November 2026

Center is open Monday-Friday 8:30am-4:30pm

Support me
PEER CENTER Sweetser
www.mainepeercenter.org
329 Bath Road,
Brunswick ME 04011
(207) 373-3005

Mondays

9:00am -10:00 am - Maine Can Work
A series of workshops to help people find employment that works for them.

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 (SMART Recovery for Early Sobriety)
A support group for people in early recovery teaching SMART methods for maintaining sobriety.

Nov 2, 16 and 30, 1:30 - 4:30 pm - One Shot Tabletop Roleplaying Games (TTRPGs)
Beginner friendly table top role play game open to everyone 18+.

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 - You're Not Alone (SMART Recovery for All)
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.

Wednesdays

9:00 am - 10:00 am - Relationship Repair Cafe (presented with S.A.S.S.M.M.)
Drop in to talk about relationship issues and learn tools for moving forward positively.

10:30 am - 11:30 am - Shame Support
A judgment free peer group to talk about shame, its impact, and the ways we move through it.

12:00 - 1:00 pm - General Support Group
An open support group for talking with your peers about whatever is on your mind!

Nov 4 & Nov 18, 1:30 pm - 2:30 pm - Community Meeting
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.

Thursdays

8:45 am-9:30 am - Staff Meeting
Center will remain open, staff available if needed.

11:00 am - 12:30pm - Alternatives to Suicide
This online support group is a place for big feelings, positive and negative, to be heard.

2:00 pm - 4:00 pm - Open Creative Time (Decompression)
Create together, unwind together. Come and go as you please, with free access to the center's art supplies. Write, paint, or draw - the choice is yours!

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.

Fridays

Community Game and Movie Day!

Join us every Friday to enjoy a movie or show, play games, and enjoy a day to recoup from the week.

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.

1:30 pm-2:30pm - 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.

Nov 13 - 5:30 pm - 8:30 pm - On Going Tabletop Roleplaying Game (TTRPG)
Beginner friendly, ongoing TTRPG welcome to new and seasoned players alike. Bring your own character or use a pre-made!

Special Events!

Center Closed for Holidays-
Thurs Nov 26 & Fri Nov 27