

# 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](mailto:dsimons@steppingstoneinc.org)

**P2P Caption Contest!!!** Adam needs our help captioning this piece he created. Submit a recovery based caption for this photo to [dsimons@steppingstoneinc.org](mailto:dsimons@steppingstoneinc.org) for a chance to win a \$5 gift card for Dunkin Donuts. Winner will be announced in Decembers newsletter!!!



**“Truth** is like a surgery, it hurts but it heals.

A **Lie** is like a painkiller, it gives instant relief but has side effects forever.”

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## P2P Halloween Party!!!

Many of us addicts turn to drugs to avoid feeling ALONE. Loneliness for addicts can be some of the most torturous feelings leading us down the all too familiar dead end road.

Don't let the temporary ALONE feelings leave you being the next one found ALONE.

By Jessica S.

**80% OF HEROIN USERS  
INJECT WITH A FRIEND.  
WHICH IS WEIRD,  
BECAUSE 80% OF OVERDOSE VICTIMS  
FOUND BY PARAMEDICS ARE  
ALL ALONE.**



YOU MIGHT BE **HIGH**.  
YOU MIGHT BE **AFRAID**.

IF YOU SEE AN  
**OVERDOSE**  
**CALL 911**

THE LAW **PROTECTS** YOU.



[mass.gov/MakeTheRightCall](http://mass.gov/MakeTheRightCall)



## Meet Susanne

Hi, my name is Susanne. My recovery journey started in October 2014 when I entered residential treatment at Steppingstone. I did not want to go there, but I had nowhere else to go to my using. I felt I was so broken & hopeless upon entering. Over the 10 months of my stay I began to have hope and started to learn how to live in recovery.

I moved on to the Transition House for a short stay and then permanent supportive housing at the Stone Residence where I currently reside.

I had almost 3 years in recovery before I slipped. That was around the time P2P opened their doors. I began attending groups and working on my recovery at P2P. I eventually became a volunteer. I help work the greeting desk and facilitate groups like Breakfast Blend & All Recovery, attend team meetings, and participate in organizing P2P events.

In recovery you often hear "My program saved my life". I believe going to P2P and making it part of my recovery it helped save my life. I have met a lot of people their who have helped me. Members, volunteers, & especially staff.

Along with P2P as part of my recovery I now have a sponsor & have begun working the 12 Steps. I know I have a lot of work to do, but by doing so I know it will make me a better person.



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## Recovery Coaching

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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**

## Recovery Reflections

October 21<sup>st</sup>, 2017 - Today I celebrate 37 years of continuous sobriety, and I am humbled by the abundance of my blessings. For me anniversary-time is always a period of reflection; of what has been, what is, and goals for the upcoming year. To recognize where I have come from is always a humbling experience. For I know today, without a doubt, that my life of sobriety is a gift beyond measure.

As I look back on this past year I can see the lessons I have been given about using my voice and sharing my experiences. Peer 2 Peer Recovery Project has been an integral part of those lessons; providing a caring, joyful environment to grow in and daily opportunities to share my voice. From Meditation to Yoga to the Daily Groups offered I have felt myself stretch my wings and venture into some unfamiliar territory, where growth is always possible.

Having had the opportunity to be a volunteer at P2P has been an incredible experience. From "working the front desk", to standing in Government Center I have had the opportunity to see people in my community "come alive" with hope, and gratitude. I have watched people relax and stand taller as their self-esteem and confidence in recovery grew.

This month I step down as a Peer 2 Peer employee and volunteer. For me, this is very bittersweet indeed. I am excited about growing as a Recovery Coach, yet sad to leave P2P behind me. As I move forward on my journey in this adventure we call life, I will carry heartfelt memories. When I think of Peer 2 Peer I will remember the abundance of doughnuts and laughter, the joy of Engaging the Brain with Recovery Hangman or Reverse Charades, but most of all I will remember, the love of one addict/alcoholic for another.

Thank you Peer 2 Peer for blessing my life - may your blessings overflow...



by Kari Phillips

# 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

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

## Contact Us

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

**Peer to Peer Recovery Project**  
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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/>

