

Hope Center RLC

TIME	Tuesday	Wednesday	Thursday
10:00am	Hope Center Opens	Hope Center Opens	Hope Center Opens
10-10:50am	Guided Meditation/ Community Meeting	Stretching/Meditation/Music	Coffee/Light Breakfast/Community Meeting
10:50-11am	Break	Break	Break
11am-11:50	Check in/Discussion Group	Check in/ WRAP and Self Care/ Peer and Recovery Coach Supervision	NAMI Connections (11-12:30)
11:50-12	Break	Break	Break
12-12:50	Elements of Happiness Group	Exploring Boston/ Discussing Recovery	Exercise Group at Lindemann Gym
12:50-1	Break	Break	Break
1-1:50	Creative Writing Group	Outreach/Bridging Groups (Off-Site)/ Art and Writing Projects (On-Site)	Creative Arts Group
1:50-2	Break	Break	Break
2-2:50	Work and Recovery	Dual Recovery Anonymous/ 12 Step Meeting (Off-Site)/Computer Support Group (On-Site)	Weekend Planning Group
3pm	Hope Center Closes	Hope Center Closes	Hope Center Closes
Other Info:	The Computer Lab will be open 11am-2pm Tuesday and Thursday	Inclimate Weather Closings: Hope Center will be closed when Boston Cancels School	NEWCOMERS are always WELCOME! Orientation and tours are available upon request!!!