



OCTOBER 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 were so excited to celebrate our One Year Anniversary! Thank you to all who came out to enjoy goodies with us and for bringing new friends! Our membership just keeps growing! And it is thanks to the LRRC and Recovery Community spreading the word about who we are and what we do. We couldn't do it without you.

We also had an incredible turn out for our fundraiser and the CampFire Grille. Thank you to all who came out to play Bingo and/or bid at our silent auction. We had so much fun!

This month we look forward to lots of fun fall crafts from our Creative Fridays Group – drop in and check it out.

And yes, we are open on Columbus Day (Monday October 14th), because recovery doesn't take a holiday. Hope to see you soon!



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

October Happenings

ALL RECOVERY MEETINGS

(New days/times added)

Mondays 12p
Tuesdays 11a & 7p
Thursdays 11a
Friday 11a
Saturdays 12p

Wednesdays 3p-4p

Get a Job!

Need help finding, applying, and keeping a job? Come check this group out.

Thursdays

Alternatives to Suicide

4:15p-5:45p

Thursday Oct. 10th & 24th

Yoga
3p-4p

EFT Interactive Workshop

Saturday Oct. 12
2p-6p** Registration Required**

October 2019 Lakes Region Recovery Center 207-803-8707

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	1	2	3	4	5
<p>Lakes Region Recovery Center is located on the Bridgton Hospital Campus</p> <p>25 Hospital Drive Bridgton, Maine.</p> <p>Ph: 207-803-8707</p>		9a-8p Drop In 11a All Recovery 1p Creative Writing 7p All Recovery	9a-8p Drop In 10a Strength in Serenity 11:30a Parental Guilt 3p Get a Job! 4:15p Grief, Loss & Transitions 7p NA Meeting	9a-8p Drop In 11a All Recovery 4:15p Alternatives to Suicide 5p Sexual Assault Services Drop in 6p PTSD Group	9a-8p Drop In 11a All Recovery 12p Meditation in Motion 1p Creative Fridays: Fabric Painting 7p AA Meeting	12p-8p Drop In 12p All Recovery 7p NA Meeting
6	7	8	9	10	11	12
12p AA Meeting	9a-8p Drop In 10a Circle of Security 12p All Recovery 6p Parental Guilt	9a-8p Drop In 11a All Recovery 1p Creative Writing 7p All Recovery	9a-8p Drop In 10a Strength in Serenity 11:30a Parental Guilt 3p Get a Job! 4:15p Grief, Loss & Transitions 7p NA Meeting	9a-8p Drop In 11a All Recovery 3p Yoga 4:15p Alternatives to Suicide 6p PTSD Group	9a-8p Drop In 11a All Recovery 12p Meditation in Motion 1p Creative Fridays: Nature Door Hangers 7p AA Meeting	12p-8p Drop In 12p All Recovery 2p-6p EFT Workshop 7p NA Meeting
13	14	15	16	17	18	19
12p AA Meeting	9a-8p Drop In 10a Circle of Security 12p All Recovery 6p Parental Guilt	9a-8p Drop In 11a All Recovery 1p Creative Writing 7p All Recovery	9a-8p Drop In 10a Strength in Serenity 11:30a Parental Guilt 3p Get a Job! 4:15p Grief, Loss & Transitions 7p NA Meeting	9a-8p Drop In 9:30a-2p Free HepC/HIV Testing 11a All Recovery 4:15p Alternatives to Suicide 6p PTSD Group	9a-8p Drop In 11a All Recovery 12p Meditation in Motion 1p Creative Fridays: Halloween Cookie Decorating 7p AA Meeting	12p-8p Drop In 12p All Recovery 7p NA Meeting
20	21	22	23	24	25	26
12p AA Meeting	9a-8p Drop In 10a Circle of Security 12p All Recovery **closing @ 3pm for speaking engagement**	9a-8p Drop In 11a All Recovery 1p Creative Writing 7p All Recovery	9a-8p Drop In 10a Strength in Serenity 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 6p PTSD Group	9a-8p Drop In 11a All Recovery 12p Meditation in Motion 1p Creative Fridays: Paracord Bracelets 7p AA Meeting	12p-8p Drop In 12p All Recovery 7p NA Meeting
27	28	29	30	31	1	2
12p AA Meeting	9a-8p Drop In 10a Circle of Security 12p All Recovery 6p Parental Guilt	9a-8p Drop In 11a All Recovery 1p Creative Writing 7p All Recovery	9a-8p Drop In 10a Strength in Serenity 11:30a Parental Guilt 3p Get a Job! 4:15p Grief, Loss & Transitions 7p NA Meeting	9a-8p Drop In 11a All Recovery 4:15p Alternatives to Suicide 6p PTSD Group		

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 October 20th to be in the November Newsletter.

Send submissions to: micki.blesslrrc@gmail.com

November's newsletter will be the last newsletter with the "Your Voice" page.

This page was dedicated to people in recovery who wanted to share their voice and experience through words, pictures, or sharing of resources.

Since starting the newsletter in Sept. 2018 there have been a total of 3 submissions (outside of myself) for this page.

Due to lack of interest, November's newsletter will be the last time this space is offered.

If you are interested in submitting, please do so by Oct. 20th, 2019.

This page can survive if you want it to.

If you have any questions, please contact me at:

micki.blesslrrc@gmail.com

Thank you.