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

Fall River Drug Court Graduate

Mike Bryant (Project Director) & David Simons (Project Coordinator) were honored to accept an invitation and be present for our peer Shaun Cormier’s graduation from Fall River Drug Court. Congratulations Shaun!!! We are all proud of your accomplishment at P2P.

“We cannot solve our problems with the same thinking we used when we created them.”

Albert Einstein

In This Issue

- P2P Newsletter Team
- Fall River Drug Court Graduate.
- Adam’s Corner
- Meet Felicia
- Two Wolves
- Progress, Not perfection
- Recovery Coaching
- Engage The Brain
- Contact Info
Bob Ross Recovery

Two Wolves

An old Cherokee chief was teaching his grandson about life...

"A fight is going on inside me," he said to the boy.
"It is a terrible fight and it is between Two Wolves."

"One is Evil - he is anger, envy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, self-doubt, and ego."

"The Other is Good - he is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion, and faith.

"This same fight is going on inside you - and inside every other person, too."

The grandson thought about it for a minute and then asked his grandfather,
"Which Wolf Will Win?"

The old chief simply replied,
"THE ONE YOU FEED."

(Submitted by David Simons)
Recovery Coaching

Steppingstone Inc. is now offering recovery coaching services.

What are Recovery Coaches?

A Recovery Coach promotes recovery by helping remove barriers and obstacles to recovery and serves as a personal guide and mentor for people seeking or already in recovery.

If you are interested in receiving Recovery Coaching services contact:

Michael Bryant
P2P Director
(508) 567-5086

Progress, Not Perfection

We are getting closer to occupying our new spot!!!
Engage The Brain

Sudoku is one of the most popular puzzle games of all time. The goal of Sudoku is to fill a 9×9 grid with numbers so that each row, column and 3×3 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 9×9 grid with digits so that each column, row, and 3×3 section contain the numbers between 1 to 9. At the beginning of the game, the 9×9 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 3×3 grid contains more than one of the same number from 1 to 9

![Sudoku Puzzle](image.png)