

LRRC Newsletter JANUARY 2022



LRRC is your source for connection this winter. Come hang out at the Center and get some peer support in a safe, friendly environment. We offer meetings, classes, Recovery Coaching, Telephone Recovery Support and much more. Find your pathway to Recovery, whatever it may be, and let the community at LRRC support you.

Our newly formed NA (Narcotics Anonymous) meeting is starting off strong. Thursday evenings 5:30pm-6:30pm in person at LRRC or on Zoom, please join us.

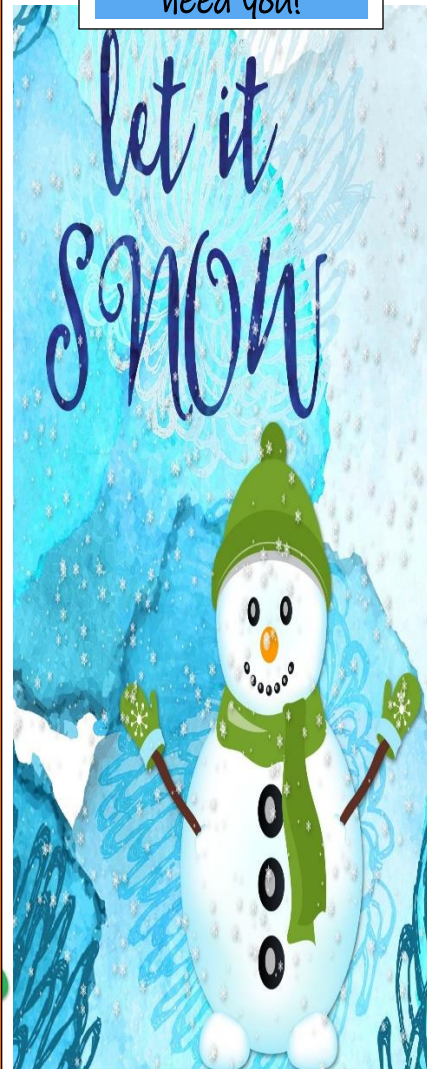
SAPARS (Sexual Assault Prevention and Response Services) has a representative at LRRC on the 1st Friday of every month from 2:00pm-4:00pm. No appointment is necessary, confidentiality is of utmost importance, we have a private entrance behind the "Old Bridgton Hospital".

The Frannie Peabody Center and LRRC collaborate monthly on the 3rd Thursday from 11:00am-2:00pm. This is a free testing clinic for HepC and HIV. Fast and confidential results.

LRRC is pleased to announce our free Naloxone Community Trainings on Zoom every other month. The next is upcoming on Jan. 18th at 10:00am. We are partnering with Maine Access Points to offer these trainings. Anyone can come to LRRC to Zoom in on our computers, or access from home with meeting ID #863 3772 8738. Call the Center if you have any questions.

Please stop in to visit LRRC, we always have a fresh pot of coffee and a smile!

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



January Meetings and More

Crafts Group Monday 9a-11a in Person

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

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

Reiki Mondays 1:45p-3:45p in Person

Mending Minds Monday 4p-5p in Person

Trauma Survivors Support
Tuesday 4p-5p Online

Veterans Support Group
Tuesday 4p-5p in Person

Overeaters Anonymous
Wednesday 9a-10a Online

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

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

All Recovery Meeting Thurs 3p in Person

NA (Narcotics Anonymous) Thursday 5:30p-6:30p
In Person and Online

Journal Group Friday 10a-11a
In Person and Online

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



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

Free Narcan Community Training Tuesday Jan 18th 10a-11a
Zoom Meeting <https://us02web.zoom.us/j/86337728738>
Meeting ID: 86337728738 (You can use our computers to do this, or at home)

Trauma Survivors Support 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/j/83731265804>
Meeting ID: 837 3126 5804

NA (Narcotics Anonymous) Thursday 5:30p-6:30p
In Person and Online [.https://us02web.zoom.us/j/87645317873](https://us02web.zoom.us/j/87645317873)
Meeting ID: 876 4531 7873

Journal Group Friday 10a-11a In Person and Online
Join Zoom Meeting
<https://us02web.zoom.us/j/89027643322>
Meeting ID: 890 2764 3322



GAME NIGHT



**Join us on Tuesday January 25th
from 5p-7p for GAME NIGHT!!!**

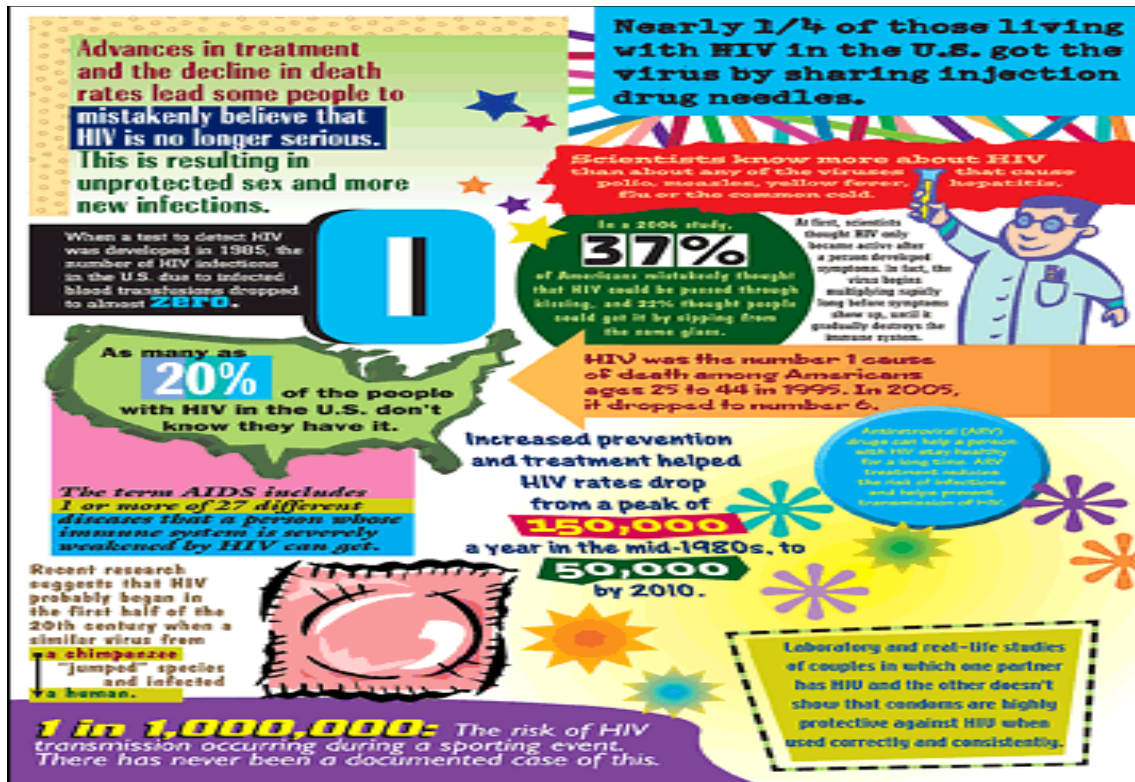
**Come one... come all....and get your
game on with us! Bring your favorite
snack & drink and get ready for 2
hours of fun, fun, fun!!! Beat the
winter blues and come have some
giggles and laughs!! Hope to see you
there!**

Lakes Region Recovery Center
25 Hospital Drive
Bridgton, Maine, 04009
(207) 803-8707

Location: Behind the "Old Bridgton Hospital"-Private entrance for recovery.

Free Hep. C & HIV Testing

January 20th, 2022 from 11a-2p @ Lakes Region Recovery Center



Testing is Free & 100% Confidential

Rapid Results – 20minutes or less

No Blood Drawn – finger prick for Hep. C & HIV testing, or an oral swab is available for HIV testing.

Lakes Region Recovery Center
25 Hospital Drive
Bridgton, ME 04009
(207) 803-8707

Location: behind the "Old Bridgton Hospital"- Private Entrance for Recovery Center

January 2022 LRRC Activities Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
<p>Lakes Region Recovery Center is located at 25 Hospital Drive, Bridgton, Maine 04009 (behind the “Old Bridgton Hospital”), with a private entrance for Recovery. Come join us for a meeting, or call (207)803-8707 to schedule time with a Recovery Coach or Peer Support Ally. Email us at info.lrrcbridgton.org@gmail.com, visit our website at www.lrrcbridgton.org, or like us on Facebook. Come visit, we have a lot to offer! Our services are free to Members.</p>						New Year's Da
2	3	4	5	6	7	8
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 Reiki 1:45p-3:45p 4p-5p Mending Minds	12p-1p AA Bridgton New Day Group 4p-5p Trauma Survivor Support Online 4p-5p Veterans Support Group	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 3p-4p All Recovery What's Good About Today 5:30p-6:30p NA	10a-11a Journal Group 12p-1p AA Bridgton New Day Group 2p-4p SAPARS	
9	10	11	12	13	14	15
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 Reiki 1:45p-3:45p 4p-5p Mending Minds	12p-1p AA Bridgton New Day Group 4p-5p Trauma Survivor Support Online 4p-5p Veterans Support Group	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 3p-4p All Recovery What's Good About Today 5:30p-6:30p NA	10a-11a Journal Group 12p-1p AA Bridgton New Day Group	
16	17	18	19	20	21	22
9a-10a AA Fearless and Thorough, Big Book Discussion	Martin Luther King Day 9a-11a Craft Group 12p-1p AA Bridgton New Day Group 1:30p-2:30p Maine Can Work Reiki 1:45p-3:45p 4p-5p Mending Minds	10a-11a Free Narcan Community Training on Zoom 12p-1p AA Bridgton New Day Group 4p-5p Trauma Survivor Support Online 4p-5p Veterans Support Group	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 HepC/HIV Free Testing Clinic 12p-1p AA Bridgton New Day Group 3p-4p All Recovery What's Good About Today 5:30p-6:30p NA	10a-11a Journal Group 12p-1p AA Bridgton New Day Group	
23	24	25	26	27	28	29
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 Reiki 1:45p-3:45p 4p-5p Mending Minds	12p-1p AA Bridgton New Day Group 4p-5p Trauma Survivor Support Online 4p-5p Veterans Support Group 5p-7p Game Night	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 3p-4p All Recovery What's Good About Today 5:30p-6:30p NA	10a-11a Journal Group 12p-1p AA Bridgton New Day Group	
30	31	<p>Are you looking for a space to hold your meeting? LRRC has it! Our large meeting room is warm, clean and equipped with tables and chairs. Call us to see if your preferred time and day are available, we welcome all types of meetings...you do not have to be in Recovery to utilize all that LRRC has to offer.</p>				
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 Reiki 1:45p-3:45p 4p-5p Mending Minds					

January Crafts!!

With the holidays behind us are you looking for something fun to do during this cold and snowy season? Look no further than LRRC'S Monday Crafts Group from 9:00am-11:00am. Each Monday we will be creating a new project, supplies and instructions are all provided. Crafts and fun, all are welcome; you do not have to be in Recovery to attend.

Monday January 3rd: Paint the Northern Lights

Acrylic paint on canvas technique, you won't believe how beautiful these turn out! A simple trick makes them look like a work of art (which they are)!

Monday January 10th: Paper Flower Making

Using craft paper to create bouquets that will brighten up the winter (no watering needed).

Monday January 17th: Para-Cord Bracelets

Always popular and back by demand, come make these cool bracelets to wear or gift to lucky family or friends.

Monday January 24th: Paint Cherry Blossom Trees

Using acrylic paint and canvas, this unusual technique creates a display-worthy painting.

Monday January 31st: Foam Flower Creations

Continuing on our theme of brightening up the winter, come create fantasy flowers from foam. These can be gathered into a bouquet, used to create pins or barrettes or attach them to a gift to add a special touch.

JOIN US FOR FUN AND CREATIVITY, ALWAYS SOMETHING NEW!!!



Reiki!

**There will be 3 slots available every Monday
between 1:45pm-3:45pm, choose your time slot!**

**Please sign up for Reiki at the center or give us a call to
sign up for a slot! Come have our Reiki practitioner
release that negative energy!!**

Give us a call today to book your slot!

**Lakes Region Recovery Center
25 Hospital Drive, Suite E
Bridgton, Maine 04009
Phone: (207)-803-8707
Crisis Line: (207)-803-8709
Fax: (207)-803-8714**



**Every Thursday from 5:30pm-6:30pm. Please join us
in person or via zoom for Narcotics Anonymous.**

<https://us02web.zoom.us/j/87645317873>

Meeting ID: 876 4531 7873

Narcotics Anonymous is a worldwide fellowship of men and women for whom drugs have become a major problem. NA is a program of recovery for anyone who has the desire to stop using drugs. We in NA know it did not matter which drugs we used or how much. What mattered is what happened when we used. Narcotics Anonymous is a program of complete abstinence from all drugs. By following the program of recovery offered in Narcotics Anonymous, we have found a new way of life and become responsible, productive members of the society in which we live.

Lakes Region Recovery Center
25 Hospital Drive, Suite E
Bridgton, Maine 04009
Phone: (207)-803-8707

Located behind the Hospital in the back using our own entrance.



Vet to Vet Community Support Group

Tuesdays 4p-5p

We welcome all Vets to share your story, provide crisis support, advocate for individuals you serve, and provide an ear for another Veteran in need. Please join us every Tuesday at 4pm for an open group run by a Veteran.

Lakes Region Recovery Center

25 Hospital Drive

Bridgton, Maine 04009

207-803-8707

Behind the old hospital via private entrance



JOURNAL GROUP!!

Online and in Person/ Fridays from 10am-11am

A journal is a written record of your thoughts, experiences, and observations. You can write in your journal daily, or only when you feel the urge. You can write with a fountain pen in a leather-bound book if that inspires you, or you can write with your lucky pencil on a receipt, kid's homework, tissues, whatever you want, and send your thoughts out into the universe. This journaling group is for anyone who wants to journal, and for writing about anything you wish. No topic is taboo.

Join Zoom Meeting

<https://us02web.zoom.us/j/89027643322>

Meeting ID: 890 2764 3322

Lakes Region Recovery Center
25 Hospital Drive, Suite E
Bridgton, Maine 04009
Phone: (207)-803-8707

Location: behind the "Old Bridgton Hospital" - Entrance for Recovery Center