



Group & Activity Descriptions



Breakfast Blend: Breakfast Blend is a morning motivational meeting. Peers are encouraged to share with each other how they are going to tackle the day. Their goals, challenges, strategies, & positivity towards achieving and overcoming. (Monday's Tuesday's, Thursday's & Friday's from 10: 15-11: 15am)

Engage the Brain: Various engaging peer led group activities for developing skills (life, social, coping, etc.) (Various Days Monday-Friday from 1-2pm)

All Recovery Meeting: Our All-Recovery meeting welcomes all who struggle with addiction, or living a recovery lifestyle. An All-Recovery meeting is “non-denominational”, meaning all pathways of recovery are embraced here. We choose a universal recovery topic and then we will discuss it. (Monday-Friday from 2: 30-3: 30pm)

Double Trouble In Recovery (DTR): Double Trouble in Recovery (DTR) is a Twelve Step fellowship of men and women who share their experience, strength and hope with each other so that they may solve their common problems and help others to recover from their particular addiction(s) and manage their mental disorder(s). (Every Wednesday from 1-2pm)

Recovery Bookworms: P2P has a book club!!! We will be reading recovery based literature Tuesday mornings. We will provide links to obtain a free ebook reader and links for ebooks of material we will be reading. We will also project ebook on screen in group room for those who have not downloaded a copy. (Tuesdays from 11: 30-12: 30pm)

Poetry In Recovery: Write, Share, Reflect!!! 5 Ways You Benefit from Writing Poetry! 1. Improves Cognitive Function, 2. Helps Heal Emotional Pain, 3. Leads Us to Greater Self-Awareness, 4. Provides a Gift of Inspiration or Motivation to Others, 5. Helps Us Celebrate. (1st Tuesday and 3rd Thursday of every month from 1-2pm)

SMART Recovery: SMART Recovery's 4-Point Program® helps people recover from all types of addictive behaviors, including: alcoholism, drug abuse, substance abuse, drug addiction, alcohol abuse, gambling addiction, cocaine addiction, and addiction to other substances and activities. (Every Monday from 1-2pm)



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Unwind Your Mind (Guided Meditation): Guided meditations utilize the power of your imagination and the power of visualization to effect positive personal changes. Guided meditation is simply "meditation with the help of a guide". Even if you are someone who finds it extremely difficult to let go of thoughts, even if you are highly stressed or overloaded with mental activity, you will quickly achieve inner stillness and peace of mind when you listen to a great guided meditation. (**Thursday evenings from 5:00-6:00pm**)

Film Fridays: Come join us as we transform our group room into our very own movie theater!!! (Fridays from 12-2pm)

SSTAR Project AWARE: P2P is honored to collaborate with SSTAR's Project AWARE team and host a meeting based on education and awareness around HIV/AIDS, Hep C, STI's (2nd Tuesday of every month from 1-2pm)

12-Step Anonymous Meetings P2P Hosts

AA Big Book (Woman's Meeting - Step Sisters): P2P is honored to host AA Woman's Big Book Meeting (134 Durfee St. Every Wednesday from 7-8pm)

DAA (Drug Addicts Anonymous - The Path): P2P is honored to host DAA. (134 Durfee Every Saturday from 12-1pm)

NA Meditation (Having Had A Spiritual Awakening): P2P is honored to host NA Meditation (Having Had A Spiritual Awakening) Format as follows: 10 min silent meditation, reading portion (step working guide, living clean) then 30 mins of silent writing, ending with 20 min guided meditation (Every Thursday from 6:30-8pm)

Al-Anon: P2P is honored to host Al-Anon (Every Saturday from 10:00-11:30am)

Dual Recovery Anonymous: P2P is honored to host Dual Recovery Anonymous (Every Wednesday from 5:00-6:00m)

P2P is a No Wrong Door to Recovery Project.

ANY & ALL pathways to recovery are encouraged and accepted.