



NOVEMBER 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 had a great full class for our EFT Tapping Workshop. A big thank you to Pamela Albee for bringing such an amazing workshop to us! We hope to do it again soon.

Michelle and Micki along with two of our volunteers, Candy and Ryan, were incredibly honored to be guest speakers at the annual banquet for the Sexual Assault Prevention and Response Services (SAPARS) on October 21st. What an amazing opportunity to share what LRRC is all about. Thank you, Candy and Ryan, for speaking with us.

Our Yoga class is growing, small but mighty! Come check it out this month on November 7th and 14th @ 3pm. All levels welcome.

Also, in November, come make a holiday craft with your kid(s) at our Kids Krafts Day on Saturday November 23rd from 2p-3:30p. Caregivers must accompany kid(s).



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

November Happenings:

November Closings:

Friday Nov. 1st – Staff Training
(7pm AA Meeting will still be held.)

**Thursday Nov. 28th – Happy
Thanksgiving**

Chillaxin' Fall Activities:

Yoga

Thursday Nov. 7th & 14th 3p-4p

Meditation in Motion

Fridays 12p-1p

Reiki

Thursday Nov. 7th, 14th & 21st
12:30p-2:30p

Treat Yourself to Reiki Workshop
Saturday November 16th 2p-6p*
sign up required please see staff

Family FUN

Kids Krafts

Saturday Nov. 23rd 2p-3:30p

November 2019 Lakes Region Recovery Center

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	1	2
Lakes Region Recovery Center is located at the back of the Bridgton Hospital Campus 25 Hospital Drive Bridgton, ME 04009 Ph: 207-803-8707 Lrrcbridgton.org					Closed for Staff Training 7p AA Meeting	12p-8p Drop In 12p All Recovery 7p NA Meeting
3	4	5	6	7	8	9
12p-1p AA Meeting	9a-8p Drop In 12p All Recovery 6p Parental Guilt	9a-8p Drop In 11a All Recovery 1p Creative Writing 7p All Recovery	9a-8p Drop In 11:30a Parental Guilt 3p Get a Job! 4:15 Grief, Loss & Transitions 7p NA Meeting	9a-8p Drop In 11a All Recovery 12:30p Reiki w/ Diane 3p Yoga 4:15p Alternatives to Suicide 6p PTSD Support	9a-8 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
10	11	12	13	14	15	16
12p-1p AA Meeting	9a-8p Drop In 12p All Recovery 6p Parental Guilt	9a-8p Drop In 11a All Recovery 1p Creative Writing 7p All Recovery	9a-8p Drop In 11:30a Parental Guilt 3p Get a Job! 4:15p Grief, Loss & Transitions 7p NA Meeting	9a-8p Drop In 11a All Recovery 12:30p Reiki 3p Yoga 4:15p Alternatives to Suicide 5p Sexual Assault Services Drop in	9a-8 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-6p Treat Yourself to Reiki Workshop* 7p NA Meeting
17	18	19	20	21	22	23
12p-1p AA Meeting	9a-8p Drop In 12p All Recovery 1:15p Healthy Relationships 6p Parental Guilt	9a-8p Drop In 11a All Recovery 1p Creative Writing 7p All Recovery	9a-8p Drop In 11:30a Parental Guilt 3p Get a Job! 4:15p Grief, Loss & Transitions 7p NA Meeting	9a-8p Drop In 9:30a-2p Free HIV/HepC Testing 11a All Recovery 12:30p Reiki 6p PTSD Support	9a-8 Drop In 11a All Recovery 12p Meditation in Motion 1p Creative Fridays 7p AA Meeting	12p-8p Drop In 12p All Recovery 2p-3:30p Kids Krafts Turkey Wreath 7p NA Meeting
24	25	26	27	28	29	30
12p-1p AA Meeting	9a-8p Drop In 12p All Recovery 6p Parental Guilt	9a-8p Drop In 11a All Recovery 1p Creative Writing 7p All Recovery	9a-8p Drop In 11:30a Parental Guilt 3p Get a Job! 4:15p Grief, Loss & Transitions 7p NA Meeting	Thanksgiving Day CLOSED	9a-8 Drop In 11a All Recovery 12p Meditation in Motion 7p AA Meeting	12p-8p Drop In 12p All Recovery 7p NA Meeting

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 November 20th to be in the December Newsletter.

Send submissions to: micki.blesslrrc@gmail.com

The Power of Words

Safe Place. Supportive. Moment of Peace.
Comfort. Acceptance. Love.

By Gail G.

Just a few words scribbled on scraps of paper, stuffed in a can at the one year anniversary of The Lakes Region Recovery Center. Just a few words offered by some people when asked to describe what the center means to them.

That's the problem with the written word; it can come close but never fully express what we really mean to say. So much so that most of us can't seem to find the right words, let alone try to put them on paper.

As a person in recovery, I'm working to restore who I am by writing creatively again. I used to love to write, to play out my feelings and dance my thoughts into form. Thoughts became words and words became actions in an endless connecting flow.

Now I have another reason for picking up my pen. I don't want the "Your Voices" section of this newsletter to end.

When I first joined this center I was desperate for a lifeline, but I didn't believe I'd find one. It was Dr. Peter Leighton at Bridgton Primary Care who convinced me to give the Center a try.

To my surprise, I found a place I could be a part of and at the same time be free to make all of my own choices in recovery. Everyone was friendly, but it was bumpy at first, to risk rejoining the human race. I've always felt different from everyone else, I never really felt I fit in.

Gradually it became less about me and more about another. And the more I am willing to give of myself and my gifts, the stronger that lifeline becomes. This center is like an incubator for learning to trust and believe in myself again.

So here's my paltry effort to string a few sentences together to say what the Center means to me. The words fall far short of what I really want to say. But that's okay. It's enough to ensure that the promise contained in "Your Voices" will continue to be heard.

