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

Quequechan River Rail Trail Cleanup
On April 22nd a Team from P2P participated in Earth Day by helping clean up the Quequechan River Rail Trail. Below is a photo of our members and family with State Representative Carole Fiola.

Peer Chatter Monthly
Q&A’s & Ideas
There is now a question box on the table that is available for you to submit any questions you have about the Peer 2 Peer Recovery Project. Each month a question will be selected and answered here.

Q. What does it mean to be a Peer?
A. A peer is one that is of equal standing with another. Those of us with “lived experience”, available to share with one another our experience, strength and hope.
Our Deepest Fear

Our deepest fear is not that we are inadequate.
Our deepest fear is that we are powerful beyond measure.
It is our light, not our darkness
That most frightens us.
We ask ourselves
Who am I to be brilliant, gorgeous, talented, fabulous?
Actually, who are you not to be?
You are a child of God.
Your playing small
Does not serve the world.
There’s nothing enlightened about shrinking
So that other people won’t feel insecure around you.
We are all meant to shine,
As children do.
We were born to make manifest
The glory of God that is within us.
It’s not just in some of us;
It’s in everyone.
And as we let our own light shine,
We unconsciously give other people permission to do the same.
As we’re liberated from our own fear,
Our presence automatically liberates others.

By Marianne Williamson
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

On Friday, March 25th members of Peer 2 Peer Recovery Project attended a performance at the Zeiterion Performing Art Center in New Bedford. We were there to see the play, “The Price You Pay: Second Chances” performed by Drug Story Theatre. When we arrived at the Zeiterion there were different resource tables set up in the entrance hall filled with information on addiction and recovery supports from different local agencies and non-profits including Peer 2 Peer Recovery Project. The theme of the play we were about to see was, Addiction (the price you pay) and Recovery (second chances).

I have a personal connection to Drug Story Theatre. My daughter Shana is one of the cast members and I also performed with them last year. They are a theatre group made up of adolescents and young people in recovery and their families. They typically do performances for Middle schools, High schools as well as the community. This group has also performed at many other places including, the State House, Senate Room and also in front of Governor Baker. This play focuses on reasons for using, addiction, treatment and regaining trust of loved ones. They also break out during the play and discuss the science of the adolescent brain and the brain chemistry of addiction.

Dr. Joseph Shrand is the director (producer, organizer) of Drug Story Theatre. He is involved with C.A.S.T.L.E. (Clean And Sober Teens Living Empowered) which is an adolescent detox and rehabilitation program. He works with the kids in Drug Story Theatre using psycho drama to have them tell their stories. Professor Nicole Conlan (from Massasoit) then puts their stories into scripts for the performances. Dr. Shrand also has parents/guardians involved throughout the process. He also has a teacher from Improv Boston work with the kids of improv acting, and it is a lot of fun.

The play we saw told the story of three young women and their stories of how and why they started using, how they lost trust, how they ended up in treatment, how they regained the trust of their families, and how they live in recovery. It also talked about brain science and how drugs increase dopamine which blocks oxytocin which is an important feel good chemical of the brain. They did a wonderful job and the play was enjoyed by all.

After the performance, Dr. Shrand, the girls and the grandmother did a Q & A session with the audience. Somehow Dr. Shrand spotted me in the audience and ran a hand held microphone over to me so I could participate by answering questions. The performance ended with Drug Story Theatre’s motto: “The treatment of one becomes the prevention of many”.

There was also a speaker from Gosnold and the New Bedford Chief of Police with good messages. There was also a large group in the audience who stood with pictures of loved ones they had lost to overdoses. Additionally there was a board where you could leave a word, a message, or a picture to someone still struggling and an artist is going to incorporate it all into a piece of public art.

It was an enjoyable and meaningful night for those who attended.
Engage The Brain
Recovery Tips
(Answer Key at P2P Welcome Desk)

Created by: Kari

ACROSS
1. Nationally known hospital for the mental & physical rehabilitation of alcoholics
3. Tolerance of others is our code
6. The principles we have set down are
7. Who do we call first?
9. There are 12 of these
11. The solution is
12. Bill W.'s schoolmate
13. Like taking poison

DOWN
2. What's the Point?
4. First name of the cartoon character in the Grapevine
5. To save from loss and restore to usefulness
8. The first requirement of Step 3
10. 4 basic questions
12. The initial of the last name of the Grapevine Cartoon character

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/