

LRRC'S MEETING GLOSSARY
Questions-Please call (207) 803-8707

(Online) ALL RECOVERY- Monday -Friday at 3pm/ Saturday at 4pm. This meeting is for all who struggle with addiction, are affected by addiction and/or support the Recovery lifestyle. All pathways of Recovery are embraced in this meeting. Our facilitators choose a meeting topic for the day.

(Online) CREATIVE WRITING – Every Tuesday at 10am. This meeting encourages members to express their feelings about their Recovery journey through words. Journaling, poetry, and short stories are just a few of the forms of writing shared in this group.

(Online) BUILDING RESILIENCE – Every Monday at 7pm. During these difficult times join us for support from fellow parents. Parents that have struggled or are struggling with Substance Use Disorder. Facilitated by Serena Bissonnette of Opportunity Alliance/Head Start.

(Online) OA OVEREATERS ANONYMOUS – Every Wednesday at 9am. This is a 12-Step based approach to food addiction.

(Online) GRIEF SUPPORT – Every Wednesday at 12pm. Join with others who have suffered a loss and share the similar pain and grief. Pain shared is pain lessened.

(Online) MAINE CAN WORK- Every Wednesday at 2pm. This meeting is helpful for creating a resume and learning skills to help with getting that job you have been dreaming of. Myth busting- Can I work and receive Social Security & a how to on how to navigate those issues.

(Online) FAMILY FORGIVENESS – Every Thursday at 11am. This meeting is for anyone who needs to talk about family relationships, past or present, and how feelings and forgiveness are involved in all family dynamics.

(Online) PTSD- Every Thursday at 1:45pm. This meeting is for talking about past experiences and trauma. The past does not need to define who we are today. Sharing the experience takes the power back.

(Online) CONVERSATION OVER COFFEE- Every Saturday at 10am. This is an informal virtual chat over coffee to explore the day's events and how Recovery is feeling today.

(Online) CODA CODEPENDANTS ANONYMOUS – Every Friday at 10am. This meeting helps to build healthy and loving relationships free of the need to control or be controlled by others. This is a 12-Step based meeting.

(Online) ROSE'S ROOM- held the 3rd Wednesday monthly at 7pm. This meeting is for all who have a loved one in prison.

(Online) AA Beginners Meeting- Every Sunday at 12pm- Alcoholics Anonymous is a fellowship of people who have had a drinking problem. Open meeting

(In Person currently On Hold until LRRRC reopens due to Covid19) New Day Group AA- Monday-Friday at 12pm- Come listen and share stories of experience, strength and hope from members of AA. Alcoholics Anonymous is an international fellowship of people who have had a drinking problem.

For the Lakes Region Recovery Centers Zoom Links and Call in meeting numbers please visit our website at www.lrrcbridgton.org.