



KIVA MetroWest
Access Center at Trolley Square
 855 Worcester Road Framingham, MA
 (508) 626-2206

August 2019

The Access Center at Trolley Square Meetings

Tuesday August 6th , 13th, 20th & 27th

**Yoga, Yoga Nidra,
 Meditation with
 Lindsey**
 10:30-11:00 AM

**Zumba & Stretch
 with Andrei**
 11:30-Noon

Peer Support
 1PM to 2PM



The Access Center at Trolley Square is open every Tuesday from 10AM to 3PM

KIVA MetroWest Meetings in the Community

MONDAYS
 Bilingual Peer Support
 from 10:00-11:00AM at
Recovery Connections
 31 Main Street
 Marlborough, MA
 Peer Support
 Employment Options
 from 12:30PM to 1:30PM
 82 Brigham Street
 Marlborough, MA

WEDNESDAYS
 Book Club
B Sisters Cafe
 12:00-1:00 PM
 680 Worcester Rd
 Framingham, MA
Have a coffee on us!

THURSDAYS
 Hearing Voices &
 Alternative Realities
 Support
 from 12:00 – 1:00 PM
 Morse Institute Library
 14 East Central Street
 Natick, Ma
*At Community Room
 Lower Level*
STARTING AUGUST 8TH

FRIDAYS
 Coffee &
 Conversation
 2:00-3:00PM at
 Panera Bread in
 Natick
 841 Worcester
 Street
 Natick, MA
Have a coffee on us!

Peer Support Meeting via Conference Call Every Saturday

7:00-7:30PM Dial – (508) 556-4226 no extension

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.

