

Contact Janel Tan 617-863-5388 or [tanj@vinfen.org](mailto: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, & Beatles/Music 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](mailto: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	*Art Group Only *1 <sup>st</sup> & 3 <sup>rd</sup> Thurs 2:30-4:00* Drop-In	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	Drop-in: Good Old Days Group Beatles & Music <b>Only</b> 4 <sup>th</sup> Thurs. of month, ** 2:30-3:30**	Lunch on your Own 12:00 PM -1:00 PM
Happiness & Wellness Creative Projects 1:00 PM-2:00 PM	Health Adventures Wellness, including Diabetes Prevention Program & Healthy Cooking 2:00 PM-3:30 PM	Pathways to Recovery 1:00 PM-2:15 PM	*** If ques. on Thurs groups, contact Jordan: Cell: 617-704-1347 Email: <a href="mailto:jensenj@vinfen.org">jensenj@vinfen.org</a> (Janel out of office Thurs.) ***	Building Connections (Learning to connect with self and with others) 1:00 PM-2:30 PM
WRAP 2:30-4:00 (10 week class until May 22nd 2017)	<b>1<sup>st</sup> Tuesday of Month:</b> Cooking group 2:30-4:00 PM	Call Josh if interested 617-710-1867 in piano or guitar lessons- Wed afternoon 2:30 PM-4:00 PM		Bad Dance Party! 2:45 PM- 4:00 PM
1:1 Computer Tutoring Time 4:00 PM -5:00 PM	1:1 Computer Tutoring Time or 1:1 Employment Support 5:00 PM-7:30PM			1:1 Computer Time *On Your Own* & Clean-Up Time 4:00 PM-5:00 PM
Yoga/Movement 5:00 PM-6:00 PM	*LGBTQ Group Only 10:00 AM-11:00 AM Every Tuesday			