



## June 2021 NEWSLETTER

# LAKES REGION RECOVERY CENTER

June in Maine is beautiful! At LRRC we are embracing the new season with open arms and open doors. We are again welcoming walk-in visitors! Our community rooms are open W-F afternoons from 1:30p-4:30p to come hang out and be together in Recovery.

We have computers to use for job searches and applications; if you need help with a resume, check out Maine Can Work on Monday's @ 1:30p online. In other news, Staff of LRRC will be unavailable the week of July 4<sup>th</sup>-10<sup>th</sup> while we undergo a reorganization and restructuring to better serve our Members. While Staff will be away, the Bridgton New Day AA Group will, of course, be continuing to meet as usual. We'll be hitting the pause button on other meetings for one week, but be looking for an email in late June with a directory of support meetings you can access while we are away. Enjoy this beautiful month, and stop by LRRC to pay a visit. Our Recovery Center is for those with Substance Use Disorder and so much more. Mental health and mental wellness are an important part of who we are, if you are struggling to find a place to belong... call us.

LRRC appreciates all our frontline workers, thank you for all you do.



### June Meetings and More

Crafts Group Monday 9a-11a Live!

AA Bridgton New Day Group Live!  
Monday thru Friday 12p-1p

Maine Can Work  
Monday 1:30p-2:30p Online

Reiki Live! Mondays 3p

Creative Writing Tuesday 10a-11a Online

Al-Anon Live! Tuesday 3p-4p

Open Time, Come Visit! Wed-Fri 1:30p-4:30p Live!

Overeaters Anonymous  
Wednesday 9a-10a Online

Grief Support Wednesday 12p-1p Online

All Recovery: Abstract/Art in Recovery  
Wednesday 3p-4p Online

PTSD Tuesday 4p-5p Online

All Recovery Meeting Thursday and Friday 3p-4p  
Live!

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

AA Beginners Meeting Live! Friday 7p-8p

AA I Can Group Sunday 12p-1p Online



Lakes Region Recovery Center  
(207) 803-8707 [www.lrrcbridgton.org](http://www.lrrcbridgton.org)  
ZOOM MEETINGS

**AA Beginners Meeting** Sunday 12p-1p

Zoom Meeting <https://us04web.zoom.us/j/268066500>

Meeting ID: 268 066 500

Password: 843204

**Maine Can Work** Monday 1:30p-2:30p

Zoom Meeting <https://us02web.zoom.us/j/89423878769>

Meeting ID: 894 2387 8769

**Creative Writing** Tuesday 10a-11a

Zoom Meeting <https://us02web.zoom.us/j/85183293812>

Meeting ID: 851 8329 3812

**OA Overeaters Anonymous** Wednesday 9a-10a

Zoom Meeting <https://us02web.zoom.us/j/83812061674>

Meeting ID: 838 1206 1674

**Grief Support** Wednesday 12p-1p

Zoom Meeting <https://us02web.zoom.us/j/82535341291>

Meeting ID: 825 3534 1291

**Abstract Art in Recovery** Wednesday 3p-4p

Zoom Meeting <https://us02web.zoom.us/j/83731265804>

Meeting ID: 837 3126 5804

**PTSD** Tuesday 4p-5p

Zoom Meeting <https://us02web.zoom.us/j/82067609101>

Meeting ID: 820 6760 9101

**CODA** Friday 10a-11a

Zoom Meeting <https://us02web.zoom.us/j/85625070639>

Meeting ID: 856 2507 0639

Maine Crisis Hotline  
1-888-568-1112

National Suicide Prevention Lifeline  
1-800-273-8255

Crisis Text Line  
741-741



# June 2021 LRRC Activities Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1	2	3	4	5
12p-1p AA Beginners Meeting Online	<b>Memorial Day</b> 12p-1p AA Bridgton New Day Group Live	10a-11a Creative Writing Online 12p-1p AA Bridgton New Day Group Live 3p-4p Al-Anon Live 4p-5p PTSD Online	9a-10a OA Over-Eaters Anonymous Online 12p-1p AA Bridgton New Day Group Live 1:30p-4:30p Open Time, Come Visit! 3p-4p All Recovery Abstract/Art Online 5p-6p Food Management and Healthy Nutrition Live	12p-1p AA Bridgton New Day Group Live 1:30p-4:30p Open Time, Come Visit! 3p-4p All Recovery Live	10a-11a CODA Online 12p-1p AA Bridgton New Day Group Live 1:30p-4:30p Open Time, Come Visit! 3p-4p All Recovery Live 4p-6p Reconnect Café Live 7p-8p AA Live	
6	7	8	9	10	11	12
12p-1p AA Beginners Meeting Online	9a-11a Craft Group Live 12p-1p AA Bridgton New Day Group Live 1:30p-2:30p Maine Can Work Online 3p Reiki Live	10a-11a Creative Writing Online 12p-1p AA Bridgton New Day Group Live 3p-4p Al-Anon Live 4p-5p PTSD Online	9a-10a OA Over-Eaters Anonymous Online 12p-1p AA Bridgton New Day Group Live 1:30p-4:30p Open Time, Come Visit! 3p-4p All Recovery Abstract/Art Online 5p-6p Food Management and Healthy Nutrition Live	12p-1p AA Bridgton New Day Group Live 1:30p-4:30p Open Time, Come Visit! 3p-4p All Recovery Live	10a-11a CODA Online 12p-1p AA Bridgton New Day Group Live 1:30p-4:30p Open Time, Come Visit! 3p-4p All Recovery Live 7p-8p AA Live	
13	14	15	16	17	18	19
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20	21	22	23	24	25	26
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27	28	29	30	1	2	3
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## Recovery Related Icebreakers...Ask These Questions...

- I feel calm when...?
- I feel happy when...?
- I feel content when...?
- By this time next year, I will...?
- Name three strengths you have.
- What is one long-term goal you have?
- What is one thing you are proud of yourself for?
- What tools have you used in the last week?
- What are three signs of resilience you see in yourself?
- What short-term goal are you working toward right now?
- What difficult trigger have you overcome in the last 6 months?
- What is the most helpful thing you do when you have an urge?
- What was the best thing that happened to you in the last month?
- What are the top three reasons I do not choose to use/do anymore?
- What was your high today and what was your low today (or week)?
- Is there anything you are currently working on changing about your life?

It never hurts to ask, is there someone who could use your support? Recovery begins within ourselves and branches outward. Helping others is how we pass on the knowledge of how amazing Recovery is. Would you be interested in becoming a volunteer at LRRC? Our volunteers are an important part of our Center, we have many different opportunities to help. Call us or stop in and we'll get you started with helping us serve our community.

## Congratulations Marissa Smith, our Volunteer of the Month!!!

Marissa is a Maine native. Most of her free time is spent cuddling her new cat Minako or relaxing at the ocean. Her nieces know her as Aunti Riss and she loves spending as much time with them as she can. Marissa is a certified Recovery Coach and a mental wellness advocate with personal experience in PTSD, anxiety, depression, and sexual assault. She has been a volunteer at LRRC for a year and facilitates our Tuesday PTSD support group. She does one on one Recovery Coaching and Peer Support through the center. When she is not volunteering she also works as a Peer Support Specialist and focuses her time on supporting those struggling with their mental wellness. Her words to live by are "be the person you needed when you were younger."



THANK YOU AND CONGRATULATIONS!  
YOUR AWESOME ENERGY AND  
COMPASSION BRING SO MUCH TO  
EVERYTHING YOU DO.

# More Info



## Upcoming Recovery Resource Table Events

Help us help our Recovery Community. LRRC is looking for suggestions, where do you think our Recovery Resource Table Events should be located going forward? These events are planned around community education and prevention. We have set up our information booth outside grocery stores and markets, we typically search out high traffic areas to have the biggest impact. Our table is not large, we have white board displays and posters along with various resource materials spread on the table. Two LRRC staff tend the table and distribute recovery information and resources. Where would you like to see us? We welcome all suggestions. If you own or manage a business and would like to schedule a time for our event, please reach out to our email at [info.lrrcbridgton.org@gmail.com](mailto:info.lrrcbridgton.org@gmail.com).

Thank you for supporting this life-saving effort.

Call us at 207-803-8707 or 207-803-8709