



# SAFE

YOU ARE NOT ALONE

## News and Events September 2024



*September is National Recovery Month. We at SAFE wish to recognize our strong and proud recovery community and the dedication of service providers, volunteers, and all those who make recovery in all its forms possible.*

## NEWS AND NOTICES

*A complete list of SAFE [programs](#) and [events](#) can be found on our website.*

## Franklin Fall Health Fair

Stop by for local vendors, face painting, refreshments, activities, giveaways, health services, and more! Franklin Public Library, Weds. Sept. 25, 3-6pm.

## Franklin Harvestfest

Come see SAFE at our booth along with 150 other booths and attractions around Downtown Franklin. Live music, food court, kids' activities – there's something for everyone. Sept. 28 12-5pm.

## Narcan Training

Interested in learning how to administer lifesaving medicine that reverses the effects of overdose from opioids like fentanyl, heroin, morphine, and oxycodone? Join an [upcoming SAFE Narcan training](#), free to the public and no registration required.

Oct. 1, Nov. 1, and Dec. 1:

- Norfolk Public Library, 9–10am
- Medway Public Library, 10:30–11am
- Wrentham Public Library, 11:30am–noon

Or stop by the SAFE office for a 30-minute training session between 10am–1pm, Mon–Thurs. [Email us](#) to schedule a session.

## We Need Diapers!

SAFE Diaper Bank provides diapers and wipes free of charge to anyone in need and our supplies are critically low ([need diapers? click here!](#)). We can also repack opened packs and accepts diapers at every size. All sizes and styles appreciated, newborn and size 1 are especially low at this month. [Email us](#) to arrange a drop-off or [purchase on our Amazon wishlist](#) to ship directly to SAFE.

# PEOPLE RECOVER TOGETHER



## Our Doors are Open

Drop by SAFE Cafe on Fridays 8:30am-12pm to share a cup of coffee, see SAFE's space, meet a member of our team, and discover offerings that work for you.

SAVE THE DATE:  
MOVIE SCREENING

*Recovery City*  
Thursday 11/7, 6:30pm



Registration is now open for SAFE's screening of upcoming feature film [Recovery City](#)! Recovery City is an intimate, unflinching portrait of four women refusing to let themselves or their community give in to the stigma and despair of addiction. Set in Worcester, MA, the film follows the lives of women reflecting different facets of addiction and recovery.

**Ribbons for Recovery art installation also on display at this event.** Doors open at 5:30pm

**Q&A with director Lisa Olivieri and the four women featured in the film to follow**

**[Register Here](#)**

## The 2023 Annual Report Out Now!



Read the 2023 SAFE Annual Report

## THE BIG STORY

### SAFE to Host "Ribbons of Recovery" Art Exhibit in November



SAFE will host the traveling art installation “Ribbons of Recovery” Thursday, November 7th at SAFE HQ in Franklin. Presented by FIRST Steps Together with the Cape Cod Children’s Place, Ribbons for Recovery uses material art to reveal the many paths taken toward recovery and the effort it takes to continue the journey.

As an act of trauma recovery, the project transforms a process shrouded in stigma into a celebration of grit and achievement.

To make the art exhibit, Cape Cod residents in recovery, all of whom are parents, added a ribbon to a ring for every recovery modality they had undertaken. The FIRST team, a peer-led initiative staffed by folks with personal recovery experience, added ribbons to their own rings as well.

Creators say the process was powerful. “There was love, there were tears, there were emotions on all sides,” says FIRST Family Recovery Support Specialist Erin Pierce.



Stringing the rings together on a shared cord made the collective journey of recovery seem less individual and more communal. "Right away, we could see that we were all in it together," Pierce says.

The team also sought to create a project that shows the non-linear, often multimodal nature of recovery. They see each ribbon on each ring as progressing on a path toward agency, hope, and self-love. "Our wish is for the ribbons to illuminate all the possibilities for pathways to recovery," say the Ribbons for Recovery creators, "and light the way for others who may still feel like they're wandering in the dark."

Pierce agrees. "One of the things I had a hard time with early on was how hard it was to see a sparkly, colorful ribbon and know that it represented something tragic like overdose. But the beauty of this project is that it helps you realize that each ribbon is a celebration, because it moved someone a step closer to being clean and sober."



Created in 2023, Ribbons for Recovery has been exhibited across the Cape. It will be featured at SAFE on November 7th from 5:30-9:30pm, with the exhibit's creators on hand for discussion, questions, and resources.

[Cape Cod Childrens Place](#) offers education and services to families across the Cape and islands. Their [FIRST Steps Together](#) programs support families affected by substance use disorder and support groups for grandparents raising grandchildren.

## We Need Fall Volunteers!

We need your help to bring care and awareness to our community this fall season. Check out our volunteer events calendar today and sign up for a time and place to make a real difference in someone's life.

[Learn More](#)

# FAMILY RECOVERY CORNER



## Happy Recovery, and Happy Recovery Month!

*by Robyn Heisey*

Recovery for our loved one suffering from addiction/mental-health issues can mean finding a program (The 12 Steps, for example), working the program, and living a clean and productive life.

But when it comes to family members of those suffering from addiction/mental illness, what does recovery even mean?

I remember sitting in my first Families Anonymous meeting when The Big Book was pulled out. It was April, and the group was working Step 4: "Made a searching and fearless moral inventory of ourselves."

If my head could have spun a 360, it would have. Why on earth would I need to make an inventory of myself? It was my loved one who needed to do that work, not me. I was there to sob and tell my story, and to listen to others do the same, right? Also, why were we reading from The Big Book, something clearly meant for addicts? Was I in the wrong meeting?

Nearly three years later, I am leading many FA meetings and mindfully working the 12 Steps both with my sponsor and my first sponsee. Why do the 12 Steps of AA work so beautifully for family members of those suffering from addiction/mental illness?

Because often that family member has spent years obsessively trying to fix/cure their loved one. In essence, that loved has become their own drug. Step 1 teaches us that we are powerless over our loved one and their actions. Whether they seek treatment or continue using is simply none of our business.



In FA, we learn to turn the mirror on ourselves. It is a bona fide struggle for co-dependents, those whose self-worth is fueled by constantly helping others. Looking into that mirror, we might say, "Hey, who are you?"

At first glance we might throw the mirror down and run full force back into our loved one's life and problems, armed with books and programs we believe will finally save our loved ones. But the harder we try, the less our loved one seems to want anything to do with us – and the recovery we are so heroically offering.

They simply are not ready. Forcing an addict into recovery will never work.

The simplest and most profound lesson I've learned working the steps is to love everyone in my life *as they are*. This means accepting my loved one whether they choose sobriety/wellness or not.

In working the steps, we co-dependents are set free to fully engage in our own lives. We find ourselves freed of the resentment we previously had, freed of imagining, "If only my loved one would accept treatment and get well, I can finally have my life back."

Guess what? Your life has been waiting for you with open arms all along. Live your life happily, healthily, and otherwise fulfilled. No matter how sick (or well!) your loved one chooses to be, you can live yourself.

## PHOTO GALLERY

### THIS MONTH AT SAFE

A HUGE thank you to everyone who volunteered and attended our International Overdose Awareness Day flag placings and memorials in towns across southeastern Massachusetts. Together, we remembered the 2,125 Massachusetts residents loss to overdose last year.

We were grateful to participate for our second year in The Patriots Foundation's Send Silence Packing experience, inspiring action for suicide prevention, connecting participants with local and national mental health resources, and inspiring action.

And we thank Holliston and Medway for hosting Hidden in Plain Sight, SAFE's substance use, parent education course. Thanks to all who attended!



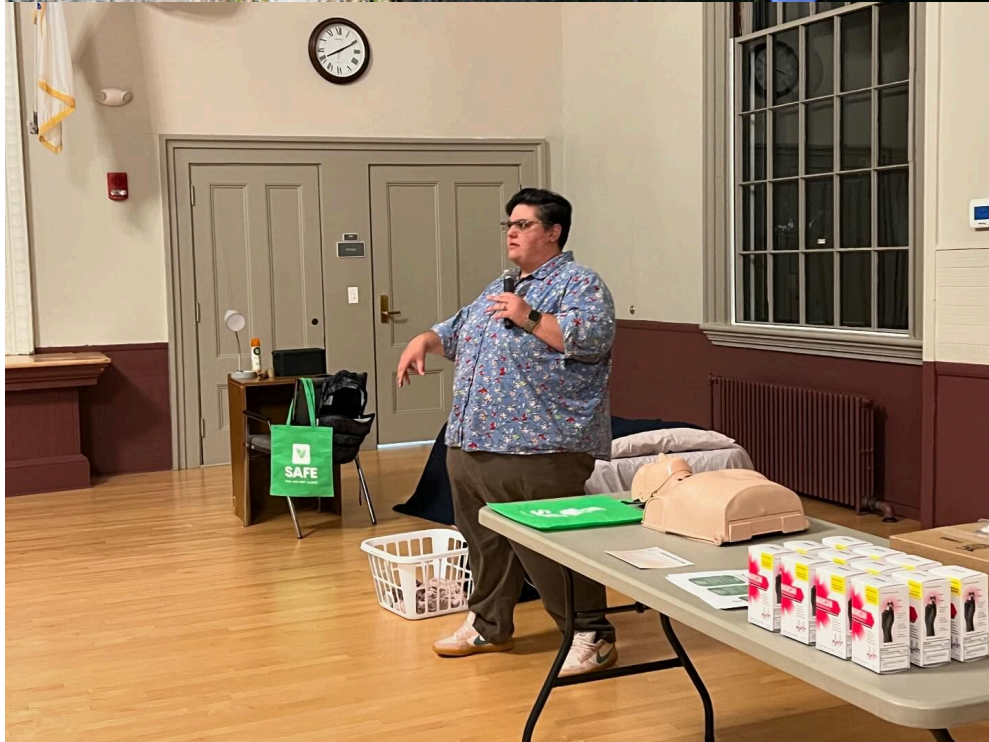


















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