



## OUR MISSION

The mission of Sober Mommies is to empower women to reach their full personal recovery and parenting potential through peer-to-peer support and mentorship.

Everyone deserves a safe place, to feel accepted and loved, regardless of their recovery choices.

Some women find solace in 12 step programs and others in religion, close family, etc. But what about those who don't find comfort in those places? What about the woman who wants to enter recovery, but feels alone because she doesn't believe in the 12-steps, religion, or have close family to lean on? What if her family and friends are still active or less than supportive of her choices? Doesn't she deserve to feel safe somewhere? Shouldn't she be entitled to support and love?

We believe there is only one answer to these questions – ABSOLUTELY!!

We understand that recovery doesn't always include complete abstinence or 12 step work, and we celebrate any and all efforts to improve quality of life.



Sober Mommies is a 501(c)3 non-profit organization dedicated to providing a safe, understanding, all-encompassing, judgment-free platform for mothers in and contemplating recovery from substance abuse and misuse.

Our groups offer support, resources, and encouragement to women balancing recovery and parental responsibilities; while providing opportunities to build their recovery tribe.

Through online and in-person mentorship and peer support, Sober Mommies empowers women to ask for help, advocate for themselves using the resources/services available, practice healthy coping skills, and become active within their communities.

## SERVICES

### SUPPORT

Connect with other moms in recovery, and receive judgment-free support, encouragement, resources, and guidance from women who understand.

### ON-LINE & IN-PERSON GROUPS

Please visit [sobermommies.com/groups](http://sobermommies.com/groups) for a current listing of on-line and in-person support groups in your area.

### THE BLOG

Read stories submitted by moms in and out of recovery -- focused on the realities of being a mother in active addiction, early recovery, dual diagnosis, finding balance, stigma, medication-assisted recovery, and the hope and opportunities available through the many different pathways to recovery.

Have a story that needs to be told? SUBMIT TODAY!

[sobermommies.com](http://sobermommies.com)

### PEER MENTORSHIP

Accountability is an important part of any recovery path. Having someone who can relate to the specific details of your journey who has been on a similar road to support and encourage can play a vital role in setting and reaching personal recovery goals. With that in mind, Sober Mommies connects women with similar interests and experience whenever possible.

Women with lived and relevant experience who have a mentor are encouraged to volunteer and take on a mentorship role as soon as they're ready!

### FILL-A-CRIB BABY SHOWERS

Filling cribs for moms in need with the help of our generous support group and community members. To make a tax deductible donation, contact [admin@sobermommies.com](mailto:admin@sobermommies.com)

Are you an identified woman in or contemplating recovery from substance use or misuse?

Do you feel like you don't fit the "typical" mold, because your recovery looks or feels different?

Are you struggling to find recovery support that matches with your individual needs?

Want to be part of a tribe of other moms with lived experience and knowledge who will support your personal recovery choices so you can be an even better version of you?

If so, Sober Mommies groups are for you!!

## CURRENT MASSACHUSETTS SUPPORT GROUPS

**Wednesdays 7-8:30p**

**Holbrook Public Safety Building (rear entrance)\*  
300 South Franklin St. Holbrook, MA 02343**

**Fridays 10-11:30a**

**Quincy Family Resource Center (bottom floor)\*\* \*  
1120 Hancock St. Quincy, MA 02120**

**Every 3RD Tuesday 6-7:30p**

**Community Connections of Brockton /The Family Center\*\* \*  
1367 Main St, Brockton, MA 02301**

Visit [sobermommies.com/groups](https://sobermommies.com/groups) for more information, to join our global online support community, or to find out how start a Sober Mommies support group in your area!



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\*\*Childcare may be available at this location. \*No groups on holidays