

# Journey

making recovery from addiction visible

#37 SPRING 2025

**Kenny  
Williams**

**Choosing to  
Be of Service**

**Rethinking  
Gatherings**

**Recovery Friendly  
for Everyone**

**The Phoenix  
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# Journey

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*Journey* is a woman-owned, independent media brand launched in 2019.

Our mission is to amplify hope by making inspiring personal recovery stories, recovery programs and resources more visible.

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*Kenny Williams*  
Photo provided by Kenny Williams

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Spring always feels like a fresh start—the kind that quietly reminds us that healing and growth are always possible, even if they take time.

In this issue, we’re leaning into that spirit of renewal. You’ll find stories of people finding strength in community, purpose in movement, and peace through connection. Whether it’s learning how spirituality shows up in recovery, discovering new ways to support emotional health, or reading about someone’s personal journey—you’ll see that recovery is not just about living without substances. It’s about building a life that feels full and meaningful.

Every page of this magazine is here to remind you: you’re not alone.

From the Publisher



Recovery is happening all around us—in big ways and small ones. And we’re honored to help make those stories visible.

*Carolyn*

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# Spirituality and Recovery

## A Journey of Seeking



**R**ecovery is more than just abstaining from substances and addictive behaviors; it is a deeply personal and transformative journey. At its core, recovery is about connection—to oneself, to others, and to a greater purpose. Spirituality plays a vital role in this process, helping individuals find meaning, inner peace, and a renewed sense of direction.

Christina Puchalski, MD, Director of the George Washington Institute for Spirituality and Health, defines spirituality as “the aspect of humanity that refers to the way individuals seek and express meaning and purpose and the way they experience their connectedness to the moment, to self, to others, to nature, and to the significant or sacred.” This sense of connection can bring powerful emotions like peace, awe, gratitude, and acceptance—all of which can strengthen one’s recovery journey.

A significant aspect of spirituality in recovery is the concept of seeking. The CCAR Spirituality and Recovery Coaching® curriculum, which the Maine Recovery Hub at Portland Recovery Community Center offers for free to trained CCAR recovery coaches, highlights the importance of recognizing what we are searching for and why. Individuals in recovery are often seekers—searching for healing, purpose, and fulfillment beyond addiction. This process requires reflection and intentionality.

### Consider asking yourself:

- Do I consider myself a spiritual seeker?
- What are four prominent things I’m seeking?
- Where am I seeking them?
- How and why am I seeking them?
- With whom am I seeking them?

The answers to these questions can help shape a personal spiritual

path, whether through meditation, faith, nature, creative expression, or connection with a supportive community. In Maine, recovery community centers provide an inclusive space where individuals can explore their spirituality in recovery, fostering holistic growth, healing, and connection.

Ultimately, spirituality is about discovering what gives life meaning. Recovery itself is a path of seeking, and through spirituality in one’s recovery journey, individuals can find strength, purpose, and a deeper connection to the world around them.

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OPTIONS Liaisons are here to connect Maine people with local resources for substance use treatment, recovery, and harm reduction.

And in 2024, there are more options available than ever before: more treatment beds with same-day availability, more medication-assisted treatment, more recovery coaches, more recovery community centers, and more peer support groups statewide.

Find your local Liaison on our website, and connect with us on social media @knowyouoptionsme to help spread the word that in Maine, recovery is an option for everyone.



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# Kenny Williams

## Choosing to Be of Service

by Amy Paradysz

When Kenny Williams was a child, he noticed a large vacant building in the Bronx and asked his aunt why no one bought it, fixed it up and gave apartments to homeless people. His aunt probably chalked that up to his being a naïve kid from Windham, Maine. But, at 58, Kenny is an influencer in the fight against homelessness in Los Angeles.

“I thought I’d become an actor, get rich and famous, and use that fame to start a charity and help people,” Kenny says.

He was on step 1, becoming an actor—landing small roles on shows like “90210” and “Blossom”—when he got swept up in the party scene and became addicted to casual hookups fueled by drugs.

A decade into this lifestyle, Kenny—exhausted and emotionally depleted—tried to just stop on his own. He made it a month, which was long enough for him to know in his core that he wanted a life of sobriety. But he also knew he needed a support network—which he found through the 12-step community. He also needed therapy to get to the root causes for his addictive behaviors, which went back to not having processed the death of his mother.

“I was afraid that if I love you, you’ll leave me—like my mother did,” he says.

Through counseling, Kenny came to recognize what had become a longtime pattern of avoiding true emotional intimacy. And he observed that the people he met at recovery meetings who were

living vibrant lives got there not by guarding themselves from rejection but by opening themselves up to others and being of service. So that is what he did.

In 2001, Kenny became an active member of a recovery community and found long-term recovery. He was happy and healthy. He even had a rent-controlled apartment in West Hollywood, where he was a model for a fragrance company. What more could he want?

To be of service.

At five years sober, Kenny met with Cedar Sinai Medical Center’s volunteer coordinator, who assigned him to sit with cancer patients and, later, with people in the emergency department. “If I could take their mind off what they were going through at the moment, that was my job,” he says.

Next, he became a Crisis Response Team volunteer, responding to suicides, homicides and natural disasters and just *being* with those families.

The retail job that paid his bills, though, required frequent travel and eventually made it impossible to volunteer. Several years into that corporate lifestyle, Kenny deeply missed being of service. But it wasn’t like he couldn’t just quit his job. So he prayed to God to help him find a way to get back to meaningful work.

God provided: Kenny was offered a severance package, followed by a cash buyout on the rent-controlled property. These modest windfalls freed Kenny to find not just a volunteer gig on the side but a career in homeless services.



In the first year alone, he found permanent homes for 25 people who had been on the streets. Then Cedar Sinai, which has 200 to 300 emergency department patients a month who are experiencing homelessness, hired Kenny to advise patients on housing, substance use, mental health and medical care. “I still can’t believe I get paid to help people,” he says.

Meanwhile, Kenny studied psychological spirituality at the University of Santa Monica and is finishing writing a book about “God moments.”

“God, for me, is love and the energy of love that is in each of us,” he says. “That energy is what answers prayers. It’s the synchronicities. In my life, there have been so many exciting things that have happened, none of which would have happened if I hadn’t gotten sober, had a spiritual connection and taken a leap of faith.”



Amy Paradysz is a freelance writer and photographer based in Scarborough. She can be reached at [amyparadysz@gmail.com](mailto:amyparadysz@gmail.com).

# Turning Lived Experience Into a Rewarding Career Path

## Deriving a sense of pride and purpose supporting others on their recovery journeys

In the early days of his recovery from substance use disorder, Lonny Martin knew that he was gaining the skills, tools, and the support network he needed to build a whole new future for himself. What he didn't expect, is that along the way, he was also building the foundation of a rewarding new career as a peer support specialist.

In this position, Lonny works one-on-one with individuals to help them access community-based resources and provide an empathetic, supportive, and helpful hand when they need it.

"The toughest thing anybody could ever do is to choose recovery and stay in it. Sometimes, it's taking it one minute at a time," Lonny says. "But I know where they are, how sad and how scared they are."

---

**"Know that people out there need you."**

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Being able to tap into his own first-hand experience to support others has provided a healing power of its own.

"It's such a beautiful gift to know that I can potentially make a difference in someone's life," Lonny adds. "By giving back in this way, I can also help my own recovery."

Lonny is part of the growing field of Direct Support, ensuring that Mainers with age-related, physical, behavioral, intellectual and cognitive health needs have the support they need to stay safe,

independent and empowered to achieve their personal goals. Training is widely available.

The abundance of full-time, part-time, and per diem opportunities with employers around the state means that those who are interested can find positions that allow them to manage work with other life and school responsibilities, as well as their own personal recovery efforts.

A growing number of people are discovering fulfilling opportunities in peer support and recovery coaching, where their first-hand experience with recovery from substance use disorder is preferred and, in some cases, required. That includes recovery coach, Ryan Paige.

"Sobriety and helping people have been the biggest gifts of my life," Ryan says.

Being able to connect with others who are in recovery and give them support has completely transformed the way he's seen his own journey and struggles, with both addiction and recovery from substance use disorder.

"The opportunity to be a recovery coach has changed the whole trajectory of what my life has been, what I thought my life could be, and what I thought of myself," Ryan says.

Like Ryan, Lonny would recommend the work to anyone. "Believe in yourself enough and know that people out there need you," he says. "Once you see that people need you, it could become a passion, and it

could be the best job you've ever had in your life. I know for me it is."

To learn more about full-time, part-time, and per-diem opportunities in your community, go to [Mainecareerswithpurpose.org](http://Mainecareerswithpurpose.org). Follow @mainecareerswithpurpose on Facebook and Instagram.



Lonny Martin



Ryan Paige

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# The Phoenix

## Building Strength and Community Through Sober Active Living

**R**ecovery is about more than just giving up substances — it's about rebuilding a fulfilling life, filled with healthy habits, meaningful connections, and self-discovery. The Phoenix, a national sober active community, has transformed the recovery landscape by using movement, fitness, and shared experiences to help people thrive in sobriety.

### What is The Phoenix?

Founded in 2006 by Scott Strode, The Phoenix is a nonprofit organization that provides free fitness and wellness programs to individuals in recovery. Their mission is simple but powerful: helping people overcome addiction through the power of physical activity, social connection, and a supportive community.

The Phoenix offers a dynamic approach to recovery, where exercise, community, and connection create a strong foundation for lasting well-being. Their activities include rock climbing, yoga, music, running, social events, weightlifting, meditation, cycling, and team sports.

The best part? All classes and events are free — the only requirement is 48 hours of sobriety.

### Why Fitness Helps in Recovery

Physical wellness is a powerful tool in recovery. Research shows that exercise helps reduce cravings, manage stress, and improve mental health — all essential for maintaining sobriety. The Phoenix takes this idea further by fostering connection, accountability, and resilience.

Here's why The Phoenix's approach works:

- exercise boosts mood and confidence: physical activity releases endorphins and dopamine, the brain's "feel-good" chemicals,



helping to combat depression and anxiety.

- community builds strength: addiction can be isolating, but The Phoenix provides a space where people support each other and share victories, big and small.
- healthy habits replace old patterns: instead of seeking comfort in substances, members channel their energy into workouts, meditation, connections, and new challenges.

### A Community That Welcomes Everyone

The Phoenix is not just for people in recovery - it welcomes anyone who wants to support a sober, healthy lifestyle. This includes family members, friends, and allies who want to be part of a positive, uplifting environment.

The Phoenix's peer-led model is another reason for its success. Many of the instructors and volunteers are in recovery themselves, offering relatable guidance, motivation, and encouragement to newcomers.

They have also expanded beyond in-person classes, offering virtual

workouts, mindfulness sessions, and online support groups, making it even more accessible for those who may not have a local chapter.

### Changing Lives, One Workout at a Time

For many members, it's more than a gym — it's a lifeline by providing a space where people redefine themselves, finding strength, purpose, and a new sense of identity outside of addiction.

By integrating movement, connection, and fun, The Phoenix proves that recovery doesn't have to be a struggle - it can be an empowering journey filled with support, growth, and possibility.

Find sober Phoenix fun and other recovery resources on the NewForm App: [www.newform.org](http://www.newform.org).





# Physical Well-Being in Recovery

## Building a Strong Foundation

**P**hysical well-being is a key part of recovery, helping people rebuild health, gain energy, and feel more balanced. In *Recovery Allies*, Alison Jones Webb reminds us that recovery isn't just about stopping substance use—it's also about caring for our bodies, minds, and relationships. A healthy body supports emotional strength and lasting recovery.

Substance use can lead to health issues like poor nutrition, sleep problems, and low energy. Exercise and good nutrition help the body heal and provide a sense of structure and confidence. Even light movement like walking, stretching, or yoga can improve mood, reduce stress, and boost self-esteem. Sleep is also vital—rest helps the body recover and supports mental clarity.

Nutrition plays a big role too. Eating whole foods, staying hydrated, and limiting sugar can stabilize energy and mood. Restoring physical health strengthens emotional balance and helps people engage more fully in their relationships and communities.

Physical wellness is a core part of “recovery capital”—the inner and outer resources that support healing. From movement to rest to food, taking care of the body helps people in recovery feel strong, hopeful, and ready to build a meaningful life. Small daily choices lead to powerful, long-term change.





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# Rethinking Gatherings

## Recovery Friendly for Everyone

*In partnership with  
Laura Nelson, author  
of The Inclusive Event  
Planner and co-founder  
of Sober Life Rocks*

**G**atherings, conferences and events should be opportunities for connection, learning, and growth. However, many networking events revolve around alcohol, unintentionally excluding individuals who do not drink. Whether for health, personal, or religious reasons, many professionals feel left out in alcohol-centered spaces. Creating sober-friendly events is not about eliminating alcohol entirely but ensuring all attendees feel welcomed, comfortable, and able to engage fully.

### **The Importance of Welcoming Event Planning**

In today's world, creating welcoming spaces is essential. Many industries have embraced inclusivity regarding dietary needs, accessibility, and cultural differences, but alcohol-centric events remain common.

Some people avoid alcohol due to recovery, while others have personal or religious reasons. Others simply prefer a setting without the pressure to drink. By making events more welcoming, organizations can increase attendance, foster deeper connections, and create environments where everyone feels valued.

### **Strategies for Planning a Sober-Friendly Event**

#### **Diversify Beverage Options**

A thoughtful beverage menu should include more than just water and soda. Offering creative alcohol-free drinks such as mocktails, infused waters, and premium non-alcoholic wines or beers ensures non-drinkers feel included. High-quality options enhance the experience for all attendees.

#### **Creative Activities**

Rather than centering networking



on alcohol, planners can incorporate interactive activities that encourage organic socialization. Live entertainment, wellness sessions, structured networking exercises, and hands-on workshops provide meaningful engagement.

#### **Consider Space and Atmosphere**

A welcoming event space includes a mix of social areas—some lively and others quieter—so everyone finds a comfortable place to connect. Bars should offer alcohol-free drinks prominently, ensuring non-drinkers do not feel singled out when ordering.

#### **Train Event Staff**

Bartenders and event staff should be trained to offer non-alcoholic options with the same enthusiasm as alcoholic drinks. Ensuring that staff understand the importance of sober-friendly inclusivity prevents awkward encounters and promotes positive experiences.

#### **Refocus Messaging**

How an event is promoted sets the tone for inclusivity. Instead of emphasizing alcohol, focus on engagement and meaningful networking. Phrasing like “Enjoy an evening of conversation, entertainment, and great company” is more inviting than “Join us for cocktails and networking.”

#### **Success Stories and Impact**

Many organizations have successfully implemented sober-friendly event strategies with positive results. One conference replaced its cocktail hour with a structured networking event featuring interactive discussions and alcohol-free craft beverages. Attendees reported feeling more engaged, and the event saw increased participation from a wider range of professionals.

By shifting the focus from drinking to connection, events become more inviting for all attendees. People leave with stronger professional relationships and a greater sense of belonging, leading to better engagement and future attendance.

Welcoming event planning ensures that all attendees, regardless of their drinking preferences, can fully participate in professional gatherings. By offering diverse beverage options, engaging programming, and thoughtful messaging, event organizers create spaces that prioritize connection and inclusivity.

If you're planning an event, consider how small changes can make a big difference. A welcoming environment ensures all attendees feel valued, engaged, and eager to return.



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# Feel Better with EFT Tapping

## Relax Your Mind and Body

by Karen St. Clair

**H**ave you ever felt worried, sad, or even had a stomach ache from being nervous? Our minds and bodies are closely connected. When we feel stressed or upset, it can make our bodies feel bad, too. That's where something called EFT Tapping can help.

### What Is EFT Tapping?

EFT stands for Emotional Freedom Techniques. It's often called "tapping" because you gently tap with your fingertips on certain points on your body—mostly on your face and hands. These points are like tiny buttons that can help you feel better. While tapping, you also say calming words or phrases. It's kind of like giving your mind and body a little massage to help them relax.

### How Does Tapping Work?

When you're upset, your body goes into "fight or flight" mode. That means your heart might beat faster, your muscles get tight, and you might feel a bit of pain. Tapping helps calm your body down. Scientific studies prove that tapping on these certain spots sends a signal to your brain that says, "It's okay. You're safe now."

Tapping works a lot like acupuncture, but you don't need any needles. You just use your fingers. And the best part? You can do it anywhere—at home, at school, at work or before bed.

### How Can It Help Your Body?

Tapping is not just for emotions. It can actually help your physical health too!

Here are a few ways:

- Less stress
- Fewer body aches
- Better sleep
- More energy



Here's a simple way to start tapping: **Pick a problem.** Maybe you're feeling nervous or your back hurts.

**Rate how strong it feels.** On a scale from 1 to 10, how bad is it?

**Start tapping.** Use two fingers to tap gently on points like your eyebrow, side of the eye, under your eye, under your nose, your chin, and even your collarbone.

**Say a calming phrase.** Like: "Even though I feel nervous, I'm okay," or "Even though my back hurts, I'm safe."

**Check in again.** After a round of tapping, see if the feeling is better.

### Give It a Try!

EFT Tapping is easy and safe. Many people in recovery use it to help their minds and bodies feel strong again.

It doesn't replace medicine or seeing a doctor, but it can be a great tool to add to your self-care toolbox.

So next time you feel your body holding onto stress, take a few minutes to tap. You might be surprised at how much better you feel—inside and out!



Contact Karen St. Clair to learn EFT Tapping through private sessions, workshops, or at your next event. Karen St. Clair is an Accredited Certified EFT Practitioner, Reiki Master, Biofield Tuning Practitioner, Speaker, and Author. Visit [karenstclairEFT.com](http://karenstclairEFT.com) to start your journey today!

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### MUTUAL AID PROGRAMS

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**Adult Children of Alcoholics (ACA)** is a 12-step program of men and women who grew up in alcoholic or otherwise dysfunctional homes. The ACA program was founded on the belief that family dysfunction is a disease that affected us as children and affects us as adults. [adultchildren.org](http://adultchildren.org)

**Al-Anon** is a 12-step program for people whose lives have been affected by someone else's drinking. By sharing common experiences and applying the Al-Anon principles, families and friends of alcoholics can bring positive changes to their individual situations, whether or not the alcoholic admits the existence of a drinking problem or seeks help. [al-anon.org](http://al-anon.org)

**Alcoholics Anonymous** is a 12-step program and fellowship of people who come together to solve their drinking problem. It doesn't cost anything to attend A.A. meetings. There are no age or education requirements to participate. Membership is open to anyone who wants to do something about their drinking problem. [aa.org](http://aa.org)

**Cocaine Anonymous** is a 12-step program of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others recover from their addiction. [ca.org](http://ca.org)

**Codependents Anonymous (CoDA)** is a 12-step program of people whose common purpose is to develop healthy and loving relationships. [CoDA.org](http://CoDA.org)

**Drug Addicts Anonymous** is a 12-step program of men and women who have recovered from addiction and are committed to helping those who still suffer. We have recovered by using the twelve steps as outlined in the book of Alcoholics Anonymous. [daausa.org](http://daausa.org)

**Food Addicts in Recovery Anonymous (FA)** is a program based on the twelve steps of Alcoholics Anonymous (AA). It is designed for individuals who have problems with food such as overeating, undereating, food addiction, purging, restricting, or anyone who is obsessed with food, weight, or dieting. [foodaddicts.org](http://foodaddicts.org)

**Gam-Anon** is a 12-step program of men and women who have been affected by the gambling problem of another. [gam-anon.org](http://gam-anon.org)

**Gamblers Anonymous** is a 12-step program of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from a gambling problem. [gamblersanonymous.org](http://gamblersanonymous.org)

**LifeRing Secular Recovery** is a secular, non-profit organization providing peer-run addiction recovery groups. The organization provides support and assistance to people seeking to recover from alcohol and drug addiction, and also assists partners, family members and friends of addicts or alcoholics.  
[lifering.org](http://lifering.org)

**Millati Islami** is a fellowship of men and women, joined together on the Path of Peace. Following Millati Islami's 12 Steps to Recovery, members look to Allah (G-D) to guide us on Millati Islami (the Path of Peace). While recovering, we strive to become rightly guided Muslims, submitting our will and services to Allah.  
[millatiislami.org](http://millatiislami.org)

**Nar-Anon Family Groups** is primarily for those who know or have known a feeling of desperation concerning someone's addiction problem.  
[nar-anon.org](http://nar-anon.org)

**Narcotics Anonymous (NA)** is a 12-step program of people for whom drugs had become a major problem. We are recovering addicts who meet regularly to help each other stay clean. This is a program of complete abstinence from all drugs. We suggest that you keep an open mind and give yourself a break. [na.org](http://na.org)

**Nicotine Anonymous® ("NicA")** is a 12-step program of people helping each other to live lives free of nicotine.  
[nicotine-anonymous.uk](http://nicotine-anonymous.uk)

**Overeaters Anonymous** is a community of people who through shared experience, strength and hope are recovering from unhealthy relationships with food and body image. [oa.org](http://oa.org)

**Recovery Dharma** uses Buddhist principles and practices to recover from addiction.  
[RecoveryDharma.org](http://RecoveryDharma.org)

**SMART Recovery** is an abstinence-oriented program for individuals with addictive problems. Our self-empowering, free mutual support meetings focus on ideas and techniques to help you change your life from one that is self-destructive and unhappy to one that is constructive and satisfying. [smartrecovery.org](http://smartrecovery.org)

**Wellbriety** — White Bison offers sobriety, recovery, addictions prevention, and wellness/Wellbriety learning resources to the Native American/Alaska Native community nationwide. [wellbriety.com](http://wellbriety.com)

**Women for Sobriety** is based on a new life program of positivity that encourages emotional and spiritual growth. It is run by women in small mutual aid groups held in hospitals, clinics, treatment facilities, women centers, and wherever women with alcoholism are being treated. [womenforsobriety.org](http://womenforsobriety.org)

**Workaholics Anonymous** is a 12-step program for individuals to share their experience, strength, and hope with each other that they may solve their common problems and help others to recover from workaholism. [workaholics-anonymous.org](http://workaholics-anonymous.org)

## FIND RECOVERY ONLINE

**319 AA Group** — We are a group of alcoholics working together to get and stay sober. We are doctors, custodians, mothers, fathers, children, and everyone in between living our lives one day at a time. Everyone who has a desire to stop drinking is welcome to become a member of our family as we trudge the road of happy destiny. [319aagroup.org](http://319aagroup.org)

**IN THE ROOMS** — Through live meetings, discussion groups, and all the other tools In the Rooms has to offer, people from around the world connect with one another and help each other along their recovery journeys.  
[intherooms.com/home](http://intherooms.com/home)

**Reddit Recovery** — A place for Redditors in recovery to hang out, share experiences, and support each other. They discuss the various ways to achieve and maintain a life free from active addiction. Everyone is welcome. [reddit.com/r/REDDITORSINRECOVERY](http://reddit.com/r/REDDITORSINRECOVERY)

**SHE RECOVERS Foundation** is a global grassroots movement currently consisting of more than 325,000 women in or seeking recovery from substance use disorders, other behavioral health issues and/or life challenges. All efforts are designed to end the stigma and shame of "being in recovery" so that more women can heal and grow. [sherecovers.org](http://sherecovers.org)

# STATEWIDE FREE RESOURCES

## CRISIS HOTLINES

### Maine Coalition for Domestic Violence Support

866-834-4357

Statewide information, crisis counseling, emotional support and advocacy.

### Maine Crisis Hotline

Maine Behavioral Health  
Dial 988 (or 888-568-1112)

24 hour hotline, mobile assessment & crisis intervention.

### National Human Trafficking Resource Center/Polaris Project

888-373-7888

National, toll-free hotline, available to answer calls and texts from anywhere in the country, 24 hours a day, 7 days a week, every day of the year.

### Safe Voices

800-559-2927

Provides individualized advocacy for all survivors of domestic abuse, violence, sex trafficking, and sexual exploitation in Androscoggin, Franklin, and Oxford Counties.

### Maine Coalition Against Sexual Assault

800-871-7741

Confidential services, free of charge. Provides information, crisis counseling, and emotional support and advocacy.

## POISON CENTER

### Maine Medical Center

800-222-1222

The NNEPC poison help line is available 24/7 by phone, chat and text to provide treatment advice for poisonings or to answer poison-related questions.

## HOTLINES

### Maine Tobacco Helpline

800-207-1230

M-Th 10a-8p, F 10a-5p, S 10a-2p

If you call after hours, please leave a message. Staff will call you back.

### Peer Support Line

50 Moody St Saco

866-771-9276

Confidential telephone support services for non-crisis situations.

## MISCELLANEOUS

### 211-Maine

Dial 211

With hundreds of hotlines and helplines and thousands of programs offering all types of services in Maine, you may need help figuring out where to go. 211 offers confidential information and referral services connecting people to various services in Maine. Available 24 hours a day, seven days a week.



### Maine Access Points

207-319-8823 (call or text)

info@maineaccesspoints.org

We provide state-wide naloxone distribution, overdose prevention education, support and aftercare. [www.maineaccesspoints.org](http://www.maineaccesspoints.org)

### Medical Professional's Health Program

20 Pelton Hill Rd Manchester 8a-4p

207-623-9266 x5

Assessment/screenings for medical professionals who might have substance use disorders/mental health disorders. Referrals. Monitoring.

### Spiritual Care Services of Maine

207-261-5200

Stress, anxiety, and crisis management support for all people of any faith or tradition, or no faith or tradition. [www.scsmaine.org](http://www.scsmaine.org)

# RECOVERY CENTERS

*Recovery centers are located in the communities they serve. All of the services are FREE and everyone is welcome. They provide non-clinical support, and services vary by center. Examples of services include peer recovery coaching, telephone recovery support, skill-building workshops, and wellness and other social activities. Stop in and visit your local center.*

### Aroostook Recovery Center of Hope

106 Main Street, Houlton

207-254-2213

### Bangor Area Recovery Network

142 Center Street, Brewer

207-561-9444

### Bath Recovery Community Center

15 Vine Street, Bath

207-389-4937 and 207-389-4936

### Beacon House Peer and Recovery Center

3 Canal Street, Rumford

207-418-0079 / 207-369-0868

### Coastal Recovery Community Center

11 White Street, Rockland

207-691-3697

### commonsplace

103 India Street, Portland

### DownEast Recovery Support Center

311 Main Street, Calais

207-259-6238

### Down East Recovery Support Center

11 Free Street, Machias

207-259-6238

### Harvest Inn Peer Center

43 Hatch Drive, Caribou

207-492-1386

### The Hills Recovery Center

15 Tannery Street, Norway

207-744-2424

### INSPIRE Recovery Center

24 Church Street, Ellsworth

207-412-2288

### Lakes Region Recovery Center

2 Elm St, Bridgton, ME 04009

207-803-8707

### Larry Labonte Recovery Center

412 Waldo Street, Rumford

207-418-4983

### LINC Center

38 Memorial Drive, Augusta

207-530-0391 / 207-430-4001

### Lincoln County Recovery Community Center

3 Hall Street, Newcastle

207-565-6374

[commonsplacemaine.org](http://commonsplacemaine.org)

### Pir2Peer Recovery Center

2323 Medway Road, Millinocket

207-447-9500

### Portland Community Center

103 India Street, Portland

207-773-1956, [keith@amistadmaine.org](mailto:keith@amistadmaine.org)

### Portland Recovery Community Center

102 Bishop Street, Portland

207-553-2575

### Roads to Recovery Community Center 1

Water Street, Caribou

207-493-1278

### Rockland Peer Support Center

12 Union Street, Rockland

207-274-3671 or 207-701-4417

### Save a Life Recovery Resource Center

19 VFW Street, Lincoln

207-403-9100

### Together Place Peer Run Recovery Center

2 Second Street, Bangor

207-355-1894 or 207-941-2935

### Valley Peer Run Recovery Center

272 Main Street, Suite 101, Madawaska

207-728-4806 / 207-316-7375

### Wabanaki Health & Wellness Center

157 Park Street, Suite 5, Bangor

207-951-7526

Peer / Case Management:

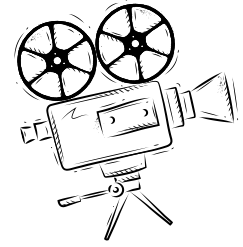
207-951-7536

Recovery Center:

207-631-1536

# June 6th & 7th 2025

Hannaford Hall  
University of Southern Maine



## REEL RECOVERY FILM FESTIVAL®



# MAORR

**Maine Association  
of Recovery Residences**

We are thrilled to announce the second  
**New England REEL Recovery Film Festival**  
taking place June 6th and 7th, 2025 in Hannaford Hall  
at the University of Southern Maine.

This inspiring event will include short films based on addiction and recovery, a silent auction and a very special keynote speaker!! The REEL Recovery Film Festival will bring together individuals and organizations dedicated to supporting recovery, while also helping us achieve our goal of raising \$50,000 for the Bed Sponsorship Fund. This program provides a low barrier pathway to certified recovery residences state-wide!!

***Please contact [jessica@mainerecoveryresidences.com](mailto:jessica@mainerecoveryresidences.com)  
or [kate@mainerecoveryresidences.com](mailto:kate@mainerecoveryresidences.com) for general inquiries!***



[www.mainerecoveryresidences.com](http://www.mainerecoveryresidences.com)

# Recovery that works for you

You're more than your addiction — you're a parent, an employee, a caretaker. We understand that recovery should fit around your life and schedule. Our flexible program helps you get the support you need while staying present for the people who matter most.



Virtual Care



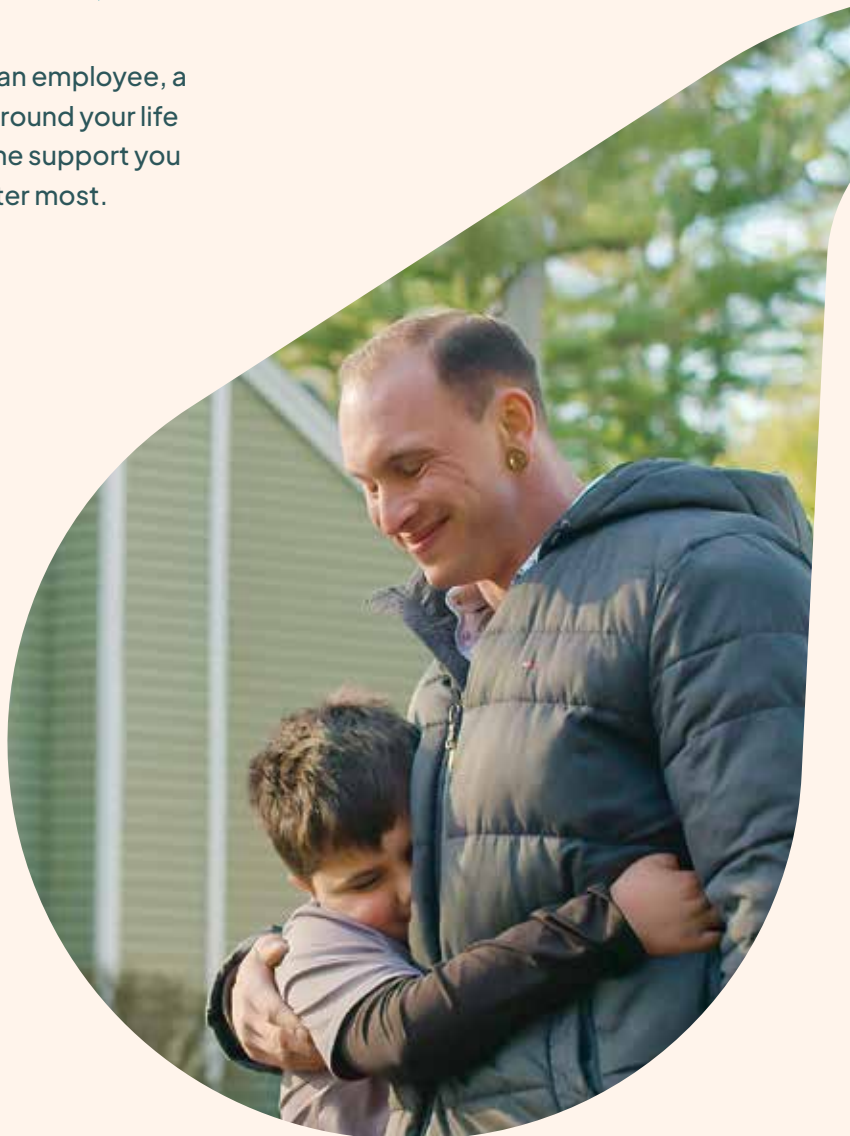
Medication-Assisted Treatment



Group Therapy



Personalized Support



Anthem

Medicare

+ more accepted



Take the first step today

• 888-858-1723