

LRRC Newsletter September 2021



September is National Recovery Month

1st Annual Recovery Remembrance Walk

Please Join the Lakes Region Recovery Center & Crooked River Counseling in honor of Dr. Peter A. Leighton

Saturday, September 18, 2021 at 10 a.m.



We will meet at Crooked River Counseling (87 S. High St. Bridgton) at 10 a.m. and walk downtown to Main St. then to the Community Center parking lot and return to CRC through Pondicherry Park. Please join us after for food, T-shirts (while supplies last),

"swag" table, purple powder cannon salute and music. This is a kid-friendly event.

All are welcome, please come help us celebrate all that Dr. Leighton meant to our community... AND mark National Recovery Month with LRRC. If you want to make a sign in support of Recovery Month, LRRC will have supplies available!



Lakes Region Recovery Center

25 Hospital Drive, Bridgton
Call for more info: 207-803-8707

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



Free Hep C and HIV testing clinic @ LRRC. Sept 16th (Thurs) 11a-2p, fast and confidential results. Call us at 803-8707 with any questions.

September 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 in Person & 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
In Person and 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/j/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



Creative Crafts Mondays from 9a-11a

Crafting, projects and peers.

Each week we will have a new crafting project to do or bring in a project you are working on and enjoy some time with your peers.

We have some supplies, but we are always open for craft donations as well.

Check out our Facebook page
[@lakesregionrecoverycenter](#)

All are welcome, you don't need to be in Recovery to create magic in this expressive group!

Lakes Region Recovery Center
25 Hospital Drive Bridgton, Maine 04009
www.lrrcbridgton.org
207-803-8707



MASKS ARE AGAIN REQUIRED IN ALL
COMMUNITY SPACES @ LRRC. THIS
INCLUDES ENTRYWAY, HALLWAY AND
RESTROOM. GROUPS MAY DECIDE
AMONGST THEMSELVES TO WEAR
MASKS OR NOT WITHIN MEETING
AREAS. THANK YOU FOR YOU
COOPERATION.

LRRRC Activities Calendar September 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Lakes Region Recovery Center 25 Hospital Drive, Bridgton, Me 04009 207-803-8707 or 207-803-8709 www.lrrcbridgton.org info.lrrcbridgton.org@gmail.com</p>			1	2	3	4
			<p>9a-10a OA Overeaters Anonymous Online</p> <p>12p-1p AA Bridgton New Day Group</p> <p>2p-3p Let Your Imagination Flow In Person & Online</p> <p>5p-6p Choose to Lose (Peer to Peer Weight Loss Support)</p>	<p>12p-1p AA Bridgton New Day Group</p> <p>2p-3p Creative Writing Healing Through Words In Person & Online</p> <p>3p-4p All Recovery What's Good About Today In Person & Online</p>	<p>10a-11a CODA Online</p> <p>12p-1p AA Bridgton New Day Group</p> <p>2p-4p SAPARS</p> <p>3p-4p All Recovery</p> <p>5p-6p Mending Minds</p> <p>7p-8p AA</p>	
5	6	7	8	9	10	11
<p>9a-10a AA Fearless and Thorough, Big Book Discussion</p>	<p>Labor Day Closed</p> <p>12p-1p AA Bridgton New Day Group</p>	<p>12p-1p AA Bridgton New Day Group</p> <p>4p-5p PTSD Online</p> <p>5p-6p Al-anon</p>	<p>9a-10a OA Overeaters Anonymous Online</p> <p>12p-1p AA Bridgton New Day Group</p> <p>2p-3p Let Your Imagination Flow In Person & Online</p> <p>5p-6p Choose to Lose (Peer to Peer Weight Loss Support)</p>	<p>12p-1p AA Bridgton New Day Group</p> <p>2p-3p Creative Writing Healing Through Words In Person & Online</p> <p>3p-4p All Recovery What's Good About Today In Person & Online</p>	<p>10a-11a CODA Online</p> <p>12p-1p AA Bridgton New Day Group</p> <p>5p-6p Mending Minds</p> <p>7p-8p AA</p>	<p>8a-12pm LRRRC Resource Table @ the Bridgton Farmers Market</p>
12	13	14	15	16	17	18
<p>9a-10a AA Fearless and Thorough, Big Book Discussion</p>	<p>9a-11a Craft Group</p> <p>12p-1p AA Bridgton New Day Group</p> <p>1:30p-2:30p Maine Can Work</p> <p>1:30p-3:30p Reiki</p> <p>4p-5p Veterans Stronger Together</p>	<p>12p-1p AA Bridgton New Day Group</p> <p>4p-5p PTSD Online</p> <p>5p-6p Al-anon</p>	<p>9a-10a OA Overeaters Anonymous Online</p> <p>12p-1p AA Bridgton New Day Group</p> <p>2p-3p Let Your Imagination Flow In Person & Online</p> <p>5p-6p Choose to Lose (Peer to Peer Weight Loss Support)</p>	<p>11a-2p Free HIV/HepC Testing Clinic</p> <p>12p-1p AA Bridgton New Day Group</p> <p>2p-3p Creative Writing Healing Through Words In Person & Online</p> <p>3p-4p All Recovery What's Good About Today In Person & Online</p>	<p>10a-11a CODA Online</p> <p>12p-1p AA Bridgton New Day Group</p> <p>3p-4p All Recovery</p> <p>5p-6p Mending Minds</p> <p>7p-8p AA</p>	<p>10a 1st Annual Recovery Remembrance Walk to Honor Dr. Peter Leighton</p>
19	20	21	22	23	24	25
<p>9a-10a AA Fearless and Thorough, Big Book Discussion</p>	<p>9a-11a Craft Group</p> <p>12p-1p AA Bridgton New Day Group</p> <p>1:30p-2:30p Maine Can Work</p> <p>1:30p-3:30p Reiki</p> <p>4p-5p Veterans Stronger Together</p>	<p>12p-1p AA Bridgton New Day Group</p> <p>4p-5p PTSD Online</p> <p>5p-6p Al-anon</p>	<p>9a-10a OA Overeaters Anonymous Online</p> <p>12p-1p AA Bridgton New Day Group</p> <p>2p-3p Let Your Imagination Flow In Person & Online</p> <p>5p-6p Choose to Lose (Peer to Peer Weight Loss Support)</p>	<p>12p-1p AA Bridgton New Day Group</p> <p>2p-3p Creative Writing Healing Through Words In Person @ Online</p> <p>3p-4p All Recovery What's Good About Today In Person & Online</p>	<p>10a-11a CODA Online</p> <p>12p-1p AA Bridgton New Day Group</p> <p>5p-6p Mending Minds</p> <p>7p-8p AA</p>	
26	27	28	29	30	1	2
<p>9a-10a AA Fearless and Thorough, Big Book Discussion</p>	<p>9a-11a Craft Group</p> <p>12p-1p AA Bridgton New Day Group</p> <p>1:30p-2:30p Maine Can Work</p> <p>1:30p-3:30p Reiki</p> <p>4p-5p Veterans Stronger Together</p>	<p>12p-1p AA Bridgton New Day Group</p> <p>4p-5p PTSD Online</p> <p>5p-6p Al-anon</p>	<p>9a-10a OA Overeaters Anonymous Online</p> <p>12p-1p AA Bridgton New Day Group</p> <p>2p-3p Let Your Imagination Flow In Person & Online</p> <p>5p-6p Choose to Lose (Peer to Peer Weight Loss Support)</p>	<p>12p-1p AA Bridgton New Day Group</p> <p>2p-3p Creative Writing Healing Through Words In Person @ Online</p> <p>3p-4p All Recovery What's Good About Today In Person & Online</p>	<p>Please note: All meetings are now in-person @ LRRRC unless listed as 'Online'.</p>	