

PEER 2 PEER December 2017

RECOVERY NEWS

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.

David: dsimons@steppingstoneinc.org

P2P Caption Contest Winner!!!

Congratulations to Becca P. who had the best caption idea!!!

“Don't worry about failures, worry about the chances you miss when you don't even try.”

Jack Canfield



In This Issue

- P2P Newsletter Team
- P2P Caption Contest Winner
- Adam's Corner
- Meet Nicky
- Piece from The Shy Poet
- Recovery Coaching
- Recovery & Wellness
- Engage The Brain
- Contact Info

Adams Corner: comics by Adam Rancourt



The real gift is in giving it away....

I asked her if she was okay and she said "I'm fine, I swear". But when I looked into her eyes, I clearly saw her struggles there.

She quickly looked away and tried her best to smile. She said softly, "I'll make it through this, it's just taking me awhile."

I knew she was hurting, and I knew her pain was deep. But she felt the burden was hers, and hers alone to keep.

I reached out to her, and our hands entwined. I said, "I love you, my friend, so your burdens are also mine."

[The Shy Poet]

Submitted by: Jess S.

Meet Nicky

Hello, my name is Nicky. For the last 10 months I have been a resident of Steppingstone Incorporated's Woman's Program. While here, I was introduced to Peer 2 Peer Recovery Project where I became a member.

I have become a volunteer at P2P and not only attend groups, I facilitate them, which has played a big part in my growth and recovery.

I am so grateful to God to be clean & in recovery and to Steppingstone & Peer 2 Peer for the help & support they have given me on my recovery journey.

Everyday I am seeing the blessings coming from being in recovery and doing the next right thing. I just continue to try the best I know how and one day at a time I keep growing.

I know I have a lot more growing to do but I look forward to it, and enjoy helping others when I can.



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



Remember in December that LOVE weights more than GOLD



Recovery & Wellness

Tips for a Safe, Sober, Stress-Free Holiday

Holidays can be stressful for many people, especially new in recovery. This time is when old behaviors resurface and can put you at a high risk for relapse. Those in early recovery may feel overwhelmed for many reasons. Peer2Peer wants to assure you that it is possible to make it through the holiday season sober. Being Sober doesn't mean you can't have fun.

1. Practice Self-Care : Remind yourself every single morning how it feels to be in recovery
2. Game Plan: make a plan for dealing with triggers and cravings
3. Know when to say no: it's ok to tell others you're in recovery
4. Reach out: if you're traveling go to a meeting. There are meetings everywhere.
5. Don't hesitate to ask for help: bring a friend in recovery or someone in your recovery support network.
6. Create new traditions: avoid doing things that trigger behaviors, replace your old using patterns
7. Acknowledge your feelings:
8. Focus on what's important: try not to stress about holiday gifts and expense
9. Establish firm boundaries: limit your time with family members who may drink
10. Most importantly HAVE FUN!!!!!!!

Submitted By: Felicia M

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

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

Contact Us

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

Peer to Peer Recovery Project
175 North Main Street
Fall River, MA 02720

(508) 567-5086

Project Director:

mbryant@steppingstoneinc.org

Project Coordinator:

dsimons@steppingstoneinc.org

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

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

