

NORFOLK COUNTY SHERIFF'S OFFICE

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FOR IMMEDIATE RELEASE

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Norfolk County Sheriff Patrick McDermott announces an expansion of community programs and services at the HOPE Center in Braintree

BRAINTREE, MA – Norfolk County Sheriff Patrick McDermott is excited to announce an expansion of programming at the agency's HOPE Center, offering new services and support for the entire community and individuals seeking a new path after incarceration.

The HOPE Center's mission is to motivate, empower, teach, and assist individuals to make our communities stronger and safer.

Expanded offerings include:

Prison to Prosperity: Meeting on Tuesday nights at 7:30 p.m. starting March 11th, this group is dedicated to formerly incarcerated men, especially those recently released, offering peer support, resource sharing, and guidance to help navigate life after prison.

Coping Skills Group: Meeting on Wednesday mornings at 9:00 am, this is a supportive space designed to help individuals manage stress, anger, and other challenging emotions. Through discussion and practical tools, participants will learn healthy ways to navigate life's difficulties, build emotional resilience, and develop strategies for self-regulation.

House of Change: This personal growth group meets on Thursdays at 10:00 a.m. using the metaphor of home design to explore inner transformation. Just as we organize and redesign our living spaces, this group helps participants reflect on their thoughts, habits, and emotions to create a balanced and fulfilling life.

Hopeful Expressions: An expressive arts group where creativity becomes a tool for emotional healing and self-discovery. Open to all, this group meets at 1:00 p.m. on Thursdays and provides a supportive space to explore feelings, reduce stress, and connect with others through artistic expression.

“This expanded programming builds on a successful first year of community offerings at the HOPE Center,” said Sheriff McDermott. “The HOPE Center has served dozens of clients, including 86 justice-involved individuals, since opening in April 2024 and we are looking forward to building on that momentum by expanding the reach of its services.”

[The HOPE Center](#), located at the Braintree Public Safety complex, stands for Healing, Opportunity, Purpose, and Engagement. Its staff works closely with the Reentry Team at the Norfolk County Sheriff’s Correctional Center to support individuals transitioning back into the community.

A calendar listing the expanded programming and other helpful resources offered by the HOPE Center, including its open door community drop-in, and its weekly young person’s AA meetings, can be found here at hopecenterma.org/calendar

Members of the community who are interested in connecting with the HOPE Center, or its programs can contact Program Director Cheryl Portman at cportman@norfolksheriffma.org

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