



February \* 2018

A NEW WAY  
RECOVERY CENTER

85 Quincy Avenue [SUITE B]  
Quincy, MA 02169  
(617) 302 - 3287

Sunday • CLOSED	Monday • 8AM-6PM	Tuesday • 8AM-9PM	Wednesday • 8AM-9PM	Thursday • 8AM-6PM	Friday • 8AM-4PM	Saturday • 8AM-4PM
				<b>1<sup>st</sup></b> 9—Morning Support 10—GOOGLE 1 on 1 12—SMART Recovery 1—Creative Minds Inspire 6—Women's Group	<b>2<sup>nd</sup></b> 9—Morning Support 9:30 YOGA 11—From Mind to Paper 1—All Pathways • CLOSING @ 4PM •	<b>3<sup>rd</sup></b> 8—Breakfast & Meeting 9:30—Meditation 11—All Pathways 1:30—Yoga 2:30—NA Meeting
<b>4<sup>th</sup></b> • CLOSED •	<b>5<sup>th</sup></b> 9—Morning Support 9:30—Double Winners (AA/Al-Anon) 11—Yoga For Everybody 1—Relapse Prevention 4:30—ACOA	<b>6<sup>th</sup></b> 9—Morning Support 9—Battlefield of the Mind 10—GOOGLE (classroom) 11—Veterans Support 1—Volunteer Meeting 2:30—Practical Self-Care 6—Open Source Recovery 7—Learn To Cope	<b>7<sup>th</sup></b> 9—Morning Support 10—Nutritional Ed. 1—Recovery Goals 3—The Four Agreements 6—Dual Diag. Group 6:30—Al-Anon 7—Big Book Meeting	<b>8<sup>th</sup></b> 9—Morning Support 10—GOOGLE 1 on 1 11—MANET (NARCAN training, Hep C/HIV testing) 12—SMART Recovery 1—Creative Minds Inspire 6—Women's Group	<b>9<sup>th</sup></b> 9—Morning Support 9:30 YOGA 11—From Mind to Paper 1—All Pathways • CLOSING @ 4PM •	<b>10<sup>th</sup></b> 9:30—Meditation 11—All Pathways 1:30—Yoga 2:30—NA Meeting
<b>11<sup>th</sup></b> • CLOSED •	<b>12<sup>th</sup></b> 9—Morning Support 9:30—Double Winners (AA/Al-Anon) 11—Yoga For Everybody 1—Relapse Prevention 4:30—ACOA	<b>13<sup>th</sup></b> 9—Morning Support 9—Battlefield of the Mind 10—GOOGLE (classroom) 11—Veterans Support 1—Community Meeting 2:30—Practical Self-Care 6—Open Source Recovery 7—Learn to Cope 7—The Sun Will Rise	<b>14<sup>th</sup></b> 9—Morning Support 1—Recovery Goals 3—The Four Agreements 6—Dual Diag. Group 6:30—Al-Anon 7—Big Book Meeting	<b>15<sup>th</sup></b> 9—Morning Support 10—GOOGLE 1 on 1 12—SMART Recovery 1—Creative Minds Inspire 6—Women's Group	<b>16<sup>th</sup></b> 9—Morning Support 9:30 YOGA 11—From Mind to Paper 1—All Pathways • CLOSING @ 4PM •	<b>17<sup>th</sup></b> 9:30—Meditation 11—All Pathways 1:30—Yoga 2:30—NA Meeting
<b>18<sup>th</sup></b> • CLOSED •	<b>19<sup>th</sup></b> CLOSED for holiday	<b>20<sup>th</sup></b> 9—Morning Support 9—Battlefield of the Mind 10—GOOGLE (classroom) 11—Veterans Support 1—Volunteer Meeting 2:30—Practical Self-Care 6—Open Source Recovery 7—Learn to Cope	<b>21<sup>st</sup></b> 9—Morning Support 10—Nutritional Ed. 1—Recovery Goals 3—The Four Agreements 6—Dual Diag. Group 6:30—Al-Anon 7—Big Book Meeting	<b>22<sup>nd</sup></b> 9—Morning Support 10—GOOGLE 1 on 1 12—SMART Recovery 1—Creative Minds Inspire 6—Women's Group	<b>23<sup>rd</sup></b> 9—Morning Support 9:30 YOGA 11—From Mind to Paper 1—All Pathways • CLOSING @ 4PM •	<b>24<sup>th</sup></b> 9:30—Meditation 11—All Pathways 1:30—Yoga 2:30—NA Meeting
<b>25<sup>th</sup></b> • CLOSED •	<b>26<sup>th</sup></b> 9—Morning Support 9:30—Double Winners (AA/Al-Anon) 11—Yoga For Everybody 1—Relapse Prevention 4:30—ACOA	<b>27<sup>th</sup></b> 9—Morning Support 10—GOOGLE (classroom) 9—Battlefield of the Mind 11—Veterans Support 1—Community Meeting 2:30—Practical Self-Care 6—Open Source Recovery 7—Learn to Cope	<b>28<sup>th</sup></b> 9—Morning Support 1—Recovery Goals 3—The Four Agreements 6—Dual Diag. Group 6:30—Al-Anon 7—Big Book Meeting			

## A NEW WAY · GROUP DESCRIPTIONS

ACOA: A 12-STEP SUPPORT GROUP FOR ADULT CHILDREN OF ALCOHOLICS.

ADDICTION, THE HIJACK EXPLAINED: A GROUP WHICH EXPLORES THE BRAIN'S REWARD SYSTEM AND ITS ROLE IN ADDICTION.

**Al-Anon:** A 12-step support group to help family and friends recover from the effects of someone else's drinking.

*All Pathways to Recovery:* *The All Pathways to Recovery meeting is an open discussion meeting that welcomes every path in recovery.*

**Battlefield of the Mind:** A book study group. Group participants will cover Joyce Meyer's *Battlefield of the Mind*, a biblically-based guide to personal freedom and positive living.

**BIBLE STUDY: A NEW GROUP IN WHICH WE WILL BE TRYING TO GET A BETTER UNDERSTANDING OF THE BIBLE.**

Big Book Meeting: A 12-step discussion Big Book meeting of Alcoholics Anonymous.

**Community Meeting:** *Open meeting at which we welcome members to bring ideas to the community. A great way to get in tune with and involved in the goings on at A New Way.*

*Creative Minds Inspire:* *Creative Minds Inspire is a group to encourage people to express their creative sides and discover how healing and enlightening it can be.*

Double Winners (AA/Al-Anon): An AA meeting, and an Al-Anon meeting, which is a twelve step support group for loved ones of someone who suffers with addiction, at the same time.

**Dual Diagnosis Support Group:** **This is a recovery support group for those of us that are suffering from an alcohol/drug problem and a mental health diagnosis.**

**From Mind to Paper:** A writing/journaling group to compose the thoughts of the mind.

**GARDENING: THE PRACTICE OF GROWING AND CULTIVATING PLANTS WHILE ENJOYING THE CONNECTION WITH THE EARTH.**

*Learn To Cope:* *Learn To Cope offers peer-support, education, resources, and HOPE for families dealing with addiction and recovery.*

**Mindful Meditation:** *Mindful Meditation is a relaxing, guided meditation experience which has proven to be a valuable tool in relapse prevention.*

*Moms Group:* *A group which integrates parenting & recovery, with the aim of helping single parents set and attain goals.*

*Morning Support:* *A great way to start the day. We read from the Hazeldon Meditation book, "Today's Gift", but participants are welcome to and encouraged to share on whatever they feel like.*

**Movie Night:** **Movie Night is a great time when we watch a movie that has been selected by the community here at A New Way.**

NA Meeting: Narcotics Anonymous is a twelve step fellowship for anyone who struggles with the disease of addiction. Alone we can't; together we can. One day at a time we can conquer our disease.

**Nutrition & Education:** This group provides valuable information regarding nutritional wellness, as well as delicious food, for A New Way members.

Open Source Recovery: Discussion of the linkage between all recovery practices and approaches including mindfulness, Buddhism, 12-step, spirituality, CBT and other pathways.

**Paint Night:** **A really fun guided painting session, which is a great way to explore your creative side.**

**RECOVERY GOALS: A GOAL WITHOUT A PLAN IS JUST A WISH. THE RECOVERY GOALS GROUP AIMS TO HELP PARTICIPANTS SET AND ATTAIN GOALS.**

**Reiki:** A practice that promotes relaxation & reduction of stress, anxiety, depression, sadness, confusion, etc. through light touch on the body's energy centers.

RELAPSE PREVENTION: A GROUP WHICH AIMS TO HELP INDIVIDUALS IN RECOVERY TO DEVELOP HEALTHY COPING SKILLS AND PROTECT THEMSELVES FROM RETURNING TO ACTIVE ADDICTION.

**SMART Recovery:** A science based self-help support group whose methods can be used to change any negative behavior (substance use, eating disorders, gambling, etc.).

**STRETCH: STRETCH your body, mind, and spirit. Dress comfortably and bring an exercise mat if you have one.**

The Sun Will Rise: A grief support group for those who are dealing with the loss of a loved one.

**Veteran's Support:** **The Veteran's Support group is a mutual support group run for veterans and by veterans.**

*Volunteer Meeting:* *The Volunteer Meeting is an open meeting at which the members of A New Way can discuss the different ways to help out at the center.*

Women's Recovery: An open topic group meeting for women who are in recovery.

**Yoga For Everybody:** A class that will link the fundamental principles of alignment and breathwork to create strength, stability, flexibility and peace of mind.