

# Hope Center RLC

# 25 Staniford Street, Boston MA on the Plaza Level

TIME	Tuesday	Wednesday	Thursday
10:00am	Hope Center Opens	Hope Center Opens	Hope Center Opens
10:00-10:50am	Guided Meditation/Community Meeting	Stretching/Deep Breathing	Light Breakfast/Announcements
10:50-11:00am	Break	Break	Break
11:00-11:50am	Let's Talk	WRAP and Self Care	Exercise at the Lindemann Gym
11:50-12:00pm	Break	Break	Break
12:00-12:50pm	Elements of Happiness	Recovery is Real	Brain Games
12:50-1:00pm	Break	Break	Break
1:00-1:50pm	Creative Writing	Arts and Crafts in the main room, Computer Basics (in the Computer Lab)	NAMI Connections (1:00-2:30pm)
1:50-2:00pm	Break	Break	Break
2:00-2:50pm	Music Appreciation	Looking for Opportunities (Work and Volunteering)	NAMI Connections until 2:30pm Music and clean up until 3pm
3:00pm	Hope Center Closes	Hope Center Closes	Hope Center Closes
<b>Other Info:</b>	The Computer Lab is open from 11am-2pm on Tuesday and Thursday.	Inclement Weather Closings: Hope Center will be closed when Boston Cancels School	NEWCOMERS are always WELCOME! Orientation and tours are available upon request!!!

If you have any questions please feel free to contact Ben Coffin, Director at (617)626-8692 or The Center's line at (617)626-8688 note that the phone is not answered during groups but messages will be returned.