoking Cessation 11:00 Veterans 11:15 Meditation 3:00 Artistic Expression 6:30 Narcotics Anonymous 7:00 Searching and Fearless	7 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 3:00 DRA 6:00 Quincy Men's AA 7:00 Ladies Living Free 7:15 Dharma 7:15 Men's AWOL	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 6:00 Burn the Boats 6:30 12 and 12	9 9:00 Go Check Yo Self 10:00 Funky Fitness 2:30 Codependency II 5:30 Al- Anon 6:00 Big Book 6:30 Beginners AA 7:15 Queer Way 7:15 Gamblers Anonymous 7:30 Speaker AA	10 10:00 Point of Freedom (NA)
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- Artistic Expression – Using art therapy as a springboard, to express thoughts and feelings
- 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
- Chair Yoga – Chair Yoga
- Computer Basics - A beginner-friendly class that teaches the basics of using a computer,
- 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
- Open Discussion- Topics vary
- 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)
- 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)
- Subtle art of not giving a F%&k – Reading and discussion of the 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.
- 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.
- Women's Sacred Circle – A heart centered gathering for women ready to connect to their divine essence
- 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