

# PEER 2 PEER ← Peer2Peer

# RECOVERY NEWS

October 2017

## Peer to Peer Recovery Projects Monthly Newsletter

### 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](mailto:karinlephillips@gmail.com)

“The greatness of a man is not in how much wealth he acquires, but in his integrity and his ability to affect those around him positively.”

Bob Marley

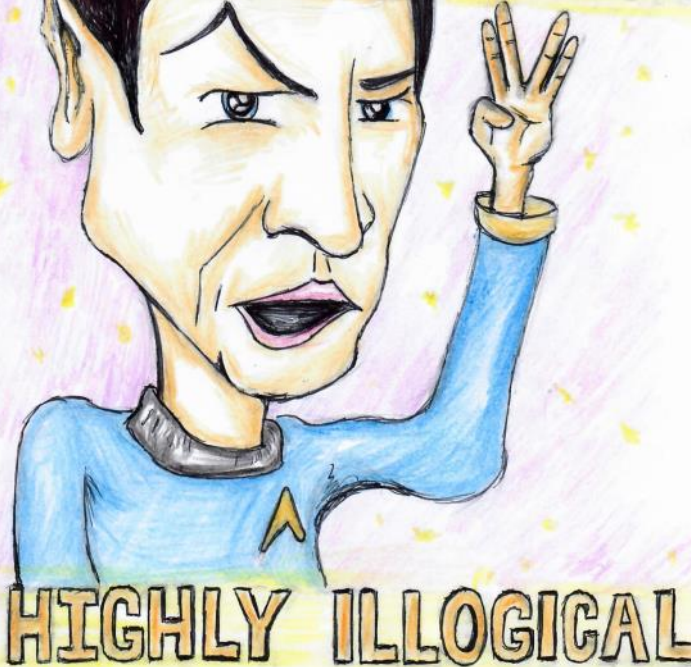
### P2P Participating in United Way of Greater Fall River's Amazing Race



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WORKING STEPS  
WITHOUT  
A  
SPONSOR?



HIGHLY ILLOGICAL

We all need a little Spock .....

KEEP YOUR **THOUGHTS** POSITIVE  
BECAUSE YOUR THOUGHTS BECOME YOUR WORDS.

KEEP YOUR **WORDS** POSITIVE  
BECAUSE YOUR WORDS BECOME YOUR BEHAVIOR.

KEEP YOUR **BEHAVIOR** POSITIVE  
BECAUSE YOUR BEHAVIOR BECOME YOUR HABITS.

KEEP YOUR **HABITS** POSITIVE  
BECAUSE YOUR HABITS BECOME YOUR VALUES.

KEEP YOUR **VALUES** POSITIVE  
BECAUSE YOUR VALUES BECOME YOUR

**DESTINY.**  
MAHATMA GANDHI

## Meet Joe

Hi, my name is Joe. I am in early recovery and been so since May, 28<sup>th</sup> 2017. I am a current resident of Steppingstone's SRO. Due to a relapse I was put on a behavioral contract. During this time what initially felt like a punishment turned out to be a blessing as I was introduced to P2P.

P2P Staff & Volunteers welcomed me with open arms. I began attending groups at P2P and became a member. P2P introduced me to the Drug Addicts Anonymous (DAA) meeting they host. There is where I found my sponsor and began working the 12-steps. Since the first time I attended P2P my recovery has begun to grow & flourish.

I have become a volunteer at P2P where some of my duties include working the greeting desk and facilitating peer led groups like Breakfast Blend & All Recovery. I have had the opportunity to be pictured in the Herald News with the P2P team, and also share some of my story on the Will Flannigan Show on Overdose Awareness Day.

It is amazing over such a short period of time how others can see changes in me and I can see them in myself. I attribute it to my higher power.

I will forever be grateful to P2P and show my gratitude by having my hand out to help other addicts & alcoholics the way P2P Staff & Volunteers had their hand out to help me.





# Peer 2 Peer Recovery Day Celebration

## 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**



# Engage The Brain

Sudoku is one of the most popular puzzle games of all time. The object 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

9	1	6	2	4					8	9	2			3		1	4
2	3																
			1		8			2					6	8		7	
5	2	1						7	4	5			8				1
	8	9				5	1				8				2		
7	6			9				3	1		3	7			5		
				8		7	2	1		7	1			6		5	
	9				4	6		5	5		9	2				8	
	7	3			5				6					7			9

## 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, scheduling, groups and meeting info.

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

