



Kiva Wellness Center August 2019

209 Shrewsbury St., Worcester MA 01604 (Bus 15) Phone: 508-751-9600 Fax: 508-751-9601

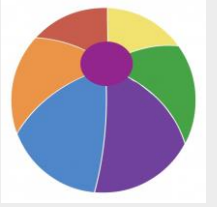
HOURS: Monday to Thursday 9:00 ~ 3:30 and Fridays 12:00 ~ 6:00



"Being Trauma-Informed is a peace making process."

Monday Lunes 5-12-19-26	Tuesday Martes 6-13-20-27	Wednesday Miercoles 7-14-21-28	Thursday Jueves 1-8-15-22-29	Friday Viernes 2-9-16-23-30	Saturday Sábados 3-10-17-24-31
Morning Jump Start Peer Support 9:30 ~ 10:30	Sharing & Caring Conversation 10:00 ~ 11:00	Wellness Wednesday 9:30 ~ 10:30	Walking Group with Andrei 9:15 ~ 9:45	Kiva opens at 12:00 noon on Fridays	Over the phone Peer Support 7:00 ~ 7:30pm Conference Call (508) 556 ~ 4226
American Sign Language 10:45 ~ 11:45	Community Gathering Starts at 11:15	Peers of Color Support 10:45 ~ 11:45	Living with Loss 10:00 ~ 11:00	Sharing & Caring Conversation 12:30 ~ 1:30	 <p>PPAL Parent / Professional Advocacy League</p> <p>Crisis Planning for Parents/Caregivers and Box Up the Stress for Youth Wednesday, August 14th 5:30 ~ 7:30</p> <p>RSVP Kathy: parentsupportgroup@ppal.net 508-767-9725</p>
Coping with Anger 11:00 ~ 12:00	Almuerzo Latino (Latin Lunch) Bilingual 12:30 ~ 1:30	Compulsive Behavior Support 12:00 ~ 1:00	Alternatives to Suicide 11:15 ~ 12:15	Recovery Through Art 1:45 ~ 3:15	
Apoyo entre Compañeros Spanish Peer Support 11:15 ~ 12:15	Trauma Informed Addiction Support Dual Diagnosis 1:30 ~ 2:30	Life After Violence 1:00 ~ 2:00	Voice Hearers & Alternative Realities 12:30 ~ 1:30	Recovery Thru Rhythms (Drum Circle and more) 3:30 ~ 4:30	
Breaking Cycles 12:00 ~ 1:00		Guitar 101 2:00 - 3:00	Spirituality & Wellness 1:35 - 2:35	Karaoke/Spoken Word 4:30 ~ 6:00	
Zumba with Andrei 12:30 ~ 1:30		Zumba Express with Andrei 2:00 - 2:30	System Survivors Group 2:35 ~ 3:30		
Yoga with Lindsey 1:30 ~ 2:30		Yoga Express with Lindsey 2:30 - 3:00	 <p>WRAP WELLNESS RECOVERY ACTION PLAN Renewing Your Wellness Your Way</p>	<p>8 Week Session starting September 13, 2019 Every Friday 2:30 ~ 4:00pm</p> <p>Tatnuck Bookseller Gift Gallery & Café 18 Lyman Street, Westborough, MA 01581</p> <p>Sign up: Nancy.Dupill@state.ma.us or Abraham.Walters@state.ma.us</p>	
Guided Meditation 2:30 ~ 3:30					

Kiva Day at The Lake
Lake Quinsigamond
Regatta
Wednesday, August 28
Inquire for details: 508-751-9600



OPEN MEETINGS OUT IN THE COMMUNITY:

Norwood	Webster	Gardner	Hopedale	Worcester	Southbridge
PEER SUPPORT Neponset River House 595 Pleasant St. Thurs. 3:30 ~ 4:30 PEERS CONNECT Morrill Memorial Library 33 Walpole St. Mon. 2:30 ~ 3:30	PEER SUPPORT Book Lover's Gourmet 55 E Main St. Thurs. 11 ~ 12:00 Panera Bread 2 Worcester Rd. Wed. 10 ~ 11:00	PEER SUPPORT Café Edisia 486 Chestnut St. (Reserved Meeting Room) Wednesday 12:00 ~ 1:00	POWER OF POSITIVITY (POP) Crossroads 11 Williams St. Tuesday 4:00 ~ 5:00	PEER SUPPORT Acoustic Java 932 Main St. 3rd Wednesday of the month 5:30 ~ 6:30pm <i>Coffee provided for all group attendees</i>	<p>Join the Kiva Center/CMRLC at our Southbridge Access Center 346 Main Street, Southbridge</p> <p>Visit our website www.centralmassrc.org/areas/south/ for the Kiva Southbridge calendar</p>
Milford	Hudson	Leominster	Leominster	Worcester	
VOICE HEARERS SUPPORT Milford Town Library 80 Spruce St. Quarry Rm. Friday 11:00 ~ 12:00 Exception: (August 30 12:30 ~ 1:30)	PEER SUPPORT Hudson Library 3 Washington St. Friday 11:00 ~ 12:00	PEER SUPPORT Leominster Public Library 30 West St. Friends Room, 3rd flr. Wed. 6:15 ~ 7:15pm	PEER SUPPORT Riverside Village 24 State St. Main Building Thursday 6:00 ~ 7:00pm	DEATH CAFÉ Root and Press Bookstore & Cafe 623 Chandler St. Inquire regarding day and time	HEARING VOICES Panera Bread 1241 Centre St. Call 508-751-9600 For dates & times

SILENT DINNER

Tuesday, August 6th, 5:30pm
The Fix Burger Bar
108 Grove St., Worcester, MA



AMERICAN SIGN LANGUAGE (ASL)

Learn new stuff and meet new people. Topics may include education, socialization, culture development mutual support, mental health and more. Deaf jokes and ASL storytelling. For Info contact Minh. Meals and Beverages available for purchasing.

KISS-FIST ICE CREAM SOCIAL

Friday, August 23rd, 6:00pm
Madulka's Ice Cream
193 Lake St., Worcester, MA

CLOSED MEETINGS OUT IN THE COMMUNITY:

Southbridge Harrington Hospital Inpatient Unit Mon. 2:30 ~ 3:00 ***** GB Wells Center Partial Hospital Mon. 1 ~ 2:00	Worcester P.T.R.C. Inpatient Unit Dual Recovery Mon. 2 ~ 3:00 Abby's House Trauma Support Every other week Tues. & Thur. 3 ~ 5:00pm	Auburn Auburn Heights Group Home Every 2nd Thursday 4 ~ 5:00 pm	Worcester UMass Memorial Hospital Inpatient Unit 8 East Friday 2 ~ 3:00	Gardner Henry Heywood Hospital Inpatient Unit Wednesday 2:30 ~ 3:30 Henry Heywood Partial Hospital Wednesday 1:30 ~ 2:15	Shrewsbury Sage Place Group Home Every 2nd Thursday 12 ~ 1:00	Marlborough Marlb. Hospital Inpatient Unit Fri. 1 ~ 2:00 ***** Marlborough Partial Hospital Every 2nd Fri. 11 ~ 12:00++	Worcester WRCH Hospital Wednesday 11:30 ~ 12:15 Friday 10:30 ~ 11:15 Peer Bridger Available	Norwood Norwood Hospital Unit 35 Monday 7 ~ 8:00pm Unit 28 Thursday 7 ~ 8:00pm	Westborough Westborough Behavioral Health Friday 3 ~ 4:00pm
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Alternatives to Suicide: This group is, a safe space where people with similar experiences get together to talk about all the alternatives we have, surrounding the topic of suicide, in a non-clinical and non-judgmental space. Thursdays 11:15 -12:15

ASL: American Sign Language also known as ASL will allow you to learn how to sign and will also teach you the cultural aspects of American Sign Language. All are Welcome. Mondays 10:45 - 11:45

Breaking Cycles: This group is focused on fostering wellness and compassion for ourselves while recognizing our ability for self-growth. We all make mistakes and sometimes harming others can also be a source of trauma for ourselves. This is a non-judgmental space where we share stories and strategies to empower ourselves in reaching our goals. Mondays 12:00 - 1:00

Community Gathering: It's an opportunity for the community to get together to discuss and make decisions in matters related to our center. Tuesdays 11:15 - 12:15

Compulsive Behavior Support Group: This is an opportunity to get support or give support around behaviors that are compulsive, including but not limited to over eaters, shopaholics, etc. Wednesday 11:30 - 12:30

Coping with Anger: Learn and share ways on how to deal with, how to cope with, as well as how to release your anger in a non-harmful way. Mondays 11:00 - 12:00

Death Cafe: Our objective is to increase awareness of death with a view to helping people make the most of their (finite) lives. Day and time to be determined

Guitar 101: Learn to play guitar and enjoy the healing power of music. Thursdays 1:30 - 2:30

Karaoke: Join us for a fun afternoon full of conversation, pizza, karaoke, singing, and dancing. Fridays 4:30 - 6:00

Life After Violence: This is a non-judgmental space to discuss the trauma of having harmed others. In this group, we make intentional space to share stories and strategies towards accountability and self-recovery while fostering compassion for ourselves.

Wednesdays 2:30 ~ 3:30

Living with Loss: An opportunity to share and listen to experiences about loss and together can provide help, hope and grieving support to one another. Thursdays 10:00 ~ 11:00

Morning Jump Start/Peer Support: Start up your week with a hot cup of joe in a relaxed and supportive environment. Mondays 9:30 ~ 10:30

Peers of Color Support: This meeting has been designed for Peers who identify themselves as people of color. It is safe space to all that are working on personal growth and strength by sharing recovery stories, power, and wisdom in a setting of mutuality and non-judgment. Wednesdays 10:45 ~ 11:45

Peer Support Meetings: An opportunity to share and listen to experiences and together can provide help, hope and support to one another. Daily, Thursdays 2:35 ~ 3:30

Recovery Through Art: This In this group we will use creativity as a tool of relaxation and wellbeing. All art and craft projects will fit all artistic levels, from beginner to advanced. Projects may include drawing, collage, painting and more. Fridays 1:45 ~ 3:15

Recovery Through Rhythms: Come find the rhythm master in yourself as you drum, play and sing with other peers! Open to all—you don't need experience, and drums will be available. We'll have a blast creating freestyle rhythms! Fridays 3:30 ~ 4:30

Sharing & Caring Conversation: This is a time to spend with others who want to share thoughts and support each other. Tuesdays 10:00 - 11:00 & Fridays 12:30 - 1:30

Spirituality and Wellness: This is a time to spend with others who want to share how their spirituality has helped them along their journey toward wellness and healing. (a non-denominational group setting) Thursdays 1:35 - 2:35

Systems Survivor Group:

The systems survivor movement is an emerging movement born from an understanding that systems and constructs intrinsically affect all aspects of the human experience. This group will offer an opportunity to discuss what it means to be a system survivor and how systems of oppression inherently create movements that look to uproot them. Awareness of such movements, systems and constructs allow for people to become better allies to those who identify as systems survivors as well as use their own experience within systems to contribute to a culture of empathy. Thursdays 2:35 ~ 3:30

Trauma-Informed Addiction/Dual Diagnosis:

This weekly group is geared toward those of us with lived experience, while also dealing with the obstacles and challenges that other addictions i.e., alcohol, narcotics, gambling, shopping can bring to one's recovery. Tuesdays 1:30 ~ 2:30

Voice Hearers Support Meeting & Alternative Realities:

A support group for those who hear voices and/or experience reality in different ways. Wednesdays 1:15 ~ 2:15

Wellness Wednesday: Various physical and mental health topics such as diet, eating habits, exercise and peer support. Wednesdays 9:30 ~ 10:30

Yoga with Lindsey: Join our instructor Lindsey in a relaxing and fulfilling experience, people of all levels and abilities are welcome. Mondays 1:30 ~ 2:30 + 15 minutes optional time for extra stretches &

Tuesdays 2:55 ~ 3:30 + 15 minutes optional time for extra stretches.

Zumba with Andrei: Dancing burns calories, strengthens bones and muscles; improves physical, emotional and mental balance. Zumba also reduces pain, slows the aging process and contributes to wellness. Mondays 12:30 ~ 1:30

En Español:

Apoyo entre compañeros: Una oportunidad para escuchar y compartir experiencias y juntos podemos prestar ayuda, esperanza y apoyo Mutuo. Lunes 11:15 ~ 12:25 / Jueves 11:00 ~ 12:00 en Kiva

Almuerzo Latino: Este almuerzo es para nosotros unirnos como una comunidad, volver a estar juntos. Vamos a hablar de muchos temas alrededor de la recuperación y el estímulo del poder latino. Únase a nosotros en este almuerzo gratuito. Martes 12:30 ~ 2:30

Karaoke: Únase a nosotros para una tarde divertida llena de conversación y karaoke. Cantando y bailando. Viernes 4:30 ~ 6:00

Out in The Community:

Dual Recovery Support at PTRC is a Self-determination based support group for people who identify both as someone seeking recovery from both "substance use and an emotional or mental health struggle simultaneously." – This group is a closed group. Only available for Peers Receiving Services at PTRC .

Informational Meetings: An opportunity for people to get more information about the RLC, the Peer Movement, and services that are available.

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

Voice Hearers Support Meeting: Are you a voice hearer? Would you like to meet with others who hear voices? If so, come to our support meeting. Tuesdays at Milford Town Library 11:00 ~ Noon