

October 2026

Mondays

11:00 am - 12:00 pm - Queer Support Group

A support group for any member of the queer community, or any person who may be questioning their identity.

12:30 - 1:30pm - Finding Your Path

A SA recovery group for beginners, focused on finding your way to sobriety.

2:00 - 3:00 pm - Creativity Workshop

Join us for arts and crafts! Every week, a new project will be presented. The workshop is free, and all supplies are provided.

3:30 - 4:30 pm - Maine Can Work

A series of workshops to help people find employment that works for them.

Wednesdays

10:30 - 11:30 am - Beyond the System

This is a support group for anyone who has dealt with the medical and mental health systems in any way.

12:00 - 1:00 pm - General Support

An open support group for talking with your peers about whatever is on your mind!

1:30 - 2:30 pm - Community Meeting (1st & 3rd Wednesdays of the month)

Learn about peer support while helping decide the center's future. We will talk about current and future groups, and community events.

3:00 - 4:00 pm - Pet Grief Group

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

Tuesdays

10:00 - 11:00 am - Journaling Workshop

Combine writing and art to explore yourself and the world around you. All supplies provided and completely free!

11:30 am - 12:30 pm - SMART Recovery

SMART is a recovery method that helps people build and live a balanced life.

1:00 - 2:00 pm - Parenting Support Group

This group is a space where parents can come together and support one another.

3:00 - 4:30 pm - Unusual Experiences (HVN)

This online group is a place to talk about unusual experiences that others may not have had, and to understand them for ourselves.

Thursdays

11:00 am - 12:00 pm - Alternatives to Suicide

This online support group is a place for big feelings, positive and negative, to be heard.

1:00 pm - 2:00 pm - Reclaiming Control

This is where to come when leaving feels more like escaping. Whether you're struggling with a relationship or a group, this is a place to find support.

3:00 pm - 4:30 pm - Decompression Time

A time to unwind from a stressful day. Open access to art supplies, puzzles, and games.

6:00 pm - 7:00 pm - 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.



Support me

PEER CENTER



www.mainepeercenter.org

Fridays

Community Game and Movie Day!

Play a game, watch a movie, join a group, or just relax. Join us every Friday to have fun and unwind.

10:30 - 11:30 am - Mindfulness

In this group we will practice calming the mind and focusing on the present moment to help reduce stress.

12:00 - 1:00 pm - 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.

Special Events!

Ongoing DND Campaign

Free, open to new and beginner players 18+

September October

4 and 18 2 and 16

5:30 pm - 8:30 pm

TTRPG One-Shot

Free, open to new and beginner players 18+

September 7

October 5

3:30 pm - 6:30 pm