

Journey

Celebrations!



MaineWorks p.24

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On the cover: From left, Margo Walsh, Cecil Solaguren and Autumn Johnson of MaineWorks | Photo by Brian Delaney



From left, Barry Wolach, Nancy Wolach, Deborah Train, Carolyn Delaney, Niki Curtis, Mary Atwood, Sarah Lunt, Alison Jones Webb (sitting) Carole Fontaine, Aidan Madigan | Photo by Brian Delaney

CLARIFICATION: A story in our November issue should have made clear that 43 new recovery coaches in York County each had 30 hours of training and that 35 first responders each spent eight hours learning the basics of recovery coaching.

A letter from the publisher



Finding gratitude is reason enough to celebrate

I often wait until after all the **Journey** stories are written and the magazine is laid out and almost ready for the printer before writing this letter. I like seeing everything as a whole before deciding what to say, so it's usually the last thing that gets done for each issue.

That's OK when life is relatively calm and I can soak in the goodness from our writers and the intentions of what we've created for you as a basis for my letter.

But this time, as we get ready to go to print with our Celebrations issue, I wasn't feeling celebratory in any way, so it felt daunting. But then as I sat here pondering, it struck me as somehow fitting – I mean, isn't that the way life can be? Especially during the holiday season?

My last few days have been a combination of stress, anxiety, sadness, confusion, acceptance – and gratitude. I've had a real "in your face" reminder of just how incredibly powerful addiction can be and the utterly devastating effect it can have on the human body.

Even in these darker days, though, I've recognized moments – even a

couple moments stacked together – when I've been able to feel grateful. Grateful that I can show up today for a friend, grateful that I have a loving, supportive circle of people in my life – my husband, mother, sister, adult children, friends and the Journey team.

Being able to pause and recognize such moments of gratitude is a big damn deal! Today, what I can celebrate is knowing that finding gratitude in moments of chaos is only by the grace of something outside of myself. And that makes me feel loved.

So, dear reader, if you find yourself feeling some holiday stress or are in the midst of chaos, I wish for you to find moments (and stacked moments) of gratitude so that you, too, will be able to celebrate the recognition that we are not alone – and we are loved.

Sober sister hugs,

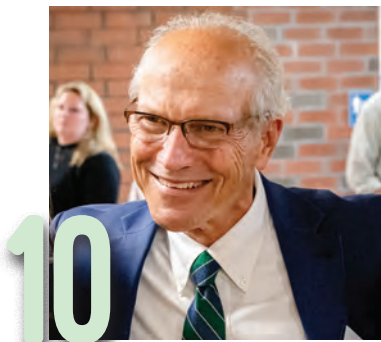
Carolyn Delaney, Publisher



From all of us at **Journey Magazine**, we wish you warm, safe, fun holidays through this season of light and a very happy New Year!



inside



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Journey
MAGAZINE



Navigating the holidays

Consider them a time for growth: Reassess traditions, and be true to yourself and of service to others

Are your usual traditions no longer fulfilling? The Rev. Jacob Watson says it's wise to create new ones.

By Sarah Siegel

Shannon Fisher has built her life on a strong foundation of recovery and is committed to continued healing. But she's quick to acknowledge that recovery can be challenging during the holidays, especially when strong emotions, unrealistic expectations, painful family dynamics and overwhelming memories crop up amid festivities.

That doesn't mean people in recovery can't find ways to thoroughly enjoy celebratory times. By having a plan in place and plugging into a support network, the holidays can become a time of personal growth, filled with meaningful connections and plenty of opportunities to discover more about who we really are and what matters most to us.

"For years, I was disconnected from everyone and everything," says Shannon, reflecting on what life was like in active addiction.

"And for so long, my only memories were of being alone in unsafe situations and missing out on life."

Today, Shannon is anything but alone, spending much of her time working at the Portland Recovery Community Center to help nurture others as they forge their own paths in recovery. She knows how important that is, saying she wouldn't be alive if it weren't for all the people in recovery who have shown her unending "compassion and acceptance."

And, she says, it's especially important to surround yourself with community like that at more stressful times, including the holidays. Like many people, Shannon leaves her familiar comforts behind when she travels home to Pennsylvania for Thanksgiving or Christmas each year and has made it a point to have safe people she can rely on and a plan for self care in place to support herself when away from her usual community.

"In recovery, we have the opportunity to form safe connections, whether that's with supportive people who are available by phone, coping tools like taking a walk, praying or meditating, or recovery meetings that are planned in advance," she says, radiating a gentle, welcoming warmth.

Taking care of oneself, honoring one's own truth, finding connection and being of service are very important for many people in recovery, and frequently even more so around the holidays. It's one thing to know that, though, and another to put into practice, especially in early recovery.

"It's different for everybody because the holidays can be triggering for many different reasons," says Erik Olander, a Falmouth-based trauma therapist who specializes in addiction and helps people through the challenges of recovery. He notes that many people in recovery from addictions have experienced

trauma at some point in their lives, and as a result, are prone to isolating and experiencing shame.

“Some people feel ashamed of themselves because they have a good family,” he says. “But for others, being around their family is a nightmare and very triggering.”

“Being alone on the holidays frequently piles on more shame because of societal norms, which make us believe we are supposed to be with our family, and everything is supposed to be hunky-dory,” he says. “The reality is that’s an unrealistic expectation to begin with and just plain untrue for most people.”

Like Shannon, Erik emphasizes the importance of connection during stressful times, when healing from addiction – both with our inner selves and with our communities. For people in recovery to safely navigate the challenges of the holiday season, he highlights the value of leaning into whatever support we may already have in place and, much like Shannon,

points out the benefit of having at least a few, compassionate people in our lives who understand the recovery process and believe in our capacity to heal.



The holidays can become a time of personal growth, filled with meaningful connections.

“We are pack animals with an inherent need for a tribe – no one is a lone wolf,” Erik says. “We are stronger with people than alone. Period.”

Erik also notes that being of service to others can be a wonderful way to find meaningful connections, and the holidays offer many opportunities to do so.

“Giving is another way to move out of isolation by focusing on others and their needs. While being out somewhere in the community and being of service may be the last thing that most people want to do, especially traumatized people, it can actually be something that’s super healing,” he says.

It’s often a balancing act during the holidays, though, when people want to be both thinking of others and staying on an authentic path of recovery and true to their own self-care needs.

For Shannon, it’s important to make time for both. She says giving back is a very important way to both celebrate the holidays and heal from addiction.

“The holidays are a blessing because I get to show up and make memories with the people I love. It’s not what I can get out of a situation, but what I can bring,” she says. “I can help prep, clean up, bring a

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grateful heart and attitude. We are all worthy of everything life has to offer us. The holidays are a great reminder that we are deserving of moving forward in our lives and in our recovery. The best part is we are never alone. We are all taking a step at a time together in this life.”

Much like Shannon, many recovering people have found service work to be a cornerstone of their healing journey not only during the holiday season, but year round. By supporting others within a specific recovery program, showing up for family and friends in a new way or offering services to a larger community, healing from addiction

becomes something much more than solely finding relief from a chronic health condition, although that is certainly part of the package. Beyond this, recovery

becomes a positive process of growth and transformation, both on the individual and collective level. It profoundly benefits everyone.



Falmouth therapist Erik Olander helps people through the challenges of recovery.

The Rev. Jacob Watson, founding abbot of the Chaplaincy Institute of Maine, is deeply committed to service work and helping

others navigate all of the ups and downs that life brings. He offers a suggestion on how to combat the unrealistic and damaging

expectations so many people have internalized about the holidays, especially when it comes to ones society imposes on us.

He says it can be valuable to use discernment around holiday events – to evaluate if the traditions you’re in the habit of using – getting a Christmas tree, going to large family gatherings or spending a lot of money on gifts – “resonate with who you are as an authentic person, the real you inside.”

If not, he says it’s OK to create new traditions and to let go of ones that no longer serve us or speak to us. He also suggests taking a step back during the holiday season to consider the universal experience of sunlight changing during the solstice – to help us feel connected to something greater. Jacob notes that since time immemorial, humans have honored and celebrated the shift in the light through a myriad of different ways.

Today, as we build a life of recovery, we get to discover if we also find meaning in experiencing the solstice, participating in family traditions, being of service to others and honoring our own truth.

“There is something going on here in the bigger picture, in the cosmos, as the light shifts,” Jacob says. “And when I am in touch with that, it pulls me out of my own little selfish needs. I am part of a larger picture here, and I notice when the light is changing. We are all part of that larger cosmos and creation. When we are anxious and depressed, we forget that we are part of something so much larger than our suffering. It’s very soothing and helpful for me to remind myself that we are never truly alone.”



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Sarah Siegel of Brunswick is an ordained interfaith minister, mindfulness meditation coach and writer.

Readers Share

I Don't Want to Weave Depression Into Words

by Emma Chapin

I don't want to weave depression into words
I don't need every line dripping with tears shed in
private
Speaking out an ache I don't want to describe.
I don't want you to read my words and think
That depression is all I am,
When I offer more to the world than manipulation
and negativity.

People mistakenly believe that good art
Can only be made through suffering
Because "we wouldn't have the sunflowers if Van
Gogh had been neurotypical."

Bullshit.

We have the sunflowers because God invented the
color yellow

And Van Gogh was a man who made a beautiful
painting

And would have made more if only

If only

He wasn't minimized into the husk of depression
And he wouldn't be remembered for being crazy and
swallowing paint.

I don't want my poetry to turn dark and cold
Because my inspiration can only come from sadness
My inspiration comes from clouds and sky
And from stretch marks on beautiful women
I am inspired by every color in its own bright way
And the gentle sharpness of kitten claws
Trying to knead milk from mama's belly
I am inspired by every magical speck of dust and
cosmic body in our brilliant universe
And I am inspired by the sunflowers

Emma Chapin is a peer at the University of Southern
Maine's Recovery Oriented Campus Center (ROCC).

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Pir2Peer Recovery Community Center founders, from left, Vel Rudge, Michelle Anderson and Ginger Collins | Photo by Ken Anderson

Having had enough, women go straight to the top for help

Maine's Director of Opioid Response steps in to help get a recovery community center for Millinocket

By *Lara Santoro*

Gordon Smith was breezing past his desk one day this past spring when the phone rang. "It was unusual," says Maine's Director of Opioid Response, for two reasons: Nobody ever rang the landline and Smith was almost never in his Augusta office, preferring to be out in communities around Maine.

"I picked it up and it was a woman from Millinocket," recalls Smith. "She said, 'we have a terrible problem up here and my two friends and I want to do something about it.'"

Barely four months into the job, Smith got in his car and drove three hours to Millinocket, a northern Maine town stretched in the shadow of a paper mill that filed for bankruptcy in 2003.

Michelle Anderson, Vel Rudge and Ginger Collins were waiting for

him. Pulling up a chair at Collins' kitchen table, Smith readied himself for another all-too-familiar tale of woe. The mill had quit production just as the painkiller Oxycontin washed over the United States along with others like it. In the decade that followed, the town's population had dropped from 5,000 to a few hundred – many of them survivors of an epidemic that killed more Americans in 2018 alone than the Vietnam and the Korean wars combined.

But the tale diverged, says Smith, in one significant respect. The

women had had enough. The police, the hospitals, the jails, the courthouses, officials at all levels of government – no one had been able to offer anything resembling a solution.

"No one was doing anything so we said, 'I think we're someone,'" says Anderson, who paid a high price for her own addiction to heroin, spending over a decade in jail in San Francisco before

getting clean and sober, meeting a man, marrying him and moving to Maine.

What the women wanted was a community center modeled after



Gordon Smith says there's a trend toward localized, community-based solutions to the state's addiction crisis. | Photo by Brian Delaney

the Bangor Area Recovery Network, affectionately known as the BARN, and the Portland Recovery Community Center. And they wanted it smack in the middle of Millinocket. They asked Smith to help pay for it and for guidance on how to set up services ranging from recovery coaching to GED testing and tutoring. The women, who have all been trained as recovery coaches at the BARN, wondered if Smith would help them turn this dream into reality.

Smith, 67, reports only to Gov. Janet Mills and likes to say his job description “is non-existent,” giving him ample ability to direct initiatives and disburse funds. He penned a government contract covering the rent of a 3,000-square-foot building – a former car dealership able to concurrently accommodate four 12-steps meetings. The building owner contributed in her own way by both lowering the rent to \$1,200 a month and offering to take care of both heat and hot water herself. The result is the Pir2Peer Recovery Community Center, which is expected to open soon.

“We believed in God,” says Anderson says. “We didn’t have to open any doors. They just opened.”

They envision a super busy space with parole officers meeting with their charges in one room as sponsors take sponsees through steps in the next one. As one 12-step meeting ends, others will begin. Anderson wants it to be a place where people just mingle and feel welcome.

And the center’s founders want it to be a place that emphasizes the acquisition of skills.

“I was in prison for most of my adult life – I couldn’t find a job,” recalls Anderson. Because of her own experiences, she’s determined to offer hands-on assistance with creating résumés, catching people up on their computer skills, and even taking job applicants through rounds of mock interviews.

Millinocket, says Smith, is just one example of a statewide trend toward localized, community-based solutions. “People have acted out of anger because they saw people suffering, because they saw people dying. They saw families being destroyed.”

Anderson agrees, and notes that the whole town has come together in support of the center and its efforts. “I can’t get out of the grocery store in under half an hour because everyone is affected,” she says, referring to the number of people that stop her with questions and comments. “Substance abuse disorder affects everybody, absolutely everybody.”

Lara Santoro is a freelance writer in Portland.

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Celebrate the little achievements that drive your big ones

By Robyn Wiley

Why is it so easy for many of us to celebrate holidays and our “big” successes but we have trouble acknowledging our smaller everyday successes?

Celebrating holidays has always been a favorite pastime of mine, partly due to presents (Christmas/Valentine’s Day/Easter), partly due to candy (Halloween/Easter) and partly because celebrating is simply fun! We get to take off our work hats for a bit and just enjoy ourselves. And it’s always come naturally to celebrate my “big” successes, like having a child or publishing my first book.

But what about the more prevalent, everyday actions that keep me on track and lead to bigger successes? I know I’m not the only one who has difficulty acknowledging, let alone celebrating, these smaller steps.

I’ve noticed a small voice inside that pushes me to keep plugging away at my goals but never wants to pause and acknowledge the awesome things I’m doing to get closer to my big visions. It’s as if this part doesn’t want me to feel too good about myself, or my everyday accomplishments, for

fear I might become lazy and give up my ambitions.

While I certainly don’t think it’d be helpful to stop and celebrate every day after every action, I’ve noticed that on days I do acknowledge my hard work, I feel different – more energized, accomplished and fulfilled.

It is, like the cliché goes, about the journey, not the destination. When we fail to pause and acknowledge our little successes, we’re much more likely to experience fatigue and burnout. But when we make it a point to stop to celebrate small things (whether that means treating ourselves to a special meal, having a mini dance party with ourselves or lighting a candle and breathing), we fuel our inner fire,

giving us far greater energy as we continue forward on our path.

I’ve recently made it a goal to appreciate myself every day and to celebrate my success every week. This has made me happier and more confident and allows me to work with greater focus, energy and productivity.

I invite you to consider growing an attitude of appreciation and celebration toward your everyday successes. You may find that this simple shift of perception amplifies all the amazing work you’re doing in the world – personally, professionally and spiritually!



Robyn Wiley is an author, strategic intervention life coach and reiki master teacher.

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Is it selfish to love yourself? No way – it's healthy!

By **Kimble Greene**

When was the last time you celebrated yourself? Have you ever celebrated yourself? Wouldn't that be egotistical? Isn't that self-centered? In a word ... No!

In fact, the opposite is true. Celebration is about honor and appreciation, and self-honor and self-appreciation are among the most healthy and loving things you can give yourself.

Years ago, during a monthly women's group I led, the topic of "self-love" and the difficulty so many people have practicing it came up. When asked how I celebrate myself, I, unconsciously, began talking in a general sense about how anyone can achieve self-love. My response was a perfect example of the automatic depersonalizing we do when it comes to celebrating and loving ourselves.

The woman who asked me, persisted, asking me again, "How do you, Kimble, practice self-love?"

I was surprised to realize I was embarrassed to admit I had come to love who I am. My ability to feel and express appreciation for myself did not begin until my mid-30s. Before that, I harbored a great deal of self-judgment and doubt, even to the point of hating who I was. As you can imagine, the way I treated myself as

a result and the choices I made back then were less than healthy.

One of the things that marked my journey from self-shame to self-value was beginning to value who I was, regardless of my accomplishments, appearance and choices. Loving and accepting who you are at your core is essential, even while recognizing that some of your choices were less than ideal.

'To err is human, to forgive is divine'

It's time for giving yourself the freedom to walk forward from your missteps and celebrate who you really are – a divine being of love and light!

Let's change the sad fact that we, as loving souls, have been taught that self-love is something to be embarrassed by or ashamed of, that it is selfish to love oneself. That's simply not true. Loving who you are at your core is essential to creating health and wellbeing – in mind, body, emotions and spirit.

At the end of our group that evening, all the women agreed to practice self-love, saying out loud, "I love you, (your name)." They decided they did not want to perpetuate the cycle of self-neglect, with themselves or their loved ones.

Begin celebrating yourself today by treating yourself with respect and practicing self-appreciation in numerous ways. Start by saying aloud on a daily basis, "I love you, (your name)." For the truth is you are lovable, you are loving – and you are love. CELEBRATE YOU!

Daily affirmations

- ♥ I am worthy of loving kindness and respect – from myself and from others.
- ♥ I celebrate and appreciate ME.
- ♥ I value my Self.
- ♥ I choose to surround myself with loving, supportive people.
- ♥ My capacity to live well through the lens of acceptance is more powerful than the lens of fear.
- ♥ I create grace in all aspects of my life.



Kimble Greene, Ph.D. is an author, power coach, inspirational speaker and developer of The Monarch Method™ for personal transformation.
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Give the gift of truly seeing others

By David Lee

A friend recently mentioned how she'd done a project with our mutual friend Amy Wood, an executive coach and author of *Life Your Way*. This woman said how much she enjoyed working with Amy and then paused, reflecting on their interaction.

She noted how thoughtful it was for Amy to email later to say how much she had enjoyed the experience, too – and why.

“I really appreciated the fact that Amy let me know she enjoyed working together and ... that she didn't just say ‘Hey, you were great.’ She took the time to say exactly what she noticed and why she appreciated it, or thought it was great,” noted my friend.

“Yep...that's Amy!” I responded, having received similarly thoughtful emails from Amy.

Not only does she take the time to let you know she notices your positive qualities, Amy makes it explicitly clear.

She might write something like, “I really appreciate how closely you listen – that's so rare in today's world. Thanks also for being willing to share your experiences with similar situations, without saying ‘Here's what you should do.’ That's super helpful. So thanks!”

Amy does what I try to practice: truly seeing others, letting them know she sees them and “celebrating their awesome.”

In our ultra-busy world, where people are usually so self-absorbed in all they have to do and the challenges they face, I believe most people don't take the time to really see others and let them know that they're seen.

That's sad because there's a fundamental human need to be seen – to feel like we matter enough to others.

Being seen and understood is such an important part of being human, yet many people are starving for this, at work and in their personal lives. I believe that's one of the reasons so many people “live their

lives out loud” on social media – they want to be seen and understood.

Thus, I believe seeing, appreciating – and then celebrating others – is one of the greatest gifts we can give.

In her essay, *A Partnership Larger Than Marriage: The Stunning Love Letters of Kahlil Gibran and Mary Haskell*, the inimitable Maria Popova addresses this:

“In one of his first letters to Haskell from Paris, Gibran captures what is perhaps the greatest gift of love, whatever its nature – the gift of being seen by the other for who one really is.”

And in *The Soul's Code*, Jungian psychologist Dr. James Hillman writes about the gift of being seen:

“Perception bestows blessing ... Perception brings into being and maintains the being of whatever is perceived ... To ‘be’ is first of all to be visible. Passively allowing yourself to be seen opens the possibility of blessing. So we seek lovers and

mentors that we may be seen, and blessed.”

Think about your own experience with a close friend, partner or family member who really “gets you,” in all your uniqueness – your charming qualities, imperfections, quirks, likes and dislikes – what makes you ... you! Doesn't it feel wonderful?

Putting seeing into action

- Practice paying closer attention to others. Notice what makes them special, what they care about, how they see the world.
- Look for opportunities to let people know you see their gifts.
- Refer back to things people share with you that were especially meaningful, interesting or funny. Let them know that what they say matters and has an impact.
- If someone is wearing a particularly stylish piece of clothing or jewelry, tell them – they clearly put thought into it!
- If a server or clerk is especially warm and friendly, let them know that you noticed and appreciated it.
- Be generous with your appreciation for the people in your life. Let them know what they mean to you and why.



David Lee is a career coach with Heart at Work Associates and a workplace relationship consultant. He is the author of the “Dealing with a Difficult Co-Worker: The Courageous Conversations at Work Series.”



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Recovery's elder stateswoman celebrates four sober decades

Joan Giles, 90, says getting into a 12-step program on Aug. 28, 1978, saved and enriched her life.

Ninety-year-old Joan Giles has much to celebrate, having been part of Maine's recovery community for 41 years. **Journey's Amy Paradysz** talked with Joan at the Sarah Frye Home, an assisted living center in Auburn, about changing perceptions and how Joan, as a single mother in Scarborough in the 1970s and 1980s, broke free of alcohol. In recovery, she went on to help prison inmates and run Bright New Day, a 12-step bookstore in Portland, among many other achievements.

This interview was edited for length.

Amy: It sounds like you're one of the elders in Maine's recovery community.

Joan: I would say so. I've been sober since Aug. 28, 1978. And I never walked away.

Amy: Did you have a family history of drinking?

Joan: Drinking was in my family. My father was in World War I. If you could see the snapshots that he brought home of the skulls in a grave – well, my father drank. He was an editor for The Associated Press, and he went to work every night. My father was a functional drunk.

Amy: When did you first start drinking?

Joan: I lived in Jackson Heights, a suburb of New York, and you could drink beer when you were 18. We thought we were hot stuff, so we all drank beer. I did everything to keep up, to be part of the group.

Amy: When did your drinking become a problem?

Joan: Not for a long time. I was a

social drinker for many, many years. When it became a problem for me was after my husband left. I'd been married two times before, and I had lived a lot of life. But I'd never really addressed the fact that I had a problem with drinking. But after he left, I used to come home and start drinking wine. That's when I started to realize I had a problem. I asked my mentor, my girlfriend's mother, how she stopped drinking, and she said she just quit. Ten minutes later, she called back to say she went to 12-step meetings. I asked if I could go with her because I wasn't going to go all by myself. I just didn't have that sort of courage. When I went, I knew I was in the right place and, thank the good Lord, that was it.

Amy: And you went to meetings for decades?

Joan: For years and years and years. But, at first, I only went to one meeting a week because babysitters were expensive.

Amy: *You started attending recovery meetings after your ex-husband left?*

Joan: I never call him my ex-husband because I don't feel like he's somebody that I dislike. He's just no longer my husband. He turned out to have bipolar. When he was good, he was fabulous. I started going out with him, and before you know it, it turned out to be something where we were very physically attracted to each other as well as mentally. We just fell in love immediately. When he moved out, I started drinking really, really seriously.


Amy: *When he left, were you ...*

Joan: I was devastated. We had gone to all the trouble to adopt this baby. We knew we couldn't have any children, so we went to St. Andre's Home in Biddeford, and we got my daughter. She was 12 days old when we got her, and he stayed around until she was five. When he left, I had nobody. I can't tell you how bad it was. I loved him so much. I couldn't take it, and I started to drink. I'd come home from work and drink. I used to take a shower before I went to bed, and that was pretty stupid because I was half in the bag. I slipped on the floor, and I came to my senses. I could have hit my head, and my daughter could have woken up and found me either unconscious or dead. My drinking bothered her. I used to lie there on the sofa in the TV room, and I'd be passed out.

So I was a single parent left with a house and a dog and a car and a little girl. I got a babysitter and went to meetings Saturday nights in Portland. I just did the program hodgepodge, the best I could. But it worked. It was a feeling of revelation. Like, thank God, somebody finally has an answer to this problem.

Amy: *You'd been drinking for 20 years. How much of that time do you think you were an alcoholic?*

Joan: A good five years, maybe more. I only drank in the evening.

**There's not the stigma that there used to be. Years ago, people thought that if you were going to meetings you were still drinking.**

Amy: *Is that how you told yourself that it wasn't a problem?*

Joan: Yeah. I just drank at night. It was social drinking. It wasn't alcoholic drinking.

Amy: *How long did it take you to stop wanting to drink?*

Joan: I never started wanting to

drink. One of my favorite expressions is, If I drink, I *drink*. There are situations where formerly I would have gone straight to the bottle, but I don't talk that language anymore.

Amy: *What made the difference?*


Joan: My higher power. I was so fortunate. I could have ruined the rest of my life. I did a lot of stupid things because I used poor judgment. I'm too trusting. I've done a lot of things that didn't show very much good sense – but at least I wasn't drinking.

Amy: *Do you consider yourself religious?*

Joan: Oh, I go to church, but it's kind of above and beyond religion. It's a higher power. It's your God, my God, everybody's God. We all have a higher power.

Amy: *Are people more open about being in recovery than they used to be?*

Joan: There's not the stigma that there used to be. Years ago, people



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thought that if you were going to meetings you were still drinking.

Amy: What is it about meetings that helps you to stay sober?

Joan: You have a very clear picture that you're all in this together. You're not in it alone. We're all holding each other up, and we're holding each other up because a higher power is holding all of us up.

Amy: Was the recovery community your social circle?

Joan: Yes. That was enough. In the summertime, we had a big lobster bake. Socializing together showed us how to enjoy ourselves without drinking and we laughed a lot.

Amy: I heard you were a longtime prison volunteer.

How did that happen?

Joan: I knew they needed volunteers to run meetings at the

Windham Correctional Center. I wanted to tell them: You've got an opportunity. Don't lose it. You're going to have to change the people you hang out with. If you hang out with them and they're drinking, they're going to say to you, you can do it, and you're going to say to yourself that you can do it, and bingo bongo – I made that expression up myself – you're in it again, you're in the soup. Once they get out, they think, *I'm free, I can do as I please, I can drink again.* No, you can't drink again. If you drink again, you put yourself into some sort of stupid situation that got you into this. There are a lot of people in there for doing things that they didn't even know they did. I looked

forward to going up to the jail to give them a ray of hope, that I was able to stay sober and I didn't do anything special.

Amy: But it worked.

Joan: It worked for me. One thing you learn is, don't be critical of other people. There but for the grace of God go I. If you need to go to a meeting in the morning and in the evening, and that's the only way you can keep from drinking, for God's sake, do it.

You're not in it alone.



Amy Paradysz is a freelance writer from Scarborough.



What has surprised you the most about sober living?

Sober life isn't just about staying clear of alcohol and drugs, but learning how to manage who you are with a clear mind and a second chance. I'm most surprised about how easy it has become for me with each new day. Life isn't always easy. It's meant to challenge us. Leading a sober life has given me a fighting chance of making a difference in the lives I've affected and those in need of support.

What is your greatest joy today?

The greatest joy I experience every single day is by far working in the field of mental health for Kennebec Behavioral Health. It's a blessing to help others, if even making small strides – every little bit counts. Joy is a smiling face, a successful day and working through the hard times to see how green the grass can be on the other side.

What new hobbies have you explored in Recovery?

When I started my journey of recovery in 2013, I was sitting at rock bottom with little to my name and unsure of where life would take me. I began focusing on my mind and working on puzzles with my father, who I owe a tremendous amount of gratitude to, as well as my mother. This kept me busy and gave me a second chance to build a bond with the man who'd seen me at my worst and now sees me at my best. I then got back into running for a year. Running helped in more ways than one as the feeling of my feet hitting the pavement or trails was tranquil and peaceful. After running came scrapbooking, which helped keep a smile on my face even during the bad days. Then my favorite – collecting sea glass from

Josh Adams

AGE: 34

RESIDENCE: SIDNEY

OCCUPATION:

WORKS AT KENNEBEC BEHAVIORAL HEALTH

TIME IN RECOVERY:

6+ YEARS



the beautiful beaches and rocky shores of our great state. Hearing the waves crash against the rocks, seeing wildlife in their natural habitat and feeling sun shining down on me is my version of yoga. These hobbies helped me find my inner peace and long-lost self again.

If you could plan a perfect day for yourself, what would it involve?

My perfect day involves my husband John. I don't know where I'd be without him.

The day would start with great conversation over our favorite coffee. Then we'd travel to either Boothbay Harbor or Bar Harbor to take in the ocean air, friendly people and amazing food and enjoy each other's company. I hope others can find what we've found in each other.

What tool(s) do you rely on when you're having a bad day?

I try to do my absolute best to keep a positive state of mind. Always discuss your feelings, as speaking with others is rewarding, comforting and above all provides strength to continue fighting for your life. Keeping steady and focused on my personal goals as well as lending a hand to help others always brightens my worst days.

Name one of your goals for the future.

I want to become a counselor for alcohol and drug addiction. Giving back to a community that gave me so much when I had nothing will be beyond rewarding. Once this goal is achieved, I'd love to open a recovery center for all ages. My goals are attainable, and all I must do is keep my eyes on the prize.

What's one piece of advice you have for someone just starting their Recovery?

Never give up, and enter recovery for yourself. When pushed into recovery, one may not want it as badly as they may if it were their choice. Keep your head held high, and when others pass judgment simply, educate and rise above. Focus on yourself in the first year, and take a timeout whenever needed. Pushing yourself too hard can be damaging, so take your time, enjoy the ride and be true to yourself.



Know that there are so many ways to find your joy again

By Sarah Kelly

Tis the season to be jolly, right? Sometimes it's not that simple!

Toward the end of my drinking days, the joy I had always felt around the holidays was no longer there. I opted not to go home to visit family on my last Christmas of drinking. My excuse was that it was too stressful, but the truth was that I just wanted to party. I told myself I was living a life of glitz and glam, but the reality was different.

That Christmas, my best friend and I went to a multiple-course dinner, and I remember none of it. I was blacked out. For New Year's, I went to a fancy party in a red cocktail dress, intending to have only a couple of glasses of champagne. The last thing I remember is drinking straight from the bottle. That was my last drink. The glitter was there, but the joy was not!

On Jan. 2, 2010, I chose a life of recovery, and have regained the joy.

Over the years, I've learned how to enjoy myself again. I've spent time with family, gone out sober

dancing, rang in the New Year with friends, and spent time alone. I've never opted for a bottle over the ones I love (including myself) again.

Today, the holiday season is joyful again – it's a time of celebration. We do recover! And we do live big, beautiful lives. So this holiday season, find your joy again. I'm rooting for you!

Ways to stay safe and have sober fun

Sober support: Bring a sober friend with you to events. It helps you feel less alone and gives support in anxiety-provoking moments.

Stay accountable: Don't have a plus-one for an event or prefer to go by yourself? You can still have sober support! Use the "bookend" method. Call or text a person in recovery before you go into the event ... and as you leave to keep you in check.

Mocktail it up: Just because you're not drinking alcohol doesn't mean you can't order fun drinks! Mocktails are everywhere these days – almost any alcohol cocktail

can be made without alcohol. So order one, or pop the sparkling juice or peppermint mocha!

Have an exit strategy: It's OK to leave an event early. Make a plan on how you can politely leave and what you need – your car, a ride?

Find joy: What sparks your joy in the holiday season? Is it the twinkle lights, the movies, cooking? Make time to do something that brings your heart a twinkle.

Give back: Volunteer your time, pay it forward, give to a charity. My favorite holiday activity is to randomly give out gift cards to strangers.

Find gratitude: Focus on the good rather than difficulties. List your favorite things about the holidays and share them with a friend.



Sarah Kelly, NBC-HWC, M.A., B.A., owner of Sarah Kelly Coaching, is a writer, speaker, and board certified Health & Wellness Coach and trained Recovery Coach.



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Photography in the service of something larger

By Alison Jones Webb

In the early days and weeks of recovery, when the heart is raw, relationships are shattered, deep fear about what happens next abounds and a future in wellness seems impossible, Joanne Arnold captures moments of connection that tell stories of determination and hope.

She photographs people, mostly men, three days a week at MaineWorks in Portland, early in the morning around a fire circle as they prepare for a day at work. Most are in early recovery from addiction.

“I select images that reflect who the men are, in dignified employment,” she says. To Arnold, these men are on a hero’s journey. They have to go through pain, slay the dragon and bring home the prize, she says. They’re heroes on their way back home.

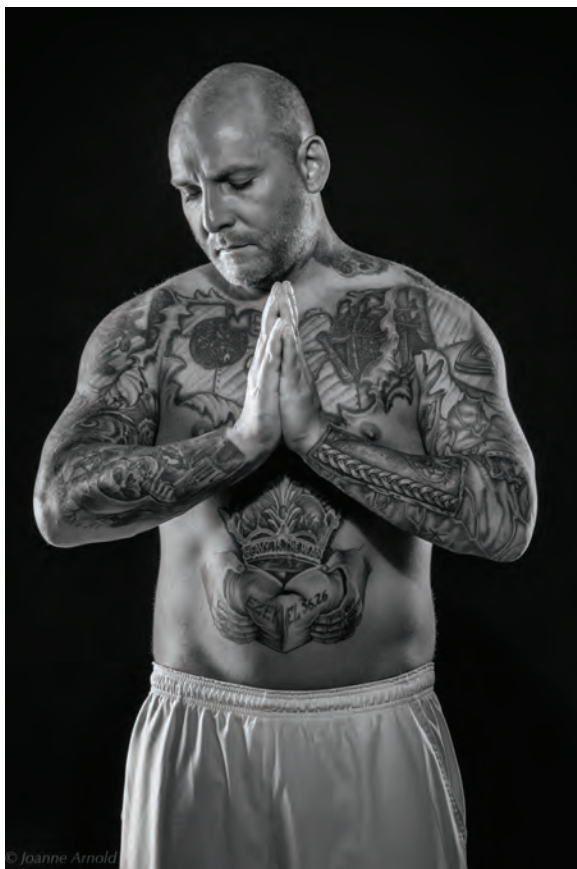
Arnold, 61, lives in Falmouth and has been a photographer for 11 years. She posts her photos from MaineWorks on Facebook and has been amazed at the connections that have happened as a result. Her posts receive scores of

“likes,” “shares” and comments. But there’s more.

“An unexpected consequence of posting them on Facebook,” she says, “is that some of the men get connected to their families again.” One mother saw her son’s photo and commented, “This is the

boy I thought I lost,” and the two reconnected after years of estrangement.

Arnold, an ordained interfaith chaplain, says she firmly believes in the importance of creating a space for people to be seen, not judged – to be safe and



Photographer Joanne Arnold says she’s happy to report that Justin Downey, who got a job through MaineWorks after leaving prison and is in recovery, “slayed outmoded notions of who he was and what has happened to him and pioneered a life big enough to accommodate his gigantic heart.”



Joanne Arnold, at work | Photo by Brian Delaney

to just be who they are on their journey in life.

She feels it’s important for people in the community to see her photos because they show us people we otherwise would not know, in that safe space. Arnold’s photos are a way to share stories of lived experience that moves us toward connection. She believes her photos can shift the paradigm of addiction and recovery in the community.

David Griffin, National Geographic’s photo director, aptly sums up what Arnold aims to do by saying that photographers are in search of

that moment of connection, that split second of intimacy, when visual elements come together to define not just what was happening at the moment but also the photographer's emotional connection to their subject. And later, that connection is conveyed to the viewer.

When this happens, when photography is the currency of connection, as Arnold puts it, art is in service of something larger.

Jen Dean also is in search of that moment of connection, when subject and photographer are in intimate relationship. In her Westbrook studio, Dean photographs survivors – mostly women who are survivors of domestic violence, rape, suicide attempts and mental illness – and women in recovery from addiction. As a visual storyteller, Dean is interested in looking at “the other side of trauma” and truly seeing the person in front of the lens.

Dean, who is 46, has been a professional photographer for 20 years. She shoots weddings and offers other services like headshots for people in business. Her mission with her photography is to help people to be visible, in their professional and personal lives. She also has created the Gardenia Project, a labor of love that gives women the ability to explore a “catalyst” – a large change in their lives. She photographs the women, listens to their stories and finds ways to make them visible to themselves, and to others, and she shares their podcasts online. This is a self-funded endeavor, but she accepts donations from participants and welcomes sponsorships.



Portland photographer Jen Dean

The women she photographs “still have voices in their heads that tell them that they aren’t enough.” Time and time again, she hears from women who think they’re lacking something that everyone else has – beauty, confidence, skills, you name it. And they feel shame about their experiences. Dean says she wants an answer to this question: What would happen if we loved ourselves completely, and confidently shared ourselves with the world?

“Could we just get rid of shame?” Dean asks emphatically. “These women have built and rebuilt their lives. Can’t we just say that out loud?”

“Everyone is vulnerable in front of the camera, and that’s scary,” Dean says. When women are being photographed for the Gardenia Project, they drop their “happy persona” and tell their real stories. “There’s so much power in the idea of telling people’s truths,” she says. In front of the camera, in her studio, “people are honest, show their imperfections,” Dean



Through her labor of love Gardenia Project, Jen Dean photographs women, including Sarah MacLaughlin shown here, who are going through big changes in their lives. Jen also shares their stories in podcasts as part of the project.

says. “I want to be a part of that.”

Both Dean and Arnold see photography as an agent of change. Dean wants to create community, to bring people together to share, have a voice and be heard. Arnold wants to change the way we think about addiction and recovery.

And both are saying to the people they photograph, “I see you. I know you.”

There’s so much power in the idea of telling people’s truths.



Alison Jones Webb is a public health professional who has worked in the field of substance use prevention, treatment and recovery in Maine for over 15 years.



MaineWorks works

This innovative company has been compassionately removing barriers to employment for a decade

MaineWorks founder Margo Walsh checks supply levels in her Portland storeroom.

By Liz Woodbury

Each day at MaineWorks begins the same way at 6 a.m., with 20 or 30 people – employees and volunteers – forming a circle around a large metal fire pit in the company’s Portland parking lot. Margo Walsh, MaineWorks’ founder and owner, is an energetic presence on a dark, cold morning, checking in with each person, asking one man whether he got a paycheck, inquiring of another if he slept well the previous night.

Joanne Arnold, who Walsh describes as the group’s spiritual leader and motivator, presents an eloquent, inspirational message for the day: “This work reminds me of building a fire. You have to start small, with just a spark. You don’t need gas or a torch – just a spark, and you add to it, little by little, being careful not to suffocate that spark.”

One by one, each person volunteers their name, where they’re from, and where they’ll be sleeping that night. Many of MaineWorks’ employees live at

sober houses in Portland. For a lot of them, that’s where they first learned about this innovative employment company.

“Does anyone not have anywhere to go for Thanksgiving?” Walsh asks the group. MaineWorks stays open during the winter holidays, providing a haven in the midst of a season that can be particularly challenging for those in recovery. “Anyone have the experience of screwing up the family’s Christmas?” she asks, to widespread laughter, and several hands go up in recognition.

Arnold speaks of a former MaineWorks employee who died recently, adding a pinecone to the fire pit in memoriam. “If you’re hanging on by a thread, say something,” Walsh urges. “You’re not alone. It’s lonely out there, and there’s nothing more lonely than an isolated drug addict.”

Since founding MaineWorks in 2010, Walsh has done her best to ensure that people who are newly sober, newly released from prison, or facing other barriers to work are not alone. She’s a single parent of two children and has extensive

work experience as a recruiter for investment banks. Volunteering at the Cumberland County Jail, Walsh learned firsthand how difficult it was for inmates in pre-release to find employment. “The recruiter in me kicked in,” she says.

In recovery herself since 1997, Walsh also realized that the vast majority of them were there because of drugs and alcohol. Her goal was to provide a dignified path to work using a B Corp modeled largely after companies like Patagonia, which “consider the impact their businesses have on the world.” Walsh has managed to create something vastly larger: an intensely supportive community that embodies her belief that business can be a way to “do the right thing, and take care of your people.”

With the help of its sister organization, the nonprofit Maine Recovery Fund, MaineWorks does something more than simply connecting workers with jobs – it actually gives workers the tools they need to succeed, including brand-new warm jackets. Research Associate Autumn Johnson

describes watching this in action: “The coolest thing is when these guys get their jackets, they just feel so confident and proud. It’s a simple thing, but it’s such an exciting moment for them.”

And it’s not just jackets. Walsh and her team ensure that if an employee has needs that are barriers to success – whether that’s a dentist appointment, a ride to work, a meal, warm gloves, gift cards for their kids’ Christmas presents, or even a copy of their birth certificate – those needs will be met.

On an average day, about 50 MaineWorks employees are busy at general labor, construction, masonry and landscaping jobs with a dozen or more companies, the city of Portland and other employers. In a back room, adjacent to a huge whiteboard listing the day’s assignments, are rows of work boots, warm jackets, even socks and underwear. “Everybody who comes in gets boots, a bus pass, whatever they need,” Walsh says.

Walsh nurtures relationships with the companies who hire her workers and carefully vets employees before placing them. She’s careful to emphasize that MaineWorks is the employer: “They’re not temps, they’re our full-time employees, with all of the dignity that goes along with that.”

The word “dignity” comes up a lot when you’re talking to Walsh, and it’s evident in every interaction she has with her employees. “We want to give everybody the dignified opportunity to make it,” she says. “Everyone struggles, no matter what it looks like on the outside – when you pull the curtain back, you see it.”



Liz Woodbury is a freelance writer from Portland.

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Bouncing Back

Luckily, our brains are hardwired to be resilient

By Bruce Campbell

As we call for a shift from chronic disease management to a recovery-oriented system of care, resiliency research lets us build a bridge that links prevention, treatment and recovery. From its origins in prevention, resiliency research is applicable to any group supporting the recovery process.

The brain dynamics of recovery are found in the literature of resiliency. Resiliency is independent of any specific treatment strategy – and is applicable to all of them. Common definitions of resilience include:

- An occurrence of rebounding or springing back
- Increased probability of school and life success despite adversities caused by early characteristics, conditions and experiences

I like to think of people in recovery as having springs in our butts – we get knocked down but bounce back up, more often stronger than before. Resiliency literature points to the brain as being hardwired for resilience, with an inborn capacity for adaptation and survival.

Attributes of a resilient person in recovery

Social competency: One of the essential tasks of recovery is to develop or recapture our ability to navigate interpersonal relationships.

Problem-solving skills: To live in recovery in a culture steeped in substance use presents a significant problem to a person in recovery. Relapse prevention is crucial for sustaining recovery, and people in long-term recovery become masters of relapse prevention.

Autonomy: In recovery, we regain the power of choice and realize that our lives are reflections of the choices we make. We become masters of our own futures, regardless of the circumstances in our lives. We learn to respond, not simply react.

Hope for the future: Recovery shouts hope to all who suffer from a substance use disorder. Even when we have a relatively short amount of recovery, we may instill hope in someone newer to recovery. And this continues to evolve throughout our recovery process.

Resiliency and protective factors: With much attention given to the impact of substance use

disorders and the effects of adverse childhood experiences, we often leave off discussion of our brains in recovery. Bonnie Benard, one of the pioneers in resiliency research, quotes Daniel Goleman in his discussion of the brain: “... the finding that brain and nervous system generate new cells as learning or repeated experiences dictate has put the theme of plasticity at the front and center of neuroscience.”

Our brains respond to this automatically when certain environmental protective factors are in place, specifically environments that have high expectations, caring and support, and opportunities for meaningful participation. It’s easy to see how the recovery community is well equipped to provide the environmental factors that foster resiliency.

High Expectations: For a person struggling with a substance use disorder, the notion of attaining a lifetime of abstinence may appear close to absurd. But staying away from the first drug or drink today is an example of a high expectation made into an attainable goal, and the recovery community is full of people like us who are doing just that.



Caring and Support: Go to about any mutual aid meeting, and you'll hear, "Let us love you until you can love yourself." "Keep Coming Back" is mirrored in the welcomed return to those of us who may have slipped or relapsed. But for grace, there go I.

Opportunities for meaningful participation: Engaging in the recovery community or a recovery organization is built into the history of the recovery movement, and volunteerism is the spirit blood of recovery. At a recovery community center, it can begin on Day One.

I like to use the metaphor of learning how to ride a bike to describe the recovery process in our brain. At first, we fall down, we get up, we ride wobbly, and with practice, we ride our bikes with ease. We have trained our brains to ride a bike. As any biker will tell you, we learn fastest when we learn in community.



Bruce Campbell, LCSW, is executive director of the Bangor Area Recovery Network and has been in recovery since 1984.



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Sara Kraus of Harpswell is just finishing work at a local bank. She says she's nervous about sharing her story – “but if it can help even one other person find their way out of the darkness of alcoholism,” she's willing.

Sara made numerous attempts at recovery before this last successful time. The physical withdrawal and sickness had kept her in a repetitive cycle of trying to control her alcohol consumption while also believing she was hiding internal dilemmas.

She recalls a time a few years back when she was so desperate – unable to control cravings and illness or get into a detox program – that she went to a hospital emergency room. But when she overheard an ER nurse commenting about her expensive purse and commenting about her children on Facebook, she immediately called a friend to pick her up.

Overwhelming life circumstances had piled up. And as she tried to manage outward appearances, alcohol seemed to fix the stuff on the inside, temporarily quelling her thoughts, worries and anxiety. Local resources unavailable at that time, she made a decision to look out of state. Sara realized that no matter how hard she worked and how ‘good’ she tried to be, hiding her problem had become impossible. She was overwhelmed, sick, and afraid that she'd lose everything if she didn't get help.

Life is much different today. Sara lights up as she shares a series of “coincidences” and serendipity that began to happen in her life. With an inner surrender she became so

SARA KRAUS

By Deborah Train



Treatment in her home through the AWARE program and a little serendipity have turned Sara Kraus's life around.

determined that she was willing to travel to High Watch Recovery Center, in Kent, Conn., which was the country's first 12-step treatment center in 1939. After 30 days, neither Sara nor her family were ready for her to come home. Her insurance permitted her to go on to a recovery facility for women for another month.

Sara knew that going home without a support system in place would risk all the work she had put into treatment. As fate would have it – or two coincidences – a new in-home treatment option

called AWARE Recovery Care was moving to Maine at the time of her discharge, and her therapist was going to work there. Sara would become AWARE's first patient in Maine: Patient Zero, as she fondly refers to herself.

The AWARE Recovery Team Care Collaborative Model was created in 2012 at Yale University. It uses a multidisciplinary team approach, including a psychiatrist, therapist, relationship and family therapist and a nutritionist. For 52 weeks, with a step-down schedule from five days to one, the AWARE team goes to a patient's home.

Having treatment at home was most attractive to Sara. Her children and immediate family also received therapy and counseling to ensure that everyone's needs were met.

She emphasizes how healing it was to see her children no longer confused and how esteeming it was to be treated with dignity by a team of caring professionals. The program is tailored to each individual and their specific triggers, nurses monitor medication, homes are assessed for potential risks, and there are lots of assessments to evaluate progress. The team focuses on daily practices, on language and affirmations, and helped Sara to establish a meditation and yoga routine. She explains that these professionals maintain a compassionate, respectful relationship.

Sara looks back over the past year with deep appreciation and is enjoying freedom from trying to hide her drinking and being perfect. She knows that she's on her right path, maintaining her

recovery with a combination of meditation, yoga and a 12-step program. She has a new way of looking at life: Her beagle Bodie died the day that she came home, but rather than seeing this as a crisis, she chose to view it as Bodie bringing unconditional love to her family until she was healthy enough to come home.

“Don’t give up, no matter what,” she says, when asked if she has advice for anyone struggling now. “Two years ago I was on a couch. Now, we’ve moved, I am successfully co-parenting with my children’s father, have my career, and my husband. My family and I are involved in water sports, we sail, we’re very active. If you aren’t finding what you need, keep looking.”



Deborah Train, owner of *Everyday Inspired Life*, is an International Coaching Federation certified professional coach.



Everyone Is Welcome!

Lakes Region Recovery Center is a safe place that encourages and maintains a culture which is welcoming and non-judgmental to people in recovery and their families.

- Recovery Groups
- Recovery Coaching
- Resources
- Telephone Recovery Support
- Wellness Programs
- Recovery Activities & Events
- Family Support Groups

(207) 803-8707

www.lrrcbridgton.org

Like us on Facebook
@LakesRegionRecoveryCenter
 25 Hospital Drive Bridgton Maine



CommUNITY Recovery refers people in the Lewiston–Auburn area with opioid use disorders for Medication Assisted Treatment and other needed services.

Our provider network includes:

- Tri-County Mental Health Services
- Androscoggin County Sheriff’s Office
- Androscoggin Home Healthcare & Hospice
- Auburn Police Department
- Central Maine HealthCare
- Community Concepts, Inc.
- Healthy Androscoggin
- Lewiston Police Department
- Maine Alliance for Addiction Recovery
- St. Mary’s Regional Medical Center
- United Ambulance Services

For more information, call
**Tri-County
 Mental Health Services**
at: 207.783.9141

Your call will be kept confidential, and no information about you will be shared without your written consent.

Project funded by the Maine Health Access Foundation

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- Case Management
- Crisis Intervention
- Hepatitis C and HIV Education, Referral and Liaison with Healthcare Providers
- TB testing
- EKG referral is provided
- DEEP services for CAP patients



(207) 856-7227

One Delta Drive, Westbrook www.capqualitycare.com



Get your giggle on to improve everything at Laughter Yoga

From left, Karen Morency, Marcia Jackson and Susan Fine practice Laughter Yoga at Falmouth Parks & Community.

By Amy Paradysz

Neuroscientists know that laughter really is a great medicine. Sustained social laughter draws us together in ways that not only lighten the mood but strengthen the immune system, diminish pain and protect us from the effects of stress.

Despite its name, Laughter Yoga sessions don't look much like traditional yoga. The "yoga" is the connecting of body, mind and spirit as participants pantomime, tell jokes in gibberish, make animal sounds or otherwise engage in giggle-inducing silliness – and do some breathing exercises and maybe some light stretching or gratitude exercises.

"There's research that shows that this kind of practice can give the same sort of release as opioids," says Andrea Tolbert, a social worker who

leads a Laugh Saturday Yoga Club in Portland. "This kind of effect only happens with sustained laughter – a good 15 or 20 minutes."

A medical doctor named Madan Kataria from India founded the practice of Laughter Yoga in 1995, and since then Laughter Yoga clubs have popped up all over the world.

"It's sometimes described as an internal jog," says Denise Macaronas, who leads a free lunchtime class in Falmouth on the third Wednesday of each month. "The whole philosophy is laughing for no reason at all. Our body can't tell whether you are truly laughing or intentionally laughing, and there are benefits. It releases endorphins

– feel-good hormones – and it's better to laugh in a crowd because it's contagious. We need more youthful playfulness in our lives."

Denise's classes include telling "jokes" in gibberish – to avoid language that might be hurtful or sarcastic. Animal sounds are also welcome.



Denise Macaronas, who leads Laughter Yoga sessions in Falmouth, says laughing releases feel-good hormones.

"Sometimes we pretend we have a big cauldron in front of us, and we can throw our troubles in there," Denise says. "If you don't want people to know what your troubles are, you can do it in gibberish."

Amanda Walden, a trained Laughter Yoga leader from Bath, teaches classes on demand for crowds as varied as a chronic pain support

group, a girls' soccer team and corporate events. She leaves out the gibberish and adds gratitude exercises to the mix of silliness. She's been known to ask people to play toilet paper tug-of-war – that is, try to make it look realistic without breaking the toilet paper.

We need more youthful playfulness in our lives.

“It’s a blend of positivity, laughter, gratitude and breathing exercises,” she says. “It’s silly, and you have to give yourself permission. It’s a great people connector, and you might see somebody from Laughter Yoga class when you’re out and look at each other and giggle.”



Amy Paradysz is a freelance writer from Scarborough.

FREE LAUGHTER YOGA

Falmouth Laughter Yoga Club

Third Wednesdays, noon to 1 p.m.

Mason Motz Activity Center,
190 Middle Road, Falmouth

Led by Denise Macaronas

No preregistration needed

Laugh Saturday Yoga Club

Last Saturdays, January through October, 10 a.m.

Absolute Happiness
Psychotherapy, 75 Bishop St.,
Suite 21, Portland

Led by Andrea Tolbert

Preregistration requested:
207-317-2711

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Human Givens Practitioner

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email office@syntropyglobal.com



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for more information about Human Givens
www.syntropyglobal.com/human-givens

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FINANCIAL RECOVERY



Your savings rate amount is entirely up to you

By Casey McClurkin

We covered different strategies for debt reduction last time – and there’s almost nothing I’d rather teach people about. But this installment is where the rubber hits the road as I discuss **savings!**

Let’s start with the term “savings rate.” That’s how much of the money you’re earning, winning, finding, etc. that you save. If you find \$100 on the sidewalk, what’s the first thing you do? (I hope you say ‘try to find who it belongs to!’) But if not, would you spend all of it immediately? Would you save any of it? Let’s say you’re feeling especially responsible and save \$30 of that \$100 windfall. Your savings rate is 30% ($\$30/\$100 = .3$ or 30%). That’s awesome!

At the next level ... How much do you bring in from all sources

in a month? Paycheck, alimony, interest, money Granny gives you for your birthday – add it all up! Then how much of that do you set aside in a savings account, piggy bank, 401k, under the mattress?

If you said none, the great thing is that every cent you start saving now is progress! (Progress not perfection, AmIRight?) If you said you save about 10%, you’re probably following what you’ve heard is the “right” amount to save each paycheck, and that’s great, too. What if you’re saving a whopping 50% of your income? I’d say ... “What in the good lord heck are you saving that much for?” Just kidding ... kind of.

You’ve probably seen about 179 different recommendations on how much you should save. But remember – one size does not fit all. It depends on your age, your lifestyle, your goals, whether or not you drink Starbucks

every day... (btw, interesting phenomenon called the Latte Effect: look it up!). While 10% is often recommended, it doesn’t mean it’s a requirement. If you can save more, do. If you can’t save that much, save something.

I’m a fan of an app called Digits, which takes little amounts (like 30 cents here, \$1.50 there) from your checking account and puts it into a savings account for you for free. That’s a great place to start.

The basics

- If you have competing priorities, such as no savings and a \$5,000 credit-card debt, you need a strategy. Try to save at least enough while still paying your minimum balance to get you through an unexpected financial obligation. How much is enough? The idea is to have

enough so that you won't have to use your credit card to get you over that hurdle. Some folks say pick a number, reach that number, then stay there until you pay off your credit card debt. Then you can re-evaluate your savings strategy.

- There is such a thing as saving too much! If you're obsessing about every little dime spent for the sole purpose of seeing your savings grow, you might need to reassess – you're allowed to live your life and have fun every now and then. Don't be so hard on yourself.
- If you get a raise, you don't have to buy a bigger house. Save more. Simple.
- No conversation about savings is complete without mentioning an Emergency Fund. It's not for a last-minute ticket to Aruba with your besties. This fund is there in case you lose your job and need to pay your living expenses until you have income again. Three to six months of living expenses is what the College for Financial Planning recommends. More or less, to suit your lifestyle.

Bottom line

If you're saving 0%, shoot for 1%. Then increase a few months later to 3%. If you're saving 10%, could you save 12%? When you start seeing your savings grow, I'm sure you'll be motivated to save more. But how? We'll address in a future column, so stay tuned.



Casey McClurkin, who started her recovery journey from alcoholism in 2012, is a Behavioral Financial Advisor and self-proclaimed money nerd. She's passionate about budgeting, debt reduction and saving.



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Ginger Soul photography
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BOOTS2ROOTS:

**On the front lines,
ensuring success
for returning vets**

Boots2Roots Program Director Bill Bensen and Executive Director Jen Fuller

By Sarah Kelly

Recovery is more than just not using substances; it's also about building a stable life in all realms – career, relationships, spirituality, support network and more. Support in any of these areas is, of course, helpful.

That's the aim of Boots2Roots, which fills a unique niche by preparing members of the military who are leaving active duty to successfully find meaningful employment in Maine.

The 501(c)(3) organization was founded by veteran retired Air Force Col. Dave Hickey and his co-worker John Manganello, who is not a veteran.

When Hickey returned to his home of Maine, it didn't take

long for him to experience the challenges many military members face. Hickey and Manganello decided there needed to be a solution, and from that, Boots2Roots was born. It is now led by Jen Fullmer, an Air Force veteran with 24 years in the service, and Bill Benson, a 24-year Army veteran.

It's the only organization in Maine focused on proactively preparing soon-to-be veterans up to a year before they come home, meaning that the process can start well before actual transitions. During this period, Boots2Roots provides personalized career, résumé and interview coaching; peer mentoring; and networking with Maine business and community connections.

At Boots2Roots, the word 'client' isn't used – participants are called 'teammates' because they're really working together for the common goal: finding "well-paying, meaningful employment within two months of arriving in Maine and remaining in their first post-military job for at least one year," explains Fullmer. "Our results illustrate that finding meaningful employment quickly is key to a successful transition and that success begins with preparation and networking months in advance."

Boots2Roots has a proven model for success: 88% of those enrolled in the program find employment within two months of arriving in Maine, 100% within five months. B2R teammates are employed with more than 45 companies

across the state from Presque Isle to Berwick. And B2R continues to expand its network of Maine employers and taking an active role in providing workforce supply solutions for Maine. It's currently working with Live and Work in Maine and the Maine Bureau of Veterans Services on proactive outreach initiatives.

Beyond providing successful employment, Boots2Roots creates community.

Transitioning from military life to civilian life can be challenging, with culture shock and unique stressors that haven't been faced before. Transitional help is especially useful in states like Maine that don't have active-duty military bases and associated community networks. Boots2Roots helps families put down roots in Maine by building connections, reducing anxiety and highlighting the unique skills they offer employers.

"In addition to our valued network of great Maine employers, Boots2Roots is part of a broader Maine military and community network that enables us to connect our Teammates with any number of community resources throughout Maine," said Fullmer.

Whether in or out of recovery, everyone needs support. Organizations like Boots2Roots provide "an ounce of prevention." They're on the front lines of military transition to Maine and dedicated to setting people up for success.



Sarah Kelly, NBC-HWC, M.A., B.A., owner of Sarah Kelly Coaching, is a writer, speaker, and board certified Health & Wellness Coach and trained Recovery Coach.

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69 EAGLE DRIVE
SANFORD, ME 04073

93 WESTERN AVENUE
AUGUSTA, ME 04330

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MANY PATHS



About this column

We are fortunate to live during a time when there are many options for finding and sustaining lasting recovery from addiction. We are all individuals and while there are many aspects of our personal journeys that may be similar to those of others, we are each called to discover for ourselves what works and what doesn't work for us. Journey's Many Paths column shines a light on different approaches that people use to maintain lasting recovery without endorsing specific approaches or recovery programs. We ultimately leave it up to you, the reader, to decide what works best for you, while presenting you with multiple pathways to recovery.

Alcoholics Anonymous (AA)

A fellowship of men and women who share their experience, strength and hope to solve their common problem and help others to recover from alcoholism

207-774-4335 / 800-737-6237

www.cso.aamaine.org

Al-Anon /Alateen

A support program for friends & families affected by alcoholism

207-284-1844 / 800-498-1844

<https://al-anon.org>

Adult Children of Alcoholics (ACOA or ACA)

A 12-step, 12-tradition program for men and women who grew up in dysfunctional homes

207-322-6284

<https://adultchildren.org>

Sex and Love Addicts Anonymous (SLAA)

A program of recovery for people addicted to sex and love, based on the 12 steps of AA

207-323-5143 / 800-204-2803

<https://slaafws.org>

SMART Recovery

Mutual-support meetings that are free and open to anyone seeking science-based, self-empowered addiction recovery

440-951-5337

www.smartrecovery.org

Narcotics Anonymous (NA)

A support program for people in recovery from drug addiction based on the 12 steps of AA

818-773-9999 / 800-974-0062

<https://namaine.org>

Drug Addicts Anonymous (DAA)

A fellowship of men and women who have recovered from addiction and are committed to helping those who still suffer, based on the 12 steps

970-761-5189

<https://daausa.org>

Codependents Anonymous (CoDA)

A fellowship of men and women whose common purpose is to develop healthy and loving relationships

602-277-7991 / 888-444-2359

<http://coda.org>

Cocaine Anonymous (CA)

A 12-step program for people seeking recovery from drug addiction

617-539-6090 / 800-347-8998

(meeting info only)

<https://ca.org>

Heroin Anonymous (HA)

A fellowship of heroin addicts who help each other practice complete abstinence from drugs and alcohol

347-858-3601

<https://heroinanonymous.org>

H.O.P.E. Group

A safe place where people come together to find wellness by sharing their stories and listening with an open heart and mind to others

727-420-2964 (Liz)

<https://hopehealing.org>

Marijuana Anonymous (MA)

A fellowship of people who share their experience, strength and hope to recover from marijuana addiction

609-529-6332 / 800-766-6779

www.marijuana-anonymous.org

Gambler's Anonymous (GA)

A fellowship of men and women who share their experience, strength and hope to solve their common problem and help others to recover from a gambling problem

718-352-1671 / 888-830-2271

<http://newenglandga.com>

Overeaters Anonymous (OA)

A fellowship of individuals who, through shared experience, strength and hope, are recovering from compulsive overeating

Dial 211 for meeting info.

<http://oamaine.org>

Wellbriety Movement (White Bison)

A sustainable grassroots movement that provides culturally based healing for indigenous people

207-992-0411 / 877-871-1495

<https://wellbriety.com>

Statewide RESOURCES

These resources are gathered from a variety of sources. Our goal is to provide information on nonprofits that provide free or affordable services that could benefit the recovery community. If you'd like your organization listed here, please visit our Resource page on the website and click on "Click to Add Your Resource" and a Journey team member will get in touch with you!

Clothing, Food, Household Goods

Kaydenz Kitchen Food Pantry

550 Lisbon St Lewiston T & Th 5p-7p
207 577 7942

Food, clothing, household goods for free.

Crisis Hotline

Maine Crisis Hotline

Maine Behavioral Health
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 (domestic violence)

800 559 2927

Maine Coalition Against Sexual Assault

800 871 7741

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

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

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

Al-anon/ Alateen Maine

800 498 1844

Resource for anyone impacted by
a relative or friend's alcohol
dependency, either currently or
in the past. Support is provided
through literature and meetings,
where everything shared remains
confidential, as well as the identity of
those attending.

Food Addicts in Recovery

toll free 1 888 998 5297

207 775 2132

www.foodaddicts.org

Intentional Warm Line

50 Moody St Saco

866 771 9276

Confidential telephone support
services for non-crisis situations,
including, but not limited to: Peer-
to-peer support, social connection,
sharing personal victories, overcoming
fear, grief or sadness, developing
effective strategies for the future,
assistance with referrals to community
resources, talking to someone when
feeling sad, lonely, or discouraged.

Maine AA (Alcoholics Anonymous)

207 774 4335

Maine NA (Narcotics Anonymous)

800 974 0062

Call their helpline to get information
and talk to a recovering addict

Maine Tobacco Helpline

(Part of Maine Health)

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.

Domestic Violence Support

866 834 4357

Information, crisis counseling,
emotional support and advocacy.

Miscellaneous

211 Maine

Directory connecting people to
variety of health and human services
in Maine that can be accessed online
or on the phone.

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.

Wellness Mobile

207 520 1683

Outreach vehicle and materials for
recovery or prevention. On-site
referrals and screenings to guide
individuals to resources to folks
looking for help. Statewide appears
at fairs, events, etc.

Cumberland County RESOURCES

Clothing

Clothes Closet

159 State St Portland
207 774 6396

2nd & 4th W 2-4p

Free clothing, shoes, boots, coats, small household items. Entrance is on the left side of courtyard.

Salvation Army Food Pantry

297 Cumberland Ave Portland
207 774 6304

Voucher, must call ahead; once per year based on availability; \$40 clothing & household.

St. Vincent De Paul Soup Kitchen

307 Congress St Portland
207 772 1113
F 11a-12:30p

Counseling & Support

Amistad

66 State St Portland
207 773 1956

Amistad helps those with mental illness, substance use disorder, chronic homelessness, and related issues to recover and lead healthy lives.

Catholic Charities Maine

11 Baxter Blvd 2nd Fl Portland
207 775 5671

Assessments, substance abuse education, and individual and group treatment and DEEP certified. Sliding scale & Mainecare accepted.

The Center for Grieving Children

555 Forest Ave Portland
207 773 7417

Free services to encourage safe expression of grief and loss and fosters each individual's resilience and emotional well-being.

Crisis Hotline

Sexual Assault Response Services of Southern Maine (SARSSM)

Portland
800 871 7741

Assistance resolving issues related to sexual assault.

Through These Doors

PO Box 704 Portland
207 874 1973

Domestic violence hotline, advocacy, shelter, outreach services, education, training and support groups, emergency shelter, support groups & more.

Employment Programs

Career Center Local Center

151 Jetport Blvd South Portland
207 822 3300

Vocational assistance (Voc Rehab, Career Ctr & ME Job Bank) for individuals seeking a career or career change. Low to no-cost assistance to people who are employed, underemployed, or have barriers to employment.

Family

Kids First Center

Nonesuch River Plaza Scarborough
207 761 2709

Kids First Center offers a series of programs to provide practical information and emotional support to parents.

Opportunity Alliance— Assistance Programs

50 Lydia Ln South Portland
207 874 1175

Food

Bridgton United Methodist Food Pantry

214 Main St Bridgton T 11a-6p
207 318 4467

Casco Alliance Church Food Pantry

450 Roosevelt Trail (Rte 302) Casco
207 344 5370

1st T & 3rd M of month 6-7p

Casco Village Church Food Pantry

941 Meadow Rd Casco
207 627 4282

4th Th call for hours

Chebeague Island Food Pantry

255 North Rd Chebeague Island
207 846 4106

By appointment

Community Food Pantry

290 Tuttle Rd back of building
Cumberland
207 829 2205

1st, 2nd & 4th F 3-6p
3x month; photo ID & utility bill

Falmouth Food Pantry

271 Falmouth Rd Falmouth Town
Hall, Falmouth
207 632 2687

Call first. 1st & 3rd M 9-11a; 2nd, 3rd & 4th T 9:30-11:30a; 2nd, 3rd & 4th Th 4:30-6:30p

First Baptist Food Pantry

360 Canco Rd Portland
207 773 3123

W 10:30a-12:30p in the gym; Crisis financial assistance

Freeport Community Gardens

53 Depot St Freeport
207 865 3985

\$10 for season; 4x8 ft each on Elm St

Cumberland County

RESOURCES

Freeport Community Services Food Pantry

53 Depot St Freeport M-Th 10a-4p
207 865 3985

Gorham Ecumenical Food Pantry

299-B Main St Gorham
207 222 4351

Th 9-11a; 2nd & 4th W 6-7p

Gray Community Food Pantry

5 Brown St Gray
207 657 4279

1st & 3rd F 2-4:30p

Harrison Food Bank

VFW 176, Waterford Rd Harrison
207 647 3384

T 3-6p

7th Day Advent Church, Front St
Harrison

207 583 9137

T 5:30-6:30p

Judy's Pantry

CE United Methodist Church
280 Ocean House Rd Cape Elizabeth
207 767 1031

Jan-June: 2nd & 4th T 3-5p

July-Nov: T 3-5p

Dec: varies, check with church

Mid-Coast Hunger Prevention Program

12 Tenney Way Brunswick
207 725 2716

Call or see Facebook page for hours

New Gloucester Food Pantry

19 Gloucester Hill Rd New Gloucester
207 926 3260

2nd & 4th S 8-9:30a

North Pownal UMC Food Pantry

851 Lawrence Rd Pownal
207 688 4938

W 9:30-11:30a; Th 4-6p

Peaks Island Community Food Pantry

19 Church Ave Peaks Island
207 332 2443

M 3:30-5p

Portland Westbrook Vineyard Food Pantry

715 Bridgton Rd Westbrook F 6-7:30p
207 854 8339

Preble Street Food Pantry

252 Oxford St Portland Th 1:30-3p
207 775 0026

Project FEED Pantry

202 Woodford St Portland M-F 1-3p
207 761 3920

Raymond Food Pantry

1273 Roosevelt Trail (Rte 302)
Raymond 2nd & 4th Th 4-6p

207 232 5830

Root Cellar

94 Washington Ave Portland M-Fri 9a-5p
207 774 3197

Sacred Heart/St. Dominic Food Pantry

80 Sherman St Portland T 10-11:30a
207 773 7746

No documentation required.

Salvation Army Food Pantry

297 Cumberland Ave Portland
207 774 6304

Once a month, M W F 1-2:30p

No documentation required.

Scarborough Food Pantry

167 Black Point Rd Scarborough
207 883 2342

T & Th 9a-12p; 1st & 3rd W 4-6p

Sebago Food Pantry

183 Sebago Rd Sebago
207 274 1569

1st, 3rd & 5th M 9-10:30a; 2nd M
3:30-5:30p; 4th M 9-10:30a, 3:30-
5:30p

South Portland Food Cupboard

130 Thadeus St South Portland
207 874 0379

Th 8:30-11:00a; 1st W 5-7p

St. Lukes Food Pantry

143 State St (enter off Park St)
Portland Th 9:30-11a
207 772 5434

Photo ID and proof of residence
required.

St. Vincent De Paul Soup Kitchen

307 Congress St Portland
207 772 1113

M-F 11a-12:30p

Clothing on Fridays.

Standish Food Pantry

Standish Town Hall Standish
207 893 7790

M 9:30-10:30a

4th W 4-6p

Stroudwater Christian Church Food Pantry

1520 Westbrook St Portland Su 1-3p
207 772 2193

Wayside Food Pantry at Sagamore Village

21 Popham St Portland 4th T 10-11a
207 775 4939

Bring your own bags

Wayside Food Pantry at Harbor Terrace

284 Danforth St Portland 3rd W 2-3p
207 775 4939

Bring your own bags.

Wayside Food Pantry at Red Bank Village

584 Westbrook St South Portland
207 775 4939

4th W 2-3p

Bring own bags.

Wayside Food Pantry at Washington Gardens

577 Washington Ave Portland
207 775 4939

2nd Th 10-11a

Bring own bags.

Westbrook Community Food Pantry

426 Bridge St Westbrook
207 591 8147

T 12-2p & 6-7:30p

Documentation required.

White Memorial Food Pantry

97 Allen Ave Portland Th 8-9:30a
207 797 4414

Cumberland County RESOURCES

Williston-Immanuel United Church Food Pantry

156 High St Portland
207 775 2301

Wayside Meal 4-7p; Food & Misc.
assistance 10-11a

Windham Food Pantry

377 Gray Rd Windham
207 892 1931

M-Th 8:30a-4p by appointment only

Yarmouth Community Food Pantry

116 Main St Yarmouth
207 846 3773

T & F 10a-12p; W 5-7p

Preble Street Soup Kitchen

252 Oxford St Portland
207 775 0026

Hot meals 3x daily: Breakfast 8a,
Lunch 11:30a, Dinner 4:30p

Hotlines

Opportunity Alliance

50 Lydia Ln South Portland
888 568 1112

Immediate access to advocacy, crisis/
supportive counseling, problem
solving, crisis intervention, suicide
prevention/intervention, and
psychiatric services to adults and
children throughout Cumberland
County, 24 hours a day, 365 days a year.

Household goods

Salvation Army Food Pantry

297 Cumberland Ave Portland
207 774 4172

\$40 voucher once a year, based on
availability; must call ahead.

St. Elizabeth's Non-Food Essentials Pantry (St. Lukes)

143 State St (enter Park St) Portland
207 772 5434

One T per month 9:30-11a

Toilet paper, diapers, soap,
toothpaste, etc.

Housing

Opportunity Alliance Residential Programs

50 Lydia Ln South Portland
207 523 5049

Five residential treatment programs
in Portland, South Portland and
Scarborough focusing on mental
illness, substance abuse problems
and ending homelessness.

Miscellaneous

Catholic Charities Parish Social Ministry

307 Congress St Portland
800 781 8550

Will help with unmet needs on
an individual basis; ex. Metro bus
passes, crisis financial needs; will
need documentation of situation.

India Street Public Health

103 India St Portland
207 874 8446

Free and confidential STD, HIV and
Hepatitis C Testing, PrEP, education
and linkage to care. Call for more
information or to learn about other
services.

Lakes Region Recovery Center

25 Hospital Drive Suite E Bridgton
207 803 8707

M-F 9a-8p; Sa 12-8p; Su open for
meeting 12-1p

LRRC is a peer to peer center for
those in recovery. Offers groups
and meetings to support different
pathways of recovery such as:
12 Step Meetings, All Recovery
Meetings, Family & Affected others
support, Grief & Loss, PTSD Support
Group, Reiki, and Parenting. LRRC
also has Recovery Community events
such as BBQ's, Pot Lucks, Game Days,
Jam Sessions and more.

Michael Klahr Jewish Family Services

1342 Congress St Portland
207 772 1959

By appointment only; two bags of
food per month; diapers, feminine
products, Depends, etc.

Portland Recovery Community Center

468 Forest Ave Portland
207 553 2575

M-F 9a-8p; Sa 11a-8p; Su 8a-4p

A safe haven for people in or seeking
recovery. PRCC offers support
groups, family support, telephone
recovery support, recovery coaching,
and wellness activities. All services
free and provided by volunteers in
recovery. Street parking only on side
streets.

Williston Immanuel United Church

156 High St Portland T 10-11a
207 775 2301

Assistance with food, diapers,
cleaning supplies and finances.

Wayside Community Resources

135 Walnut St Portland
207 775 4939

Assistance for basic needs besides
food; must call.

Shelters

Family Shelter (City of Portland)

54 Chestnut St Portland
207 772 8339

Shelter for homeless families living
in Portland. Apply through the
General Assistance office in Portland,
at 196 Lancaster St. Must have been
living in Portland before becoming
homeless and must have children
with you.

**Florence House for Women
(Preble Street Resource Center)**

190 Valley St Portland
207 699 4392

A small number of Emergency Beds for immediate, short-term housing for women who are temporarily homeless because of an economic or situational crisis.

**Joe Kreisler Teen Shelter
(Preble Street Resource Center)**

38 Preble St Ext Portland
207 775 0026

Shelter for homeless ages 12-20, open 365 days a year, 24 hours.

Milestone Shelter

65 India St Portland
207 775 4790

Emergency shelter and detoxification for active substance abusers. Limited number of beds for women. Admissions 7a-9:30p, 7 days a week on a first-come, first-served basis.

**Oxford Street Shelter
(City of Portland)**

203 Oxford St Portland
207 761 2072

Emergency services include housing placement assistance, mental health services and substance abuse services. Police on-site for safety. Toiletries, linen, emergency supplies and community referrals available 7:45p-7:45a.

Preble Street Resource Center

5 Portland St Portland
207 874 1005

Provides showers, limited storage, toiletries, mail, housing/mental health referrals, case management for homeless individuals, etc.

M-F 8a-6p, S-S 9a-12p

Tedford Adult Shelter

49 Cumberland St Brunswick
207 729 1161

For single adults, nightly meal is provided. Call or go to shelter after 3:30p any day to determine eligibility/access services.

Tedford Family Shelter

34 Federal St Brunswick
207 729 1161

For families. Call to determine eligibility/access services.

Transportation

**Go Maine Commuter Connections
(ME Turnpike Authority)**

2360 Congress St Portland
800 280 RIDE (7433)

Assists commuters to organize car pools. Provides regional transportation information.

Greater Portland METRO-Connector

21 Elm St Portland
207 774 0351

Connects to South Portland Bus and other transportation at PTC in Portland.

Portland Transportation Center (PTC)

100 Thompson Point Portland
207 828 3939

Regional Transportation Program, Inc. (RTP)

127 St John St Portland
207 774 2666

Service for persons with disabilities, seniors, low income, children of social service agencies and persons moving from welfare to work.

Clothing

**Open Hands, Open Heart
(side of Saco Food Pantry)**

67 Ocean Park Rd Saco

Free children's clothing infant - 17yo; Must provide proof of being a York County resident.

Counseling & Support

The Center for Grieving Children

NP Congregational Church 893 Main St Sanford
207 773 7417

Free services to encourage safe expression of grief and loss and fosters each individual's resilience and emotional well-being.

www.cgcmaine.org

Employment Programs

York County Career Center

9 Bodwell Ct Springvale M-F 8a-5p
207 324 5460

YMCA Northern York County

3 Pomerleau St Biddeford
207 283 0100

Programs, events, exercise classes, gym, and pool for youth development & healthy living and social responsibility for all.

Food

Biddeford Food Pantry

162 Elm St Biddeford T-Th 9-11a
207 282 4771

Proof of residency required; 1x per month.

Bon Appetit Community Meal Program

19 Crescent St (2nd Cong. Church) Biddeford
207 283 0380

Serves free nutritious meal M-F Must arrive by 4:30p.

York County RESOURCES

Footprints Food Pantry

37 Old Post Rd Kittery
207 439 4673

Food & non food 1x every 7 days–
T 5:30-6:30p; W 9:30a-1p

FoodPrintsFoodPantry.org

Matthew Meal @ St. Ignatius Gym

25 Riverside Ave Sanford

2nd T 5:30-6:30p

OOB Community Food Pantry

155 Saco Ave Old Orchard Beach
207 937 8094

M 2-7p; T & Th 9a-12p

Food, clothing, toiletries & resource
assistance.

www.oobcommunityfoodpantry.org

Saco Food Pantry

67 Ocean Park Rd Saco
207 468 1305

M-F 9-10:45a; last T 5-6:45p

Must show proof of residency each
time.

Saco MEALS Program

MHT Parish Hall, 271 Main St Saco

M & Th 4:15-5:30p

Show up at start time; changing
menu is posted on their website

www.sacomeals.org

St. Therese Food Closet

66 North Ave Sanford Th 12:30-2:30p

Stone Soup Food Pantry

180 Main St (lower level) Biddeford
207 283 0055

Once a week, M & W 10-11a

Also has a clothing closet out back.

Waterboro Community Food Pantry

26 Townhouse Rd East Waterboro
207 247 7789

1st T 4-7p; all other T 1-4p

York County Shelter Pantry

140 Shaker Hill Rd Alfred
207 324 1137

M-F 1-4p; 1x month

Health Care

Nasson Health Care

207 490 6900

Comprehensive medical, dental, and
mental healthcare (sliding scale fees)

<http://yccac.org/healthcare/>

Housing

Seeds of Hope Community Center

35 South St Biddeford
207 571 9601

Interest free loans for qualified
people for security deposit for those
seeking stable housing.

York County Community Action

15 York St Biddeford
207 459 2950

LIHEAP (fuel assistance) & ELP
(electricity assistance). Call to
schedule an appointment.

<http://yccac.org/heat-energy-fuel/>

Miscellaneous

OOB Salvation Army

2 Sixth St Old Orchard Beach
207 934 4381

T, T, F, 1-3p

Emergency assistance with food
and financial help for basic needs.
Get there as early as possible or you
may not be seen. Can also make
an appointment with Linda Smith
@934-4381.

Sanford Vet Center

628 Main St Sanford M-F 8a-4:30p

Seeds of Hope Community Center

35 South St Biddeford T-F 9a -1p
209 571 9601

Continental breakfast & hot soup;
clothing closet, career center and
a free phone for use & computers
during this time.

Shelters

York County Shelter Programs

147 Shaker Hill Rd Alfred
207 324 1137

For individuals and families. Case
management and counseling offered.
Community IOP.

www.yorkcountysHELTERprograms.org

Transportation

Wheels to Access Vocation and Education (WAVE) Agency

Call between 7:30a & 4:30p M-F for
information. Connects to Biddeford
Shuttle Bus.

www.yorkwave.org

BECOME A RESOURCES SPONSOR!

Journey Magazine provides
these Resources listings as
a directory to help connect
people with the help,
support and services they
need to stay healthy and on
their journey.

**Call Carolyn Delaney
at (207) 679-5005
for more information.**

Our path is ever changing
How we live our path is our choice.

REPLENISH Healing Retreats

Promoting Health & Wellness

The REPLENISH healing retreats offer:

- the possibility to replenish your sense of self
- increase the ability to flow with life's changing currents
- connect to your own natural healing capacity
- release deeply held energetic patterns
- learn practical life tools
- experience, sense and feel inner peace while harmonizing with others
- support within a compassionate and full of laughter community



JAN 18, 2020 -- RESTORE

Let yourself meander into your inner world and set your mindful intention of change.

JULY 25, 2020 -- REJUVENATE

Learn to harness and support your abundant energy for growth and well being.

APRIL 25, 2020 -- RENEW

Activate and move towards your budding healing energy to carry you through the season.

October 19, 2019 -- RELEASE

Purify and thrive our body and spirit by letting go and allowing in healing energy.

Retreat facilitator, Celia Grand has been leading women's retreats for over 20 years. She began the REPLENISH Healing Retreat series in 2017 as a result of an in-depth study of Taoism, Buddhism, Chinese Medicine, Acupressure, Feng Shui and 15 years practice of Qigong, Tai Chi, Marital Arts and meditation.

www.replenishhealingretreats.com

WORKING TOGETHER TO END MAINE'S OPIOID CRISIS

Each of us can help prevent loved ones from misusing substances.

The Rx Abuse Leadership Initiative (RALI) of Maine is sharing simple solutions that can make a big difference, like properly disposing of unused medications and knowing the warning signs of addiction.



Join us and learn more at rali-me.org.

