

# RESTORATION RECOVERY CENTER

Newsletter 2021



What's inside this issue:

*What's New?*

- new hours
- new programs
- new faces
- new year!

*Christina*

*"Restoration is helping me to see my strengths in my journey. The center for a while was my sanctuary...it's been a place I can find peace, a place I can go to learn, grow and heal. The center for me is hope and strength and purpose. It gives me a sense of belonging. RRC has helped me be a better women, a better mom, friend. It has helped me find my voice. I have found purpose in those walls and I wouldn't have such a strong recovery road if it wasn't for the center and the souls in it. I've taken classes and became an active member in my community and in the recovery community."*





*"In the past year, the restoration recovery center has become a home away from home, an escape with safe boundaries."*

# Jesse's Story

*"Hi, my name is Jesse, and I am a recovering alcoholic. I began drinking alcohol with friends around the age of 12. I believed that intoxication made social situations easier to participate in. It wasn't long before alcohol started getting me into other situations that I could not control. By the time I had reached the age of sixteen, I already had an extensive arrest record, and a horrible reputation, not to mention the onset of alcohol related medical issues. You would think that this would be the end of my story, but its just the beginning. I continued to drink heavily and recklessly well into my thirties. It seemed like no matter how hard I tried, I would always end up in some sort of ridiculous and embarrassing trouble. That's when I decided it was time to stop.*

*After struggling for many years to conquer my addiction to alcohol on my own, I decided it was finally time to seek help. I began attending daily meetings of alcoholics anonymous, and I was referred to the crossroads community church. Volunteering with the church became a valuable tool in building a foundation of happiness and sobriety, and so I adopted a policy of "never say no." When the pastor of men's ministries asked if I'd like to go with him and help paint the "RRC," I admit I had no idea what he was talking about. I sure am glad I went along, however. In the past year, the restoration recovery center has become a home away from home, an escape with safe boundaries. The center offers a multitude of recovery maintenance and education programs, as well as social gatherings in a safe and sober environment. They have helped me to secure housing in a sober living community. They have given me numerous opportunities to utilize my skills and passion to empower myself and the recovery community, and they have helped myself, and countless others to obtain and utilize the tools to maintain, a healthy, happy, sober day to day life. I can scarcely convey my gratitude, and appreciation for having this center in our community."*

# New hours

## 9:30 am-3:00 pm Monday-Friday

### New Programs



#### - Warming Center

8am-12pm Tuesday ,Thursday & Saturday

#### - The NIH HEAL Communities Initiative :

The *Helping to End Addiction Long-term* Initiative, or NIH HEAL Initiative, is an aggressive, trans-agency effort to speed scientific solutions to stem the national opioid public health crisis. for more information visit <https://heal.nih.gov/>

WEEKLY SCHEDULE					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10 Am Prayer and Meditation In Person or Zoom 81036378290 Pass 333628		10 Am Prayer and Meditation In Person or Zoom 81036378290 Pass 333628		10 Am Prayer and Meditation In Person or Zoom 81036378290 Pass 333628	9 am OUTREACH
12 pm NA Daily Inspirations In Person		12 pm NA Daily Inspirations In Person		12 pm NA Daily Inspirations In Person	
1 pm Facilitator Training In Person		1 pm Recovery Reflections In person or Zoom 547-014-254			
	1 pm Relapse Prevention In Person or Zoom 986728983 Pass 143070	1 pm Nurturing Parenting Zoom 71881705477 Pass 111222		1pm Community Meeting In Person or Zoom (839-3337-9263)	
6pm M.A.R.A. (medication assisted recovery anonymous) In Person or Zoom 4272178372 Pass Sober2020	6:45 pm Peer Advisory Committee In Person	2:30 pm AA Mill City Miracle In Person			
7pm NA Women Living Clean Teleconf: (646) 558-8656 ID: 93181191010 Pswd: 542991 Zoom ID: 931-8119-1010 Pswd: 542991	7 pm NA Freedom for Today In Person	6:30pm Alone No More Teleconf:646-558-8656 Zoom ID 756 535 2471 Pass 5121982	7pm Life Recovery Group In Person or Zoom (836-9425-2148) pass 777872	6:30 pm NA Together We Can In Person	7pm NA Truth Is In The Book In Person

Facilitator Training January 25th @ 11am

MOAR : ACTION for Recovery-North Central Mass - Every 3rd Tuesday at 6 pm

Peer Advisory Committee (P.A.C.) - Every 2nd Tuesday at 6 : 45 pm

Volunteer Training January 25th @ 10am



### Special Thanks to :

THE COMMUNITY FOUNDATION OF NORTH CENTRAL MASSACHUSETTS