

Meeting Descriptions

Peer Support

An opportunity to share or listen to experiences and together can provide help, hope and support to one another.

Peer Support Meeting Bilingual Portuguese/English

An opportunity to share or listen to experiences and together be able to provide help, hope and support to one another. Portuguese, English & Bilingual speakers welcome./Uma oportunidade para compartilhar e ouvir experiências e juntos fornecer ajuda, esperança e apoio mútuo.

Coffee & Conversation

A time to spend with others who want to share thoughts and support each other over a cup of coffee.

Yoga, Yoga Nidra & Meditation

Join our instructor Lindsey for a trauma informed class in a relaxing environment . The class consists of Yoga poses and breathing exercises. Yoga Nidra is know as yogic sleep. It's a meditation practice intended to induce physical, mental, and emotional relaxation. We will incorporate all of these in each session or choose one to focus on together. Every body is welcome. Participate on mats or in chairs.

Zumba/Stretch

Step to step Zumba choreography that focuses on balance, range of motion and coordination. For everyone that's looking for a Zumba class that recreates the original moves you love at a lower-intensity.

Book Club

We choose a book together and discuss our thoughts & opinions.

Hearing Voices & Alternative Realities Support Meeting

An opportunity for those who experience Hearing Voices or other sensory experiences to support one another through sharing experiences & strategies.

