

LRRC Newsletter *October* 2021



This month at LRRC we're offering Recovery Coaching in person, call our Coordinator, Christine Wight, to set up an appointment. One on one, in person coaching can be an incredible tool in Recovery, don't be hesitant to get outside your comfort zone and try it.

No one has to do it alone, there's help available and a wide community of support in our Lakes Region. If a group activity is more your style, check out one of our daily meetings. We offer 12-step, All Recovery, Veterans groups, creative writing and art groups.

Thank you to everyone who came out to make our 1st Annual Recovery Remembrance Walk to Honor Dr. Peter Leighton a HUGE success! A beautiful day of celebration, we couldn't have wished for a better day of tribute to Dr. Leighton. From the throngs of walkers, to the speeches and Purple Powder Salute...we had an amazing day of connection and Recovery. See you all same time next year to do it all again!

October means Halloween fun and LRRC is hosting a pumpkin painting and carving event. On Monday, October 25th, our Crafts Group will transform into a Halloween pumpkin painting party extraordinaire. We'll provide the pumpkins, the paint and the ambiance...just bring your creativity and get ready to have some fun. This is a child friendly event, so bring the kids.

Wear a Costume Day is on Friday, October 29th. Join the staff of LRRC in dressing up in your most imaginative costume! We'll be sharing treats (maybe a few tricks, too) and joining in the Bridgton Hospital costume parade in the afternoon. If you can't join us, look for the evidence on Facebook (pictures or it didn't happen!).

Remember, we're a drop in Center for everyone. You don't have to be in Recovery to make LRRC your home away from home. We always have a pot of coffee on, and something interesting going on. Looking forward to seeing old friends and new as we head into the holiday season.

Are you looking for a volunteer opportunity? Stop in and fill out a volunteer application. We need you!



October Meetings and More

Crafts Group Monday 9a-11a in Person

A Bridgton New Day Group
Monday thru Friday 12p-1p in Person

Maine Can Work
Monday 1:30p-2:30p in Person

Reiki Mondays 1:30p-3:30p in Person

Veterans Stronger Together Mondays
4p-5p in Person

Al-Anon Tuesday 5p-6p in Person

PTSD Tuesday 4p-5p Online

Overeaters Anonymous
Wednesday 9a-10a Online

Let Your Imagination Flow
Wednesday 2p-3p in Person & Online

Choose to Lose (Peer to Peer Weight Loss Support) Wednesday 5p-6p in Person

Creative Writing, Healing Through Words
Thursday 2p-3p in Person & Online

All Recovery Meeting Thursday and Friday 3p-4p in Person (Thursday on Zoom, too)

CODA (Co-Dependents Anonymous)
Friday 10a-11a Online

Mending Minds Friday 5p-6p in Person

AA Beginners Meeting Friday 7p-8p in Person

AA Fearless and Thorough Big Book Discussion
Sunday 9a-10a in Person



Lakes Region Recovery Center
(207) 803-8707 www.lrrcbridgton.org
ZOOM MEETINGS

PTSD Tuesday 4p-5p

Zoom Meeting <https://us02web.zoom.us/j/82067609101>
Meeting ID: 820 6760 9101

OA Overeaters Anonymous Wednesday 9a-10a Online

Zoom Meeting <https://us02web.zoom.us/j/83812061674>
Meeting ID: 838 1206 1674

Let Your Imagine Flow Wednesday 2p-3p

In Person and Online

Zoom Meeting <https://us02web.zoom.us/83731265804>
Meeting ID: 837 3126 5804

Creative Writing Healing Through Words Thursday 2p-3p

In Person & Online

Zoom Meeting <https://us02web.zoom.us/j/85183293812>
Meeting ID: 851 832 93812

All Recovery what's Good about Today Thursday 3p-4p

In person & Online

Zoom Meeting <https://us02web.zoom.us/j/88336320517>
Meeting ID: 883 363 20517

CODA Friday 10a-11a

Zoom Meeting <https://us02web.zoom.us/j/85625070639>
Meeting ID: 856 2507 0639

1st Annual Recovery Remembrance Walk to Honor Dr. Peter Leighton, and to show Lakes Region Recovery Center and Crooked River Counseling's support for National Recovery Month!



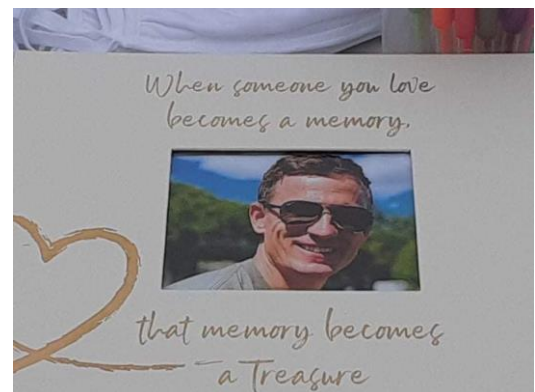
What a fantastic turnout, thank you to the 150 plus people who came to show support for Recovery in Maine. We couldn't have asked for a more perfect day to gather and walk in honor of all that Dr. Leighton meant to our Recovery community. Thank you to everyone who came!



Our musical portion of the event was graciously provided by Davey Sturdivant. Davey performed an original song titled 'Next One By'. Lyrics to the song were provided to the audience and we were all able to join in and sing along. Davey, thank you for your beautiful musical backdrop to our day. The music playing softly in the background while we enjoyed our lunch was a fitting reward after the walk. See you next year?



Many thanks to our Bridgton Police Department for providing a police escort! Sgt. Joshua Muise, Officer Todd Smolinsky and Officer Matt Regis were there with lights flashing to see our 150+ Recovery walkers safely from Crooked River Counseling to Pondicherry Park. We appreciate the support we get from BPD and all our 1st Responders in Bridgton, our Recovery community is stronger because of them.



Dr. Peter Leighton was the heart of our Recovery community. All the support that was evident at the Recovery Walk just shows: We're here to continue his legacy of speaking for those who haven't found their voices yet.

Health & Wellness

FREE HEP C and HIV TESTING CLINIC

Lakes Region Recovery Center and the Frannie Peabody Center are partnering to provide free testing for HEP C and HIV

Date: October 14th (Thursday)

Time: 11:00am to 2:00pm

Location: 25 Hospital Drive, Bridgton, Maine

Free and confidential with fast results

207-803-8707 (call with any questions)

October 2021 LRRC Activities Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Lakes Region Recovery Center 25 Hospital Drive, Bridgton, Maine 04009 1(207)803-8707 or 1(207)803-8709 www.lrrcbridgton.org info.lrrcbridgton.org@gmail.com All groups are in person unless noted.</p>					1	2
					10a-11a CODA Online 12p-1p AA Bridgton New Day Group 2p-4p SAPARS 3p-4p All Recovery 5p-6p Mending Minds 7p-8p AA	8a-12p LRRC Resource Table at the Bridgton Farmers Market
3	4	5	6	7	8	9
9a-10a AA Fearless and Thorough, Big Book Discussion	9a-11a Craft Group 12p-1p AA Bridgton New Day Group 1:30p-2:30p Maine Can Work 1:30p-3:30p Reiki 4p-5p Veterans Stronger Together	Open/No Staff 12p-1p AA Bridgton New Day Group 4p-5p PTSD Online 5p-6p Al-anon	9a-10a OA Overeaters Anonymous Online 12p-1p AA Bridgton New Day Group 2p-3p Let Your Imagination Flow In Person & Online 5p-6p Choose to Lose (Peer to Peer Weight Loss Support)	12p-1p AA Bridgton New Day Group 2p-3p Creative Writing (Healing Through Words) In Person & Online 3p-4p All Recovery What's Good About Today In Person & Online	10a-11a CODA Online 12p-1p AA Bridgton New Day Group 3p-4p All Recovery 5p-6p Mending Minds 7p-8p AA	
10	11	12	13	14	15	16
9a-10a AA Fearless and Thorough, Big Book Discussion	9a-11a Craft Group 12p-1p AA Bridgton New Day Group 1:30p-2:30p Maine Can Work 1:30p-3:30p Reiki 4p-5p Veterans Stronger Together	12p-1p AA Bridgton New Day Group 4p-5p PTSD Online 5p-6p Al-anon	9a-10a OA Overeaters Anonymous Online 12p-1p AA Bridgton New Day Group 2p-3p Let Your Imagination Flow In Person & Online 5p-6p Choose to Lose (Peer to Peer Weight Loss Support)	11a-2p HIV/HepC Testing Clinic 12p-1p AA Bridgton New Day Group 2p-3p Creative Writing (Healing Through Words) In Person & Online 3p-4p All Recovery What's Good About Today In Person & Online	10a-11a CODA Online 12p-1p AA Bridgton New Day Group 3p-4p All Recovery 5p-6p Mending Minds 7p-8p AA	8a-12p LRRC Resource Table at the Bridgton Farmers Market
17	18	19	20	21	22	23
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24	25	26	27	28	29	30
9a-10a AA Fearless and Thorough, Big Book Discussion	Pumpkin Party 9a-11a Craft Group 12p-1p AA Bridgton New Day Group 1:30p-2:30p Maine Can Work 1:30p-3:30p Reiki 4p-5p Veterans Stronger Together	Miss-Matched Outfit Day 12p-1p AA Bridgton New Day Group 4p-5p PTSD Online 5p-6p Al-anon	80's Day 9a-10a OA Overeaters Anonymous Online 12p-1p AA Bridgton New Day Group 2p-3p Let Your Imagination Flow In Person & Online 5p-6p Choose to Lose (Peer to Peer Weight Loss Support)	Pajamas Day 12p-1p AA Bridgton New Day Group 2p-3p Creative Writing (Healing Through Words) In Person & Online 3p-4p All Recovery What's Good About Today In Person & Online	Halloween Costume Day 10a-11a CODA Online 12p-1p AA Bridgton New Day Group 3p-4p All Recovery 5p-6p Mending Minds 7p-8p AA	8a-12p LRRC Resource Table at the Bridgton Farmers Market
31	<p style="text-align: center; color: red;"> Come and celebrate October with LRRC, we are holding a spirit week from Monday the 25th-Friday 29th! Something different everyday...wacky outfits, pumpkin carving, Halloween costume day, tricks and treats! Get into the spirit and have some fun in Recovery with LRRC. </p>					
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