P2P Newsletter Team

We are looking for members & volunteers to help develop P2P’s monthly newsletter. Some tasks include interviewing P2P members, guest facilitators, community members, etc. Writing articles, researching and gathering info on local recovery and fun events. Creating recovery based art, poetry, photography, and writing. Computer skills using Microsoft Publisher to create and print our newsletter.

Have we peaked your interest? Maybe there is something above you would like to partake in helping develop the newsletter, or any other skills or talents you would be willing to use on the newsletter team. Contact Kari for more info.

Kari: karinlephillips@gmail.com

Welcome P2P’s Newest Volunteers!!

P2P Staff, Volunteers, & Members would like to give a warm welcome to our newest volunteers. Destinee Barnes (Pictured on the Left) and Kolleen Marhefka (Pictured on the Right). Destinee & Kolleen will be facilitating groups including Breakfast Blend & All Recovery, as well as co-facilitating Engage the Brain. You will also see them welcoming peers at the sign-in desk.

“In you can’t fly, then run. If you can’t run, then walk. If you can’t walk, then crawl. But whatever you do, keep moving.”

Dr. Martin Luther King Jr.
We are finally in tune ♫♩

Meet Armand

Hi, I'm Armand Brancheaud, a volunteer here at Peer 2 Peer and a Recovery Coach for Steppingstone Inc.

I have been part of P2P since November when we opened and it is an honor and a pleasure to be part of this project, and organization that is committed to saving lives and recovery.

For 31 years I have been a paramedic and recently retired about 2 years ago. I am in long term recovery beginning in October 1989. I am very much involved in 12 step recovery, with plenty of involvement in my home group as well as area service.

I am excited to work with such an amazing staff here at P2P, a true blessing to be here. I am grateful to be of service to this community. I look forward to the growth, both for myself, and everyone here at Peer2Peer.

The Circle of Friendship

The seasons of our lives bring friends that come and go, and the love that is created does not yet cease its flow.

For the music of our laughter creates a joy all of its own, Guiding each of us as we find our pathway home…

by Kari Phillips
Welcome to Rock-Covery!!!

Just like rock music, life can be hard. In this group Kim Richard will assist us in identifying the hardships or common barriers holding us back from reaching our full potential through the use of rock music and lyrics. Just like a good rock song, we hope to empower and inspire through the use of music and its restorative powers.

Beginning in February of 2017 Kim Richard has been offering a Rock-Covery group to the Peer 2 Peer Community. She has been offering this group since 1989 and operates on the belief that there is hope for everybody. She most recently offered this group to TSS @ Highpoint for 2 years, and was thrilled to be able to offer it to Peer 2 Peer.

I recently had the opportunity to sit down with Kim and pick her brain about her experience in offering Rock-Covery groups. When asked about her favorite aspect of the group her response was, “the energy”. She loves watching the energy go up in the room and see people become engaged in conversation regarding the song choices. I also asked her about what she found most challenging for her and she admitted that the preparation can be challenging at times. She strives to find the right song choice that conveys the recovery message to be expressed.

She picks 3 songs for each group session, leaving room for discussion in between the songs. The first song is usually about identifying, while the second song expresses the effects of addiction. Finally the third song is a positive – hope filled song to convey the message that, yes, we can overcome!

Kim’s mission statement is that it is ok to have unacceptable feelings and rock music is the permission slip to be able to feel them.

Peer 2 Peer is blessed to have Kim Richard share her experience, strength and hope with our community and we thank her!

Rock on!
Engage The Brain

Sudoku is one of the most popular puzzle games of all time. The goal of Sudoku is to fill a $9\times9$ grid with numbers so that each row, column and $3\times3$ section contain all of the digits between 1 and 9. As a logic puzzle, Sudoku is also an excellent brain game. If you play Sudoku daily, you will soon start to see improvements in your concentration and overall brain power.

The goal of Sudoku is to fill in a $9\times9$ grid with digits so that each column, row, and $3\times3$ section contain the numbers between 1 to 9. At the beginning of the game, the $9\times9$ grid will have some of the squares filled in. Your job is to use logic to fill in the missing digits and complete the grid. Don’t forget, a move is incorrect if:

- Any row contains more than one of the same number from 1 to 9
- Any column contains more than one of the same number from 1 to 9
- Any $3\times3$ grid contains more than one of the same number from 1 to 9

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Contact Us

Give us a call for more information about Peer to Peer and our supportive services

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Visit and like our Facebook Page for up to date news, events, group and meeting info, and scheduling.

https://www.facebook.com/p2prp/