



# HOLIDAYS

# THRIVE GUIDE

Wherever you are, you can do this.



# INTRODUCTION

The holiday season can bring a mix of emotions, especially for those in recovery. Whether you're new to recovery or several years in, it can be a particularly challenging time.

Remember, you are not alone. The recovery community in Maine stands behind you, offering friendship, support groups, recovery coaching, and telephone support.

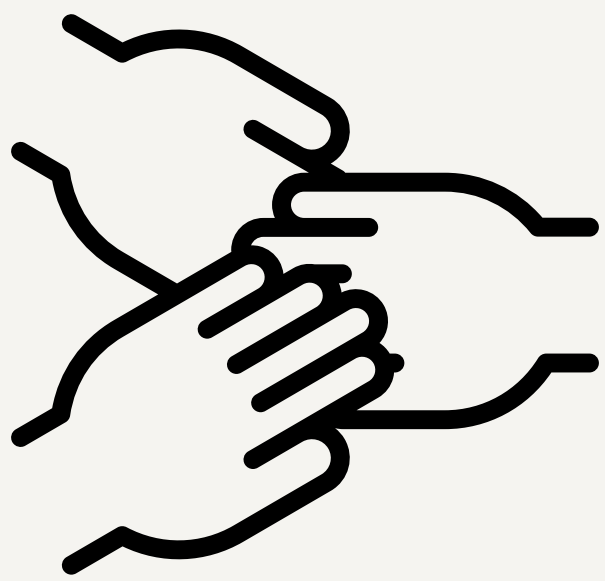
This guide provide resources and tips to help you navigate your recovery journey, even when faced with difficulties.

The PRCC is here to support you and believes in you.

**Happy Holidays!**

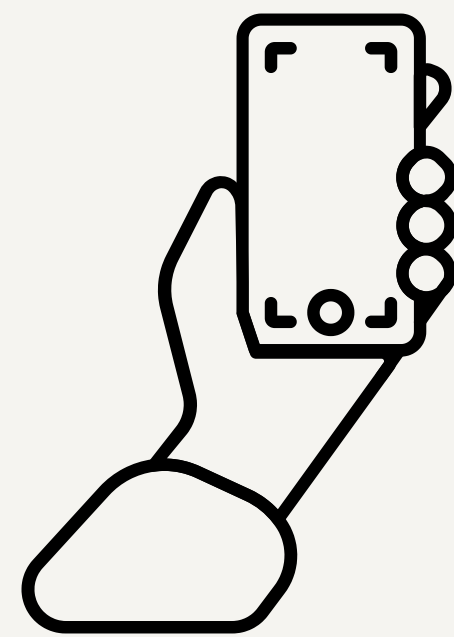


# STAY CONNECTED



## Attend support groups

RCCs across Maine offer mutual aid meetings, wellness activities, and groups for multiple pathways. Virtual options are available, too!



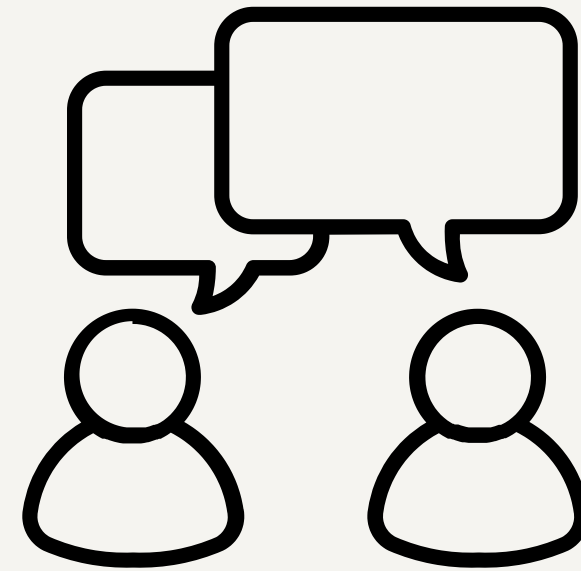
## Telephone Recovery Support (TRS)

A completely free, confidential service in which trained volunteers call to check in and offer support. To sign up, call a center near you.



## Get a recovery coach

Peer Recovery Coaches are trained to help recoverees identify their own unique pathways to a joyful life, set goals, and learn about resources and supports along the way. To request a coach, call a center near you.



## Visit your local RCC

Whether you're going to a meeting or just want to connect with other people in recovery, recovery community centers offer coffee, conversation, and support to anyone who walks through the door.

**You've probably heard it said,  
"The opposite of addiction is connection"  
– and it's true! The above are resources  
available for you to connect with other  
Mainers in recovery, near and far.**

# PRACTICE SELF-CARE

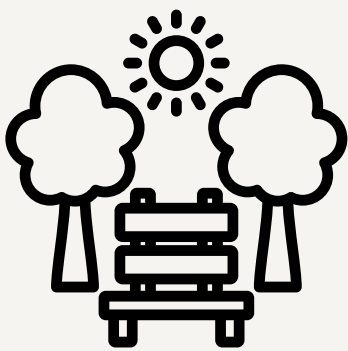
It's so important to make sure you take good care of your body, mind, and soul every day – and especially around the holidays when routines and environments are often different than usual.



**Find ways to relax.** It can be hard to slow down and take a break when it seems like there is so much to do – but remember, you can't pour from an empty cup. Find ways to recharge, like meditation, yoga, or taking a bath.



**Listen to your gut.** Holidays are full of treats, which can present personal challenges. Remember that it's okay to eat differently around the holidays, and it's also okay to say yes or no to foods depending on how you're feeling.



**Get outside.** There's nothing like a bit of fresh air to help clear your head. Whether you walk, run, or simply just sit and enjoy the scenery, spending time outside can serve as a way to reset and re-center when things get busy.



**Do something you love.** That might mean dancing, watching a favorite TV show, baking, painting or reading. Take time to do whatever sparks joy for you!



# BE KIND TO YOURSELF




**Let go of judgment.** When you mess up, feel inadequate, or experience suffering, rather than judge yourself harshly, try being warm and gentle. Pretend that you are a friend who you love and offer yourself words you might offer your friend. Try saying something like "This is hard, and I'm doing my best."

**Remember that nobody is perfect.** To be human is to be imperfect and vulnerable. None of us is alone in our mistakes and vulnerability – when life is less than ideal, consider how this is part of the shared human experience. Try connecting with someone about what is difficult.

**Practice pausing.** "Between stimulus and response, there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom." (Unknown Author) Pausing is always available to you as a means to check in with yourself and make choices that you feel good about.

**Offer yourself kind words,** such as: "I love myself for who I am" • "I am doing my best" • "I am enough" • "I am worthy of compassion" • "I allow myself to make mistakes and to learn from those mistakes" • "I accept myself as I am" • "I am exactly where I need to be"





# KNOW YOUR RESOURCES


Even after hours, you are not alone! Here are some statewide resources to contact as needed:

**Maine Statewide Crisis Hotline: 1-888-568-1112 (Voice) or 711 (Maine Relay).** The Maine Crisis Hotline helps to stabilize individuals and families while assisting in crisis resolution and action planning. If you are concerned about yourself or about somebody else, call the 24-hour crisis hotline and speak with a trained crisis clinician who can connect you to the closest crisis center.

**211 Maine.** When issues are hard to navigate, reach out to a trained, caring professional for a conversation via phone, email, or text. 211 Maine is a free, confidential information and referral service that connects people of all ages across Maine to local services. Search their Service Categories to find: substance use support, basic needs, mental health services, housing assistance, and more.

**Maine OPTIONS.** The OPTIONS initiative helps to improve the health of Mainers using substances through harm reduction strategies, helping them on the road to recovery, and dramatically reducing the number of fatal and non-fatal drug overdoses. Visit [knowyouroptions.me](https://knowyouroptions.me) for educational resources and supports.

**Never Use Alone: (800) 484-3731.** If you are going to use by yourself, call Never Use Alone! You will be asked for your first name, location, and the number you are calling from. An operator will stay on the line with you while you use. Never Use Alone's peer operators are available 24-hours a day, 7 days a week, 365 days a year. No stigma. No judgment. Just love ♥



# RECOVERY COMMUNITY CENTERS IN MAINE

Where  
Recovery  
Lives



Portland Recovery Community Center (PRCC) serves as Maine's Recovery Hub, providing guidance, technical support, and networking opportunities for new and developing recovery community centers in Maine.

Each Recovery Community Center provides support, education, and individual resources to enhance community members' ability to heal, strengthen, and grow in their recovery pathway, throughout all stages of their journey.

## Support, Advocacy & Education

PRCC's vision is that every person affected by addiction in Maine will have direct access to a local recovery community center. Together we are living proof that recovery is possible.

### Recovery Community Centers in Maine:

 **PORTLAND RECOVERY COMMUNITY CENTER**  
102 Bishop Street; (207) 553-2575; portlandrecovery.org

**AUGUSTA**  
Augusta Recovery Reentry Center  
2 Bangor Street, Ste 2; (207) 226-3438

**BANGOR/BREWER**  
Bangor Area Recovery Network  
142 Center Street, Brewer; (207) 561-9444

**BATH**  
Bath Recovery Community Center  
15 Vine Street; (207) 389-4936

**BRIDGTON**  
Lakes Region Recovery Center  
2 Elm Street; (207) 803-8707

**CALAIS**  
DownEast Recovery Support Center  
311 Main Street; (207) 952-9279

**CARIBOU**  
Roads to Recovery Community Center  
1 Water Street; (207) 493-1278

**ELLSWORTH**  
INSPIRE Recovery Center  
24 Church Street; (207) 412-2288

**FARMINGTON**  
Franklin County Recovery Center  
130 Quebec Street; (207) 778-1015

**FORT KENT**  
1st Mile Active Recovery  
229 West Main Street; (207) 231-5191

**HOULTON**  
Aroostook Recovery Center of Hope  
106 Main Street, Ste 13; (207) 254-2213

**LEWISTON**  
An Angels Wing Recovery Center  
118 Pine Street; (207) 373-8552

**LINCOLN**  
Save a Life Recovery Center  
19 VFW Street; (207) 403-9100

**MACHIAS**  
DownEast Recovery Support Center  
11 Free Street; (207) 259-6238

**MEDWAY**  
Pir2Peer Recovery Center  
2323 Medway Road; (207) 447-9500

**NEWCASTLE**  
Lincoln County Recovery Community Ctr  
3 Hall Street; (207) 563-6374

**NORWAY**  
The Hills Recovery Center  
15 Tannery Street; (207) 744-2424

**PORTLAND**  
Portland Recovery Community Center  
102 Bishop Street; (207) 553-2575

**ROCKLAND**  
Coastal Recovery Community Center  
11 White Street; (207) 691-3697

**RUMFORD**  
Larry Labonte Recovery Center  
412 Waldo Street; (207) 418-4983

**SANGERVILLE**  
Recovery Wellness Community Center  
20 Douty Hill Rd; (207) 564-5512



# HAPPY HOLIDAYS FROM PRCC

## CONNECT WITH US

**Portland Recovery Community Center**  
102 Bishop Street Portland, ME 04103



207-553-2575



@portlandrecovery



portlandrecovery.org



@portlandrecoverycommunityctr

where recovery lives.





**HAPPY HOLIDAYS FROM PRC**



## **Tips to thrive during the season**

### **stay connected**

attend a meeting, sign-up for telephone recovery support & get a recovery coach, or visit your local recovery community center

### **practice self-care**

find ways to relax, listen to your gut, get outside and do something you love

### **be kind to yourself**

let go of judgement- nobody is perfect. practice pausing and offer yourself kind words

### **know your resources**

call a safe friend, family, or sponsor.  
call 211, maine crisis hotline 1-888-568-1112,  
or the never use alone hotline 1-800-484-3731

Wherever you are, you can do this.