PATHFINDERS

PEER RECOVERY SUPPORT PROGRAM

Wellness and Recovery Community Center (WRCC)
3 Milford Mill Road, Pikesville, MD 21208 Bryan Johnson, RCC Coordinator
J Desroches, and Debbie Dauer, Peer Support Specialists
INFO/WARM LINE 410-935-6721 **(M-F 9 AM-5 PM)**

NEWSLETTER – NOVEMBER 2026

Pathfinders Wellness and Recovery Community Center (WRCC) has the mission of **"finding our personal pathway(s) to recovery and supporting each other as we move forward together."** Any peer considering wellness and recovery is welcome. Our peer-led program will continue to evolve to meet the changing wellness and recovery needs of our members.

A Message from Pathfinders

In-person: Tuesday & Friday, 2 – 7 PM, and a Quarterly Weekend Activity

Topic Discussions and Emotions Anonymous (EA) meetings are Hybrid on Zoom & In-Person: Tuesday & Friday, 3:15 – 4:30 PM

We are conveniently located at 3 Milford Mill Road in Pikesville near public transportation (Milford Mill Metro and Bus lines 83, 85, & 89).
Hope to see you soon on-site or online for our "hybrid" in-person/virtual programming!

Welcome to our November Newsletter*!* And don't forget to check our calendar on the other side.

Short Days, Heavy Stress

Clocks fell back on Sunday, November 1st and the extra hour of sleep comes with a trade: darkness by late afternoon. If your energy is dropping and your stress is climbing, the season may be part of the reason.

Seasonal affective disorder (SAD) is a form of depression that returns each year, usually starting in fall and ending by spring. It can pass for ordinary stress at first. You sleep more but wake up tired, crave carbs, and feel relieved when plans get canceled. The two feed each other: low mood makes problems look bigger, and a bigger pile of problems drags the mood down further.

Get outside within a couple of hours of waking, even on gray days. Outdoor daylight beats indoor lighting by a wide margin, and morning light helps reset your body's clock. If that's not realistic, ask your doctor about a light therapy box used in the morning.

Keep your routine steady: the same wake time, regular meals, and a twenty-minute walk most days. Then shrink the stress itself. Write down what's weighing you down, pick one thing to handle today, and let the rest wait for its turn.

Stay in contact with people, especially when you don't feel like it. Isolation is the fastest way to turn a rough month into a rough season, and it's where Pathfinders fit. Our peers have lived through hard stretches and won't need you to explain why getting off the couch feels huge. Reach out for a check-in, a walk, or a conversation. You don't need a crisis to qualify.

If a low mood lasts beyond two weeks or starts affecting your work, sleep, or safety, talk to a healthcare provider. SAD is treatable, and asking for help early makes the winter shorter. In the US, you can also call or text 988 at any hour.

Please contact us for the Zoom link or visit EA International Website
See you at 3:15 pm for Check-In

Zoom
Meeting# **822 3000 4105** and Passcode **476656**

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November 2026

"The first step to getting anywhere is deciding you're no longer willing to stay where you are." — Anonymous

Together We Can **TUESDAY** 2–7 PM • On-site with Zoom	*Wellness* **FRIDAY** 2–7 PM • On-site with Zoom
3 **Overcoming Adversity**	**6** ***International Day for Preventing the Exploitation of the Environment in War and Armed Conflict (UN Observance)*** Emotions Anonymous, 3:30 PM, Quarterly Member Meeting
10 **Thumb Ball** **Member Outing TBA**	**13** ***World Kindness Day*** **Emotions Anonymous, 3:30 PM**
17 **Holiday through the Lens of Healthy Relationships**	**20** **Emotions Anonymous, 3:30 PM**
24 **Recovery Bingo: Gratitude and Kindness**	**27** **Emotions Anonymous, 3:30 PM** In-Person Cancelled, Virtual Hours Only, 12–5 PM

Pathfinders Announcements — *November Awareness*

November 4	International Stress Awareness Day
November 6	Quarterly Member Meeting, 4:30 PM
November 10	Member Outing
November 11–16	Anti-Bullying Week
November 16	In-House Game Day, 1–6 PM
November 21	International Survivors of Suicide Loss Day (Survivor Day)
November 25	International Day for the Elimination of Violence against Women
November 26	National Family Health History Day / Thanksgiving Day

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