

# FEBRUARY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Coffee and Kick Offs - 10:00am - 11:00am Finding Your Path - 12:30pm - 1:30pm Creativity Workshop - 2:00pm - 3:00 pm Maine Can Work - 3:00pm - 4:00pm	3 General Support A - 1:00pm - 2:00pm  Hearing Voices Network - 3:00pm - 4:30pm  Performance for Peers - 5:00pm - 6:00pm	4 When Healing Causes Harm - 11:00am - 12:00pm  General Support B- 12:00pm - 1:00pm  You're Not Alone (A.A.) - 1:00pm - 2:00pm	5 Alternatives to Suicide - 3:00pm - 4:00 pm  Without a Prayer (Secular A.A.) - 6:00pm - 7:00pm	6 Queer Support Group - 1:00pm - 2:00pm  Community Gaming- 3:00pm - 4:00pm	3
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# Group Descriptions

## Coffee and Kick Offs

Coffee and Kick-Offs are a time for the community to come together to help shape the center's future.

## Finding Your Path

Finding Your Path is a substance abuse recovery group designed for beginners and focused on finding your way through the pitfalls of early recovery.

## Creativity Workshop

The creativity workshop will offer opportunities for people to create and relax! Painting, drawing, crocheting, and crafts, each week we'll meet to work on new projects.

## Maine Can Work

Maine Can Work is a series of peer support workshops designed to assist people with a behavioral health diagnosis to find employment that works for them.

## General Support A

Our general support group is a place where individuals can come together to build community and connection by sharing our unique experiences with mental health, substance use challenges, or even just daily struggles.

## Hearing Voices Network

Although at least 1 in 10 people hear voices, experience intrusive thoughts, see visions, feel tactile sensations, or have other unusual experiences, many choose not to talk about them. A Hearing Voices group is a place where people can meet to talk about their experiences without fear of judgment.

## Performance for Peers

Creativity is one of the best tools for recovery; in this group, we'll work together on expressing ourselves and honing that very tool. Participants will begin with playing theater games and using vocal/movement warmups to open the channels that allow free expression.

## When Healing Causes Harm

When Healing Causes Harm is a group for anyone who has struggled with receiving care. Whether it's medical, psychiatric, chiropractic, dental, or anything you've pursued, this is for you.

## General Support B

This is an open general support group run by peer support specialists John Hirth and Steve Houchell. Please contact John for additional information at [jhirth@sweetser.org](mailto:jhirth@sweetser.org)

## You're Not Alone (A.A)

You're Not Alone is an open meeting of Alcoholics Anonymous hosted at the SupportMe Peer Center.

## Alternatives to Suicide

In the Alternatives to Suicide approach, people are welcome to talk about anything, including wanting to die. No one will call the police, crisis, or other involuntary interventions.

## Without a Prayer (Secular A.A)

Without a Prayer is an open, non-religious meeting of Alcoholics Anonymous hosted at the SupportMe Peer Center. In keeping with A.A. tradition, we do not endorse or oppose any form of religion or atheism.

## Queer Support Group

Queer Support is a support group for all lesbian, gay, bisexual, transgender, nonbinary, queer, intersex, asexual, two spirit, questioning, curious, and considering-the-possibilities people who are seeking community and the chance to talk and share space with others. Participants don't need to be out of the closet, have an established identity, or a diagnosed mental health/substance use issue to attend; just the desire to hold space together with other QT folks who share our common struggle to be ourselves in this society.

## Community Gaming

This is an open group for games of all types. Come join one in progress, or bring your own!