



DECEMBER 2019 NEWSLETTER

Lakes Region Recovery Center is for Everyone. Those who are in recovery, as well as friends and family who are affected by a loved one's substance use.

Last Month at LRRC...

We were happy to have a visit from the Opioid Response Director of Maine Gordon Smith. He toured our Center and took the time to have lunch with our members and also listen to and answer questions about what is happening on the state level when it comes to recovery support. Thank you, Mr. Smith for taking the time to stop by to see what LRRC is all about!

Our Creative Friday group is growing! With more and more projects being created and new crafts to learn! With the holidays right around the corner our crafting group is a great place to create some hand made gifts for those you love. December's projects are as follows: December 6th – Wreath Making; December 13th – Card Making; December 20th – Cookie Decorating. Stop by and let your creative side out! All crafts are free – supplies provided by LRRC.

Last but not least, join us December 13th @ 1pm for our Holiday Potluck – bring your favorite dish or just bring yourself. Sign up for food @ the Center. Hope to see everyone there!



**LAKES REGION
RECOVERY
CENTER
207-803-8707
LRRCBRIDGTON.
ORG**

December Happenings:

Thursday Dec. 5th 5p-7p
Sexual Assault and Response Services
Drop In

Monday Dec. 9th 5:30p-6:30p
Rose's Room

Friday December 13th 1pm
Holiday PotLuck

Saturday Dec. 14th 2p-4p
Treat Yourself to Reiki

Monday's 7p-8p
Wednesdays 11:30a-12:30p
Parental Guilt Support Group

Thursday Dec. 5th & 12th
Yoga

Saturday Dec. 21st 2p-3:30p
Kids Krafts

**Please note: We are closing early on the following days:
December 24th & 31st @ 3pm
We are closed December 25th and
January 1st.**

December 2019 Lakes Region Recovery Center 207-803-8707

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
12p-1p AA Meeting	9a-8p Drop In 3p All Recovery 7p Parental Guilt Support	9a-8p Drop In 11a All Recovery 1p Creative Writing 7p All Recovery: Triggers and Coping Skills	9a-8p Drop In 11:30a Parental Guilt Support 3p Get a Job! 4:15p Grief, Loss & Transitions 7p All Recovery	9a-8p Drop In 11a All Recovery 12:30p Reiki w/ Diane 3p Yoga 4:15p Alternatives to Suicide 5p Sexual Assault Services Drop in 6p PTSD Support 7p NA Meeting	9a-8p Drop In 11a All Recovery 12p Meditation in Motion 1p Creative Fridays: Wreath Making 7p AA Meeting	12p-8p Drop In 12p All Recovery 7p NA Meeting
8	9	10	11	12	13	14
12p-1p AA Meeting	9a-8p Drop In 3p All Recovery 5:30p Rose's Room 7p Parental Guilt Support	9a-8p Drop In 11a All Recovery 1p Creative Writing 7p All Recovery: Triggers and Coping Skills	9a-8p Drop In 11:30a Parental Guilt Support 3p Get a Job! 4:15p Grief, Loss & Transitions 7p All Recovery	9a-8p Drop In 11a All Recovery 12:30p Reiki 3p Yoga 4:15p Alternatives to Suicide 6p PTSD Support 7p NA Meeting	9a-8p Drop In 11a All Recovery 1p HAPPY HOLIDAY POTLUCK 1p Creative Fridays: Christmas Card Making 7p AA Meeting	12p-8p Drop In 12p All Recovery 2p-4p Treat Yourself to Reiki Workshop 7p NA Meeting
15	16	17	18	19	20	21
12p-1p AA Meeting	9a-8p Drop In 1:15p Healthy Relationships 3p All Recovery 7p Parental Guilt Support	9a-8p Drop In 11a All Recovery 1p Creative Writing 7p All Recovery: Triggers and Coping Skills	9a-8p Drop In 11:30a Parental Guilt Support 3p Get a Job! 4:15p Grief, Loss & Transitions 5:30p Teen Brain Development 7p All Recovery	9a-8p Drop In 9:30a-2p Free HIV/Hep C. Testing 11a All Recovery 6p PTSD Support 7p NA Meeting	9a-8p Drop In 11a All Recovery 12p Meditation in Motion 1p Creative Fridays: Cookie Decorating 7p AA Meeting	12p-8p Drop In 12p All Recovery 2p Kids Krafts 7p NA Meeting
22	23	24	25	26	27	28
12p-1p AA Meeting	9a-8p Drop In 3p All Recovery 5p TOPS Meeting 7p Parental Guilt Support	9a-8p Drop In 11a All Recovery 1p Creative Writing Closing @ 3pm Merry Christmas	Christmas Day Closed	9a-8p Drop In 11a-12p All Recovery 12:30p Reiki 4:15p Alternatives to Suicide 6p PTSD Support 7p NA Meeting	9a-8p Drop In 11a All Recovery 12p Meditation in Motion 1p Creative Fridays 7p AA Meeting	12p-8p Drop In 12p All Recovery 7p NA Meeting
29	30	31	1	2	3	4
12p-1p AA Meeting	9a-8p Drop In 3p All Recovery 5p TOPS Meeting 7p Parental Guilt Support	9a-8p Drop In 11a All Recovery 1p Creative Writing Closing @ 3pm	New Year's Day CLOSED	Lakes Region Recovery Center is located on the Bridgton Hospital Campus 25 Hospital Drive Bridgton, Maine Phone: 207-803-8707		

YOUR VOICE

This page is dedicated to people in recovery and their supporters. Submissions and recommendations can be done anonymously or credited. This is where you can share your insights, interests, art, and fun stuff with the rest of the recovery community. The layout will change according to what is submitted monthly. If you are interested in submitting, please do so by December 20th to be in the January Newsletter.

Send submissions to: micki.blesslrrc@gmail.com

YET I STAND

yet I stand
so ensuing
a sober
frame of mind
I can do it
day at a time
I love my HP
the creator of me
and anyway
here's to you
now no nickels
just paperbacks

-CS Parker

sitting here

a bar with
no beer
or liquors
no hard rocks
or soft powders
no more
needles in
my arms
we go to a place
let out our qualms

-CS Parker

*Your journey is not
the same as mine.*

*And my journey is
not yours.*

*But if you meet me
on a certain path,*

*May we encourage
each other.*

- *Andrea Stuart*

Even in

Taking in

A little bit

Of poison

Will kill you

Oh right

You get stuck

But

No high

Is worth

Your life

-CS Parker



What is **HALT**?

Hungry

Angry

Lonely

Tired