



# Chris' Corner- Recovery Resource Center

## Calendar of Events - November 2023

Groups & Activities will be held either in-person or virtually via Zoom.  
 Group & Activity descriptions and information to sign up are on the back.  
 For all in person groups & activities, masks are required, hand sanitizing stations will be available, and remember to always maintain social distancing.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<p><b>1</b></p> <p>6:30-7:30pm - Our Path, Our Recovery (<i>Closed Group</i>) (V)            7-8pm - AA Just For Today Women's Group            7-8:30pm - Discover Your Warrior (<i>Closed Group</i>)</p>	<p><b>2</b></p> <p>2-3pm - PAREnT Project at Community Impact (V+)            7-8pm - Voices of Strength and Hope</p>	<p><b>3</b></p> <p>10-11am - Coffee Hour            10:30-11am -- Weekend Planning (V)            11-12pm - Strong, Supportive, Sober Friendships            6-7pm - The Fight For Recovery</p>	
<p><b>5</b></p> <p>7-8pm - 24-Hour Speaker Discussion Meeting</p>	<p><b>6</b></p>	<p><b>7</b></p> <p>6:30-8pm - Siblings Supporting Siblings (S3)            7-8pm - AA Men's Step into Recovery            7-8pm - Rise Up (V+)</p>	<p><b>8</b></p> <p>7-8pm - AA Just For Today Women's Group            7-8pm - Setting Healthy Boundaries (V)            7-8:30pm - Discover Your Warrior (<i>Closed Group</i>)</p>	<p><b>9</b></p> <p>1-2p - Grounding to Manage Strong Emotions            2-3pm - PAREnT Project at Community Impact (V+)</p>	<p><b>10</b></p> <p><b>CLOSED</b>            Walk-In Hours  <i>Veteran's Day</i>            7:30pm - Sober Game Night</p>	<p><b>11</b></p>
<p><b>12</b></p> <p>7-8pm - 24-Hour Speaker Discussion Meeting</p>	<p><b>13</b></p>	<p><b>14</b></p> <p>6:30-8pm - MJB Sibling Support Group (V)            7-8pm - AA Men's Step into Recovery            7-8pm - Grief Support Group for Men (V)</p>	<p><b>15</b></p> <p>6:30-7:30pm - Our Path, Our Recovery (<i>Closed Group</i>) (V)            7-8pm - AA Just For Today Women's Group</p>	<p><b>16</b></p> <p>1-2p - Grounding to Manage Strong Emotions            2-3pm - PAREnT Project at Community Impact (V+)</p>	<p><b>17</b></p> <p>10-11am - Coffee Hour            10:30-11am -- Weekend Planning (V)            11-12pm - Strong, Supportive, Sober Friendships (<i>Closed Group</i>)            6-7pm - The Fight For Recovery</p>	<p><b>18</b></p>
<p><b>19</b></p> <p>7-8pm - 24-Hour Speaker Discussion Meeting</p>	<p><b>20</b></p>	<p><b>21</b></p> <p>7-8pm - AA Men's Step into Recovery</p>	<p><b>22</b></p> <p>7-8pm - AA Just For Today Women's Group            7-8:30pm - Discover Your Warrior (<i>Closed Group</i>)</p>	<p><b>23</b></p> <p><b>CLOSED</b>  <i>Thanksgiving</i></p>	<p><b>24</b></p> <p>10-11am - Coffee Hour            6pm - Friendsgiving Potluck            7:30pm - Sober Game Night</p>	<p><b>25</b></p>
<p><b>26</b></p> <p>7-8pm - 24-Hour Speaker Discussion Meeting</p>	<p><b>27</b></p>	<p><b>28</b></p> <p>7-8pm - AA Men's Step into Recovery            7-8pm - Grief Support Group for Men (V)</p>	<p><b>29</b></p> <p>6:30-7:30pm - Our Path, Our Recovery (<i>Closed Group</i>) (V)            7-8pm - AA Just For Today Women's Group</p>	<p><b>30</b></p> <p>1-2p - Grounding to Manage Strong Emotions            2-3pm - PAREnT Project at Community Impact (V+)</p>		



# Chris' Corner- Recovery Resource Center

## Calendar of Events - November 2023

Groups & Activities will be held either virtually via Zoom or in person  
In-person groups will be held at Chris' Corner, 12 Main St, Milford, MA 01757,  
unless the group has an alternate location which will be noted in the description.  
For all in-person groups & activities, For all in person groups & activities, masks are required,  
hand sanitizing stations will be available, and remember to always maintain social distancing.



### **GROUPS:**

#### **24-Hour Speaker Discussion Meeting**

Sundays, 7-8pm. Please bring your own Big Book if you have one, we cannot share due to COVID, we do have some available if needed.

#### **Siblings Supporting Siblings (S3)**

Tuesday 11/7, 6:30-8pm (1<sup>st</sup> Tuesday of each month). This group is a peer-led grief support group for those who have lost a sibling to addiction. It offers a judgment-free zone with siblings who understand what you are going through. Email Judi Earnest at [judi612@aol.com](mailto:judi612@aol.com) if you are interested in being a part of the group or have any questions.

#### **Rise Up (V) & In-Person**

Tuesday 11/7, 7-8pm (1<sup>st</sup> Tuesday of each month) in person at Chris' Corner or virtually via Zoom. This group is a support group for people who have lost a loved one to substance use disorder. If interested, please email David Swindell at [dks27@comcast.net](mailto:dks27@comcast.net).

#### **AA Men's Step Into Recovery**

Tuesdays, 7-8pm. A weekly AA meeting based on the book *Touchstones: A Book of Daily Meditations for Men* by Colleen McCullough. "Brotherhood of man, fight for recovery daily."

#### **MJB Sibling Support Group (V)**

Tuesday 11/14, 6:30-8pm, (2<sup>nd</sup> Tuesday of each month), virtually through Zoom. This group is a peer lead group for siblings that lost a sibling or are struggling with a sibling with addiction. Siblings from across the states join together to support each other without judgment. If you are interested in being a part of the group or have any questions, please email Judi Earnest at [judi612@aol.com](mailto:judi612@aol.com).

#### **Grief Support for Men After A Substance-Use Death (V)**

Tuesdays, 11/14 & 11/28, 7-8pm (2<sup>nd</sup> & 4<sup>th</sup> Tuesdays). This group is for men grieving someone's death that was caused by substance use in any way, whether the manner of death was an accidental overdose, suicide, homicide, medical complication, or some other kind of accident. Peer grief support helps individuals cope with the death of a family member or other beloved person, and engages people who have had a similar experience of loss in helping each other. The group facilitators are David Swindell and Franklin Cook. Please fill out the confidential form at [bit.ly/menpeergrupp](http://bit.ly/menpeergrupp) to sign up for the group.

#### **Our Path, Our Recovery: Closed Group (V)**

Wednesdays, 11/1, 11/15 & 11/29, 6:30-7:30pm (bi-weekly), virtually through Zoom. This group is for those in their first year and early into their second year of sobriety. It is a continuation of the My Path, My Recovery; Phase 3 group. We will continue to work as a team and support each other during our road to recovery.

#### **AA Just For Today Women's Group**

Wednesdays, 7-8pm. A weekly women's AA group. Please bring your own Big Book if you have one, we cannot share due to COVID, but we do have them available if needed.

#### **PARENt Project (V) & In-Person (at Community Impact)**

Thursdays, 2-3pm at Community Impact (12 Congress St, Milford, MA) or through Zoom with Meeting ID: 831 3560 6521.

This group is for individuals with DCF and Justice Involvement. The PARENt (Parents in Addiction Recovery Engaging Together) Project is a peer driven support group for people in early recovery, offering recovery life skills, healthy relationships, family addiction and recovery, coping with a CORI, and mental health wellness. Group runs for 6 months (group started 10/27/22).

#### **Voices of Strength and Hope**

Thursday 11/2, 7-8pm (1st Thursday of each month). Come listen to those in recovery as they share their stories of strength and hope.

#### **Weekend Planning (V+)**

Fridays, 11/3 & 11/17 10:30-11am, virtually through Zoom and in-person at Chris' Corner. The goal of this group is to spend time reflecting upon the week, identifying skills to practice over the weekend, planning/ coping ahead, and setting goals for the weekend. Learn how to create structure for the weekend by identifying self-care, tasks, and leisure activities for each day to help maintain balance & well-being. To sign up, email Lisa Trusas at [ltrasas@chriscornermilford.com](mailto:ltrasas@chriscornermilford.com).

#### **Discover Your Warrior (men only) Closed Group**

Wednesdays, 11/1, 11/8 & 11/22 7-8:30pm, in-person at Chris' Corner. Most men go through many of the same internal struggles. Work together to recognize your true potential. We all have a past that we need to learn to

embrace in order to rise above and beyond what we thought our limits were. Focusing on the 4 domains of life. Body (physical well being), Being (spiritual well being), Balance (relationships) and Business (working, making money and how to keep more of it). To sign up, email Lisa Trusas at [ltrasas@chriscornermilford.com](mailto:ltrasas@chriscornermilford.com).

#### **The Fight For Recovery**

Fridays, 11/3 & 11/17, 6-7pm (1st & 3rd Friday of each month). Recovery is a tough fight and we want to be fighting by your side. Small Town Athletic Center in Hopedale is hosting a beginner boxing and fitness mix group for those in recovery. Group runs from 6pm-7pm at Small Town Athletic Center, 25 Dutcher Street in Hopedale. Maintaining recovery is a requirement to participate. To sign up, please email Lisa Trusas at [ltrasas@chriscornermilford.com](mailto:ltrasas@chriscornermilford.com).

### **WORKSHOPS:**

#### **Setting Healthy Boundaries (V)**

Wednesday 11/8 (2nd Wednesday of every month) 7-8pm. We will discuss what boundaries are and how we set them, how we decide when to say no, why it's important to say no, and some tips and ways to say no. To sign up, email Lisa Trusas at [ltrasas@chriscornermilford.com](mailto:ltrasas@chriscornermilford.com).

#### **Grounding to Manage Strong Emotions**

Thursdays, 11/9, 11/16 & 11/30 1-2pm. Learn different types of grounding and mindful techniques. To sign up, email Lisa Trusas at [ltrasas@chriscornermilford.com](mailto:ltrasas@chriscornermilford.com).

#### **Strong, Supportive, Sober Friendships: Closed Group**

Fridays, 11/3 & 11/17 11-12pm. Our goal is to live a sober life and surround ourselves with friendships. A group for those over the age of 50. CBT focused with the emphasis on dealing with seasonal depression and loneliness. To sign up, email Lisa Trusas at [ltrasas@chriscornermilford.com](mailto:ltrasas@chriscornermilford.com)

### **COMMUNITY EVENTS:**

#### **Chris' Corner Coffee Hour**

Fridays, 10-11am. Come in, grab a cup of coffee, relax, play a game or talk with others in the community. Everyone is welcome! Please spread the word to those who are struggling, those who want to connect with others, and those who are homeless. Come in and grab a cup of coffee, relax, play a game or talk with others in the community.

#### **Friendsgiving Potluck**

Friday 11/24 at 6pm. Everyone is welcome. Bring your favorite dish.

#### **Sober Game Night**

Fridays, 11/10 & 11/24 (2<sup>nd</sup> & 4<sup>th</sup> Fridays), 7:30pm. Stop in, have a snack and play a game of Cards Against Humanity, Five Second Rule or any other game we have. Let's laugh together. Community and Connection.

### **COMMUNITY RESOURCES:**

Chris' Corner: (508) 552-8080  
Community Impact: (508) 422-0242  
New Hope: (508) 226-4015  
Riverside Emergency Services: (800) 294-4665  
Wayside Youth & Family Support: (508) 478-6888

#### **Individual Trauma Counseling for Sexual Violence**

Fridays, 10am-1pm, no appointments needed, virtual sessions. If you have been affected by sexual violence, either currently as an adult or in childhood, and are looking for support, you can come meet with a Trauma Counselor from Wayside between 10am-1pm.

### **Walk-In Hours:**

Monday: 10am-2pm  
Tuesday: 10am-2pm  
Wednesday: 10am-2pm & 3-7pm  
Thursday: 10am-2pm  
Friday: 10am-2pm

\*Other times available by appointment



Visit [www.chriscornermilford.com](http://www.chriscornermilford.com) for more resources and upcoming groups, workshops, and events.

Chris' Corner- Recovery Resource Center is a partnership between the Regional Substance Navigation Program and Joseph D. Early Jr., Worcester County District Attorney's Office funded through a grant from the OJP Bureau of Justice Assistance.