

MAY 2024

SUN	MON	TUE	WED	THU	FRI	SAT
5	6	7	8	9	10	11
	Recovery cafe 8a-11a	Overeaters Anonymous (OA) 7p-8p	CENTER HOURS 10A-4P SMART FRIENDS&FAMILY -IN PERSON- 12p-1p Nurturing & Parenting in Recovery (Online Via Zoom 6p-7p)	Bible Study 11a @ INSPIRE Nurturing Fathers (Online or Zoom) SMART Standard 4-point (Online) 9a & 7p SMART Recovery -in person- 5:30p-7p	DIAMOND DOTS! 10A-2P	
12	13	14	15	16	17	18
	Recovery cafe 8a-11a	Overeaters Anonymous (OA) 7p-8p	CENTER HOURS 10A-4P SMART FRIENDS&FAMILY -IN PERSON- 12p-1p Nurturing & Parenting in Recovery (Online Via Zoom 6p-7p)	Bible Study 11a @ INSPIRE Nurturing Fathers (Online or Zoom) SMART Standard 4-point (Online) 9a & 7p SMART Recovery -in person- 5:30p-7p	BOARD GAMES 10A-2P	
19	20	21	22	23	24	25
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26	27	28	29	30	31	
	CENTER WILL BE CLOSED ALL DAY. *** MAY 27th MAY DAY	Overeaters Anonymous (OA) 7p-8p	CENTER HOURS 10A-4P SMART FRIENDS&FAMILY -IN PERSON- 12p-1p Nurturing & Parenting in Recovery (Online Via Zoom 6p-7p)	Bible Study 11a @ INSPIRE Nurturing Fathers (Online or Zoom) SMART Standard 4-point (Online) 9a & 7p SMART Recovery -in person- 5:30p-7p	REASONS ACTIVITY 10A-2P MY	

Lyme Disease Support Group - Sunday, 1p-2:30p, Zoom Only.
A support group inspired by the unbelievably difficult struggle that is life with Lyme and other tick borne diseases - from bacterial, viral to parasitic. Jen encourages those with a tick-borne disease diagnosis and those who care about them to stop in. To attend by Zoom, email Jen at jennifer.l.sala@gmail.com

Recovery Cafe - Every Monday 8a-11a

Every Monday, come in for a fresh cup of hot coffee, a delicious morning treat, and conversation!

Parenting in Recovery Support Group - Wednesday, 6p-7p, In-person or Zoom

Join us at INSPIRE or from the comfort of your home for coffee and conversation about the amazing and challenging journey called parenthood. Find support, share stories, find resources, get parenting info and so much more! Meeting ID: 216.556.6326

Nurturing Fathers - Wednesday, 1p-2p - In Person at INSPIRE

At INSPIRE, a meeting that focuses on the value of male role models in a child's life.

Overeaters Anonymous (OA) - Tuesday, 7p-8p, In-person only

OA is a community of people who support each other in order to recover from compulsive eating and food behaviors.

Connection Recovery Group - Tuesday, 7p-8:30p, Zoom Only

An online support group facilitated through the National Alliance for Mental Illness Maine (NAMI). For more info contact Nicole at nberger2@maine.nami.org or call 207.650.3661. Meeting ID: 817.7306.3284 Passcode: 414340

Nurturing and Parenting in Recovery Class - Wednesday, 6p-7p, Live on Zoom

A 17 week class teaching parents how substance and trauma impacts parenting and focus on how to restore and strengthen the parent and child relationship. *Please contact Savannah Steiger of Sunrise Opportunities at ssteiger@sun-rise.org to register for this class. Meeting ID: 216.556.6326

Fun Friday! - Friday, All Day - In-person only

Come have some Fun at INSPIRE on Friday's where each week the fun is different!

Hot Dog Wednesday 11:30a Every other Wednesday:

May 15th + 29th

Join us at the INSPIRE Center for hot dogs!

Bible Study @ INSPIRE

Starts at 11a

Hosted by Fran + Jim

SMART RECOVERY MEETINGS

Are you looking for resources to help you support someone struggling with unhealthy behavior? Is someone else's addiction affecting you? We provide effective and easy to learn tools to help both you and your loved one. For more information, email smartrecoveryfarmington@gmail.com.

SMART Recovery Friends and Family - Wednesday, 12p-1p, In-person only at INSPIRE

SMART Standard 4-point - Thursday, 9a & 7p- Zoom Only.

Join at <https://smartrecovery.zoom.us/j/92165208959>

SMART Recovery - Thursday, 5:30p-7p - In-person only at INSPIRE

Self-Management And Recovery Training is a global community of people & families working together to overcome the suffering



**24 Church Street
Ellsworth, Maine 04605**

Find us on Facebook!
[@InSupportOfPeopleInRecovery](https://www.facebook.com/InSupportOfPeopleInRecovery)

BBQ

May 10th

Join us at INSPIRE from 5:00p-7:00p for a fun Spring BBQ!

ALL RECOVERY MEETING

A meeting that is all inclusive to come and talk about all things recovery.

Open to all.

At INSPIRE, every Friday

12p-1p

My Reasons Activity

March 31st @ INSPIRE from 10a-2p

Create your own deck of cards for a goal you're trying to achieve.

"My reasons to stay sober...", "My reasons to be happy...", "My reasons to live..."

207-412-2288