

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.

***Thursdays: LGBTQ group, Art, & Writing 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 (DVD Only) 11:00 AM-12:00 PM	Lunch on your Own 12:00 PM-1:00 PM	NAMI Connections (support group) 10:30 AM -12:00 PM	*LGBTQ Group Only* 11:00 AM-12:00 PM (only for people who identify as LGBTQ)	NAMI Connections (support group) 10:30 AM -12:00 PM
Lunch on your Own 12:00 PM-1:00 PM	Exercise Group (Walking or 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 (Journaling or Art) 1:00 PM- 2:15 PM	Health Adventures Wellness, including Diabetes Prevention Program (discussion group) 2:00 PM-3:30 PM (except 1st Tues.)*	Transitions in School and Work 1:30 PM -2:30 PM	* Creative Art Exploration (open art time for all) 1:00 PM-2:30 PM	Building Connections (Workbook-Learning to connect with self and with others) 1:00 PM-2:30 PM
Pathways to Recovery (Workbook-Recovery and Wellness Topics) 2:30 PM- 4:00 PM	*1st Tuesday of Month: Cooking group 2:30-4:00 PM	<u>A Day in the Park-</u> (indoor activities during winter months- meet at RLC) 2:45 PM – 4:00 PM	*Writing Group Pre-registration required- Contact CD: collinsc@vinfen.org 2:30 PM-3:30 PM (Group is Full)	Bad Dance Party! (dance/move or just listen to great music!) 2:45 PM- 4:00 PM
1:1 Computer Tutoring Time 4:00 PM -5:00 PM *By Appointment*	1:1 Computer Tutoring Time 5:00 PM-7:30PM *By Appointment*	2:45 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 (DVD Only) 4:30 PM-5:30 PM				