

BOSTON RESOURCE CENTER MONTHLY SCHEDULE

MAY 2019

85 East Newton St., Ground Floor, Boston, MA 02118 Main Phone: 617-305-9900

| | MONDAY | WEDNESDAY | THURSDAY |
|----------|--|---|--|
| 9:30 AM | 9:30am BRC Opens | 9:30am BRC Opens | 9:30am BRC Opens |
| 9:45 AM | 9:45am Morning Check-in - Meeting Room | 9:45am Morning Check-in - Meeting Room | 9:45am Morning Check-in - Meeting Room |
| 10:00 AM | 10am Coffee in Living Room | 10am Coffee in Living Room | 10am Coffee in Living Room |
| 10:30 AM | 10:30am-12:00pm NAMI Connection - a peer support group with a structured format - Meeting Room | 10:30am-11:20am Meditation & Wellness - Meeting Room | 10:30am-11:20am Meditation & Wellness - Meeting Room |
| | | 11:20am-12:00pm LGBTQ-Meeting Room | |
| 12:00 PM | 12pm-12:45pm Dual Recovery Anonymous - Meeting Room | 12pm-12:45pm Dual Recovery Anonymous - 12 Step Mtg for Mental Health and/or Addiction Challenges - Meeting Room | 12pm-12:45pm Dual Recovery Anonymous - Meeting Room |
| 1:00 PM | 1pm-1:45pm Self Esteem Workshop - Meeting Room | 1pm-1:30pm Community Meeting - Living Room | 1pm-1:45pm Peer Support - Meeting Room |
| 2:00 PM | 2:00 pm-2:40 pm Meditation - Meeting Room | 2pm-2:40pm Women's Meeting - Creativity Room | 2pm-2:40pm Karaoke - Creativity Room |
| | | 2pm-2:40pm Men's Meeting - Meeting Room | |
| 3:00 PM | 3pm BRC Closes | 3pm BRC Closes | 3pm BRC Closes |
| | BRC WILL BE CLOSED MAY 27 (MONDAY) FOR MEMORIAL DAY | | |
| | CELEBRATE APRIL BIRTHDAYS WITH CAKE: THURSDAY, MAY 30 AT 1:30 PM | | |
| | BRC MEMBERS MAY GAIN ACCESS TO FITNESS CENTER AFTER BRIEF ORIENTATION. | | |
| | NEWCOMERS ALWAYS WELCOME. ORIENTATION AND TOURS AVAILABLE ANY TIME. | | |