

Contact Janel Tan 617-863-5388 or tanj@vinfen.org **CSRLC:** 35 Medford Street, Suite 111, Somerville, MA 02143

Hours of Operation:

Mondays: 10:30 a.m. – 6:00 p.m.

Tuesdays: 12:00 p.m. – 7:30 p.m.

Wednesdays: 10:30 a.m. – 4:00 p.m.

Fridays: 10:30 a.m. – 5:00 p.m.

***LGBTQ group, & Art groups**

***See starred details below in schedule**

Closed All Holidays

****Please call Janel Tan if you would like to make an appointment, or simply drop in on any one of the groups- Thanks! ** 617-863-5388 or tanj@vinfen.org**

Monday	Tuesday	Wednesdays	Thursdays	Friday
Yoga/Meditation 11:00 AM-12:00 PM	Lunch on your Own 12:00 PM-1:00 PM	NAMI Connections 10:30 AM -12:00 PM	*LGBTQ Group Only* 11:00 AM-12:00 PM	NAMI Connections 10:30 AM -12:00 PM
Lunch on your Own 12:00 PM-1:00 PM	Exercise Group (including the Wii!) 1:00 PM-2:00 PM	Lunch on your Own 12:00 PM -1:00 PM		Lunch on your Own 12:00 PM -1:00 PM
Happiness & Wellness Creative Projects 1:00 PM-2:15 PM	Health Adventures Wellness, including Diabetes Prevention Program & Healthy Cooking 2:00 PM-3:30 PM	Beginner Level Reading- (will be changing to new employment group soon!) 1:00 PM -2:00 PM	Creative Coping Art Group 1:00 PM-2:30 PM	Building Connections (Learning to connect with self and with others) 1:00 PM-2:30 PM
Pathways to Recovery 2:30 PM- 4:00 PM	1st Tuesday of Month: Cooking group 2:30-4:00 PM	2:30 PM – 4:00 PM <u>A Day in the Park-</u> Come join us for fresh air and more by the park at nearby Twin City Plaza!		Bad Dance Party! 2:45 PM- 4:00 PM
1:1 Computer Tutoring Time 4:00 PM -5:00 PM *By Appointment*	1:1 Computer Tutoring Time or 1:1 Employment Support 5:00 PM-7:30PM *By Appointment*	2:30 PM-4:00 PM Call Josh if interested in piano or guitar lessons 617-710-1867		1:1 Computer Time *On Your Own* & Clean-Up Time 4:00 PM-5:00 PM
Yoga/Movement 5:00 PM-6:00 PM				

