

Join us at Natick's February 2019 Addiction Resource Center!

12-Step Fellowships: Local individuals in recovery share their stories



**Monday,
February 11, 2019
6:30-8:30 PM**

Natick Community Senior Center
117 E. Central Street, Natick

6:30-7:30 PM: Local individuals in recovery share their stories and experience of 12-step fellowship

7:30-8:30 PM: Naloxone (Narcan) training/distribution and open house of resources for individuals and families, including treatment navigation

For many individuals, 12-Step Fellowship is part of their recovery journey. Hear some of their stories.

12-Step Fellowships such as Alcoholics Anonymous (AA), Narcotics Anonymous (NA), and Al-Anon have long been a part of the recovery process for many individuals and families impacted by substance use disorder. 12-Step Fellowships are based upon 12 steps and traditions that include a process of: admitting that one does not have control over addiction; recognizing a higher power that provides strength; examining past errors with the help of an experienced member known as a sponsor; making amends for these errors; learning to live with a new code of behavior; and helping others who also experience addiction. While not everyone uses 12-Steps in their recovery journey, millions have benefitted from this model since AA was founded in 1939.

Participants are invited to stay after the presentation to access resources and receive free overdose response kits that include the opioid overdose reversal agent naloxone (Narcan). **Training and kits made possible through the Natick Health Department and generous funding from the MetroWest Health Foundation.**



Questions? Contact Katie Sugarman at
csugarman@natickma.org or 508-647-6623.

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