



SAFE

YOU ARE NOT ALONE

News and Events March 2024



SAFE Cafe launched in February with its open mic performance art series "Cafe After Dark". Vocalist Aida DiChiara shown here. Future dates and details below.

EVENTS CALENDAR

Featured Events

SAFE Anniversary Open House, Fri. 4/5 11am-2pm

Meet our team! Tour our space! Meet our fall interns! Learn about our programs! For more info visit our [Open House event page](#).

Rainbow Connection, Multiple dates

Six-week workshop for LGBTQ+ teens seeking self-discovery, community-building, and empowerment through storytelling. Skill building sessions and mentorship help participants craft unique life narratives, culminating in a powerful storytelling stage event. 2nd & 4th Tuesday of the Month 4-5:30pm. Registration and info: info@safecoalitionma.org

Empowered Parenting, Multiple dates

Medway and Wrentham parents: Join us for a structured conversation facilitated by SAFE Clinician Alli Stokowski, LICSW. We guide and support parents or children and teens learning to communicate about mental health and substance abuse concerns, bullying, and social media. Funded by Opioid Settlement Funds, this program seeks to decrease stigma around mental health and substance use treatment. Meets the fourth Monday of every other month. Next meeting is Monday April 22 4-5:30pm, Wrentham Town Hall at 79 South St. and Monday April 22, 6:30-8pm at Medway Town Hall (1st floor Conference Room), 155 Village St. For more information please email astokowski@safecoalitionma.org.

Come attend a SAFE program!

All our programs are confidential and no cost to any community member. For a full list of SAFE's support groups, trainings, and events, please visit our [website](#).



You're
Invited!

TO THE 2024
SAFE COALITION GALA

JOIN US IN CELEBRATING THE WORLD OF RECOVERY!
DINNER. LIVE AUCTION. SPEAKERS.
HONOREE: **ROB NINKOVICH**

1 MAY 2024 5:30PM
LAKEVIEW PAVILLION
45 LAKEVIEW RD, FOXBOROUGH, MA 02035

[Gala Tickets and Event Info](#)

NEWS AND HEADLINES

**SAFE's Family Recovery Center Supports
Whole-Person Healing and Growth**



SAFE's new event space at our Franklin HQ

March welcomes the arrival of SAFE's new meeting space and home to many of our Family Recovery Center gatherings. But how much do you know about SAFE's Family Recovery Center?

The concept of a family recovery center began in 2019 and doors opened in January 2023. Since that time, FRC programs have supported over 1,000 attendees. The FRC is founded on the principle that substance use disorder (SUD) is a family illness, and families need their own recovery separate and distinct from the loved one who is battling SUD.

Jim Derick, co-founder of SAFE and Director of the FRC, saw a need for allaying the isolating effects of mental illness and SUD on everyone involved. "As a dad with a son that had suffered from SUD for years, I was keenly aware of the anxiety, stress and impact of this illness on the family," Derick says. "Many families initially feel they are at fault for their loved one's illness. At the FRC they find that this is not the case and importantly that they are not alone."

Recognizing that the process of recovery for any family is different for everyone, FRC provides more than a dozen pathways to access support and wellness. In addition to our support groups, families can access compassionate and judgment-free quiet space, social activities, self-care training, and health and wellness training.

The FRC's offerings are designed as a supplemental resource to traditional clinical care, which SAFE CEO Jen Levine says makes them first in class in

the region. “Peer work is just as important as clinical work,” says Levine. “It’s what makes our support a unique, whole-person, whole-family style of care.”

The FRC's support groups rely on trained volunteer peer leaders with shared lived experience of the topic. Families Anonymous, The Ripple Effect (an adult sibling support circle), Grandparents Raising Grandchildren, Artists’ etc. and Peer Support all honor the crucial role that shared experience can play in witnessing and holding space for a person’s grief, emotional processing, and ongoing support.

Derick says by treating the individual as just one part of an entire system in need of healing, spaces like FRC offer critical paths toward recovery. “We know that SUD is a family illness, “ says Derick. “Without treatment, the impact on the family and its individual members can be devastating. Statistics show that the individual with SUD has a greater chance of maintaining their recovery when the family of origin is pursuing its own recovery.”

Most recently, the SAFE Cafe was launched offering additional opportunities for support and connection. Every Friday 8:30-noon, SAFE Cafe is open for coffee and conversation. And the Cafe After Dark series offers open mic performance art and safe and sober space for everyone in the community to enjoy. Cafe After Dark runs May 11th, August 3rd and October 5th.

With offerings every week, SAFE is making a measurable impact in the mental wellness of our community. As one member of Families Anonymous said, “This support group has changed my life.” Explaining how they learned how to set boundaries and seek guidance, they said the group helped them heal. “I learned that my loved one needs to have their own experience and that I am there to love [them],” they said.

For more on the Family Recovery Center and a full list of SAFE’s support services, visit our [Support Groups page](#) and [Community Events Calendar](#). With questions or more information, email info@safecoalitionma.org.

Volunteer for SAFE

Want to be a part of SAFE's mission to bring care to our community? Have a skill to share? Email us and let us know you'd like to be a part of our volunteer outreach network. All ages, all skills, any donation of time welcome!

Volunteer with SAFE

Photo Gallery: This Season at SAFE

Thank you to all who attended our SAFE Cafe grand opening. We also celebrated preparing and delivering 100 first aid kits to the longterm refugee housing in Franklin, conducted Fatal Vision blood alcohol simulations at a Peace Takes Practice event with Franklin High School at Dean College, and hosted an info booth at the FHS Boys' Varsity Basketball game. Our community grows and thrives because of you!











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