

September



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Facebook!



329 Bath Road
Brunswick, ME 04011
207-373-3005
PeerCenter@sweetser.org

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	August 31 Queer Support Group - 11:00 am - 12:00 pm Finding Your Path - 12:30 pm - 1:30pm Creativity Workshop - 2:00 pm - 3:00 pm Maine Can Work - 3:30 pm - 4:30 pm	1 Journaling Workshop - 10:00 am - 11:00 am SMART Recovery - 11:30 am - 12:30 pm Parenting Support Group - 1:00 pm - 2:00 pm Unusual Experiences (HVN) - 3:00 pm - 4:30 pm	2 Beyond the System 10:30 am-11:30 am General Support Group- 12:00 pm - 1:00 pm Community Meeting- 1:30 pm - 2:30 pm Pet Grief Group - 3:00 pm - 4:00 pm	3 Alternatives to Suicide - 11:00 am - 12:30 pm Reclaiming Control- 1:00 pm - 2:00 pm Decompression Time - 3:00 pm - 4:30 pm Without a Prayer (Secular A.A.) 6:00 pm - 7:00 pm	4 Movie & Game Day - All Day! Mindfulness Group - 10:30 am - 11:30 am Performance For Peers - 12:00 pm - 1:00 pm Tabletop Gaming (Ongoing) 5:30 pm - 8:30 pm	5
6	7 Queer Support Group - 11:00 am - 12:00 pm Finding Your Path - 12:30 pm - 1:30pm Creativity Workshop - 2:00 pm - 3:00 pm Tabletop Gaming (One-Shot) 3:30 pm - 6:30 pm Maine Can Work - 3:30 pm - 4:30 pm	8 Journaling Workshop - 10:00 am - 11:00 am SMART Recovery - 11:30 am - 12:30 pm Parenting Support Group - 1:00 pm - 2:00 pm Unusual Experiences (HVN) - 3:00 pm - 4:30 pm	9 Beyond the System 10:30 am-11:30 am General Support Group- 12:00 pm - 1:00 pm Community Meeting- 1:30 pm - 2:30 pm Pet Grief Group - 3:00 pm - 4:00 pm	10 Alternatives to Suicide - 11:00 am - 12:30 pm Reclaiming Control- 1:00 pm - 2:00 pm Decompression Time - 3:00 pm - 4:30 pm Without a Prayer (Secular A.A.) 6:00 pm - 7:00 pm	11 Movie & Game Day - All Day! Mindfulness Group - 10:30 am - 11:30 am Performance For Peers - 12:00 pm - 1:00 pm	12
13	14 Queer Support Group - 11:00 am - 12:00 pm Finding Your Path - 12:30 pm - 1:30pm Creativity Workshop - 2:00 pm - 3:00 pm Maine Can Work - 3:30 pm - 4:30 pm	15 Journaling Workshop - 10:00 am - 11:00 am SMART Recovery - 11:30 am - 12:30 pm Parenting Support Group - 1:00 pm - 2:00 pm Unusual Experiences (HVN) - 3:00 pm - 4:30 pm	16 Beyond the System 10:30 am-11:30 am General Support Group- 12:00 pm - 1:00 pm Community Meeting- 1:30 pm - 2:30 pm Pet Grief Group - 3:00 pm - 4:00 pm	17 Alternatives to Suicide - 11:00 am - 12:30 pm Reclaiming Control- 1:00 pm - 2:00 pm Decompression Time - 3:00 pm - 4:30 pm Without a Prayer (Secular A.A.) 6:00 pm - 7:00 pm	18 Movie & Game Day - All Day! Mindfulness Group - 10:30 am - 11:30 am Performance For Peers - 12:00 pm - 1:00 pm Tabletop Gaming (Ongoing) 5:30 pm - 8:30 pm	19
20	21 Queer Support Group - 11:00 am - 12:00 pm Finding Your Path - 12:30 pm - 1:30pm Creativity Workshop - 2:00 pm - 3:00 pm Maine Can Work - 3:30 pm - 4:30 pm	22 Journaling Workshop - 10:00 am - 11:00 am SMART Recovery - 11:30 am - 12:30 pm Parenting Support Group - 1:00 pm - 2:00 pm Unusual Experiences (HVN) - 3:00 pm - 4:30 pm	23 Beyond the System 10:30 am-11:30 am General Support Group- 12:00 pm - 1:00 pm Community Meeting- 1:30 pm - 2:30 pm Pet Grief Group - 3:00 pm - 4:00 pm	24 Alternatives to Suicide - 11:00 am - 12:30 pm Reclaiming Control- 1:00 pm - 2:00 pm Decompression Time - 3:00 pm - 4:30 pm Without a Prayer (Secular A.A.) 6:00 pm - 7:00 pm	25 Movie & Game Day - All Day! Mindfulness Group - 10:30 am - 11:30 am Performance For Peers - 12:00 pm - 1:00 pm	26
27	28 Queer Support Group - 11:00 am - 12:00 pm Finding Your Path - 12:30 pm - 1:30pm Creativity Workshop - 2:00 pm - 3:00 pm Maine Can Work - 3:30 pm - 4:30 pm	29 Journaling Workshop - 10:00 am - 11:00 am SMART Recovery - 11:30 am - 12:30 pm Parenting Support Group - 1:00 pm - 2:00 pm Unusual Experiences (HVN) - 3:00 pm - 4:30 pm	30 Beyond the System 10:30 am-11:30 am General Support Group- 12:00 pm - 1:00 pm Community Meeting- 1:30 pm - 2:30 pm Pet Grief Group - 3:00 pm - 4:00 pm			

Group Descriptions



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Queer Support Group

A group for all lesbian, gay, bi/pan, trans, nonbinary, queer, intersex, ace, two spirit, & questioning people who are seeking community and the chance to share space with others who share our common struggle to be ourselves in this society.

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

18 and up crafters of every level are invited to learn new creative skills, play with ones you already have, or refine ones you haven't used in a while.

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.

Journaling Workshop

Join us as we use guided prompts and creativity to explore ourselves, learning how to use different items and techniques to express ourselves with more than words.

SMART Recovery

SMART (Self Management And Recovery Training) is an evidence-based recovery method that supports people to build and maintain motivation, cope with urges, manage thoughts, feelings, and behaviors, and live a balanced life.

Parenting Support Group

A space where parents can come together and support one another through the experiences of parenting, to share the joys, struggles and challenges we face.

Unusual Experiences (Hearing Voices Network)

Although at least 1 in 10 people hear voices, have intrusive thoughts, see visions, feel sensations, or have other unusual experiences, many choose not to talk about them. A place to talk about these experiences without fear of judgment.

Beyond the System (When Healing Causes Harm)

Beyond the System is a group for anyone who has struggled with receiving care, whether medical, psychiatric, chiropractic, dental, or anything you've pursued.

General Support Group

An open general support group, feel free to come by!

Community Meeting

The Community Meeting is a time for center participants to come together and discuss the center, it's direction, and what they'd like to see happen.

Pet Grief Group (Losing Our Best Friends)

Pet owners can find it hard to voice the real and profound grief they experience when they lose their furred friends. A safe space to open up and process the loss.

Alternatives to Suicide

In the 'Alt2Su' approach, people are welcome to talk about anything, including wanting to die. No one will call the police, crisis, or other involuntary interventions.

Reclaiming Control

In some relationships, we're asked to give up parts of ourselves and our past surrendering our identity, family, and self love in a bid to keep that relationship. This group is for anyone healing from controlling relationships and groups.

Decompression Time

Vibe, relax, and chill with us as we decompress from the heavy together.

Without a Prayer (Secular A.A.)

Without a Prayer is an open, non-religious meeting of A.A. In keeping with A.A. tradition, we do not endorse or oppose any form of religion or atheism.

Community Game and Movie Day

Every Friday, we play games and watch movies- come and join us!

Mindfulness Group

An opportunity to step away from the noise of the world, quiet the mind, and learn how to show up fully for ourselves with an open mind, curiosity, and kindness.

Performance for Peers

Creativity is one of the best tools for recovery; in this group, we'll work together on expressing ourselves through voice and movement to hone that very tool.

Tabletop Gaming

Join a beginner-friendly tabletop roleplaying program focused on player agency and connection. Every other week features an ongoing game and monthly one-shots will explore different systems! Newcomers are highly encouraged to attend!