

Kiva Wellness Center March 2020

209 Shrewsbury St., Worcester MA 01604 (Bus 15) Phone: 508-751-9600 Fax: 508-751-9601
Hours: Monday-Tuesday-Thursday 9:00-3:30; **Wednesday 9:00-12:00**; Friday 12:00-6:00



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

Monday Lunes 2-9-16-23-30	Tuesday Martes 3-10-17-24-31	Wednesday Miercoles 4-11-18-25	Thursday Jueves 5-12-19-26	Friday Viernes 6-13-20-27	Saturday Sábados 7-14-21-28
Morning Jump Start Peer Support 9:30 ~ 10:30	Sharing & Caring Conversation 10:00 ~ 11:00	Wellness Wednesday 9:30-10:30	Wake Up w/Yoga 9:15-9:45 <hr/> Living with Loss 10:00-11:00	Sharing and Caring Conversation 12:30-1:30	Over the phone Peer Support 7:00 ~ 7:30pm Conference Call (508) 556 ~ 4226
-Music- One on One 10:30-11:30 NEW	Community Gathering at 11:15.	Peers of Color Support 10:45-11:45	Alternatives to Suicide 11:15 ~ 12:15	Apoyo entre campaneros 2:00-3:00	
American Sign Language 10:45-11:45	Kiva Community Luncheon 12:30 ~ 1:30		Voice Hearers & Alternative Realities 12:30 ~ 1:30	Recovery Through Art 1:45 ~ 3:15	
LEADERSHIP IS NOT ABOUT TITLES, POSITIONS, OR FLOWCHARTS. IT IS ABOUT ONE LIFE INFLUENCING ANOTHER.	Trauma Informed Dual Diagnosis 1:30 ~ 2:30	Noon to 8pm Zia Young Adult Access Hours at Kiva	Spirituality & Wellness 1:35 ~ 2:35	Recovery Thru Rhythms (Drum Circle and more) 3:30 ~ 4:30	
Coping with Anger 11:00-12:00	Guided Meditation 2:30- 3:30		Peer Support 2:35 ~ 3:30	Kiva Karaoke Fiesta 4:30-6:00	
Breaking Cycles 12:00-1:00	Guitar 101 New Time 2:30-3:30		Wednesday, March 17, at 3pm, please join Kiva's very own Joyce LaFortune for "A Journey through the Chakras" workshop. Call 508-751-9600 to reserve your spot.		
Zumba with Andrei 12:30-1:30			Psychiatric Survivor History Workshop Sponsored by the ZIA Young Adult Access Center An informative monthly series of workshops focusing on the history of psychiatric survivors, as well as the history of the movement. -Hosted by Vesper Moore and Shayne McDonald- First workshop begins on Thursday, March 24th 3:30-5:30 209 Shrewsbury Street, Worcester		
Yoga with Lindsey 1:30-2:30					

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. 2:00 ~ 3:00	PEER SUPPORT Book Lover's Gourmet 55 E Main St. Thurs. 11 ~ 12:00 *****	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>	Join the Kiva Center/CMRLC at our Southbridge Access Center 346 Main Street, Southbridge Visit our website for the Kiva Southbridge calendar www.centralmassrlc.org
Milford	Hudson	Leominster	Leominster	Worcester	NEW GROUP in Clinton
PEER SUPPORT New groups coming to Milford very soon.	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	PTSD PEER SUPPORT The Clinton Elks Hall 128 School St. Wednesday 7:00 ~ 8:00pm

SILENT DINNER

Tuesday, March 11th 5:30pm
Loving Hut
415 Chandler Street
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.

ASL COFFEE CHAT

Friday, March 27th 6pm
Birch Tree Bread Co.
138 Green Street
Worcester, MA

Southbridge Harrington Hospital Inpatient Unit Mon. 2:30 ~ 3:00 ***** JB Wells Center Partial Hospital Mon. 1 ~ 2:00	Worcester P.T.R.C. Inpatient Unit Dual Recovery Mon. 2 ~ 3:00	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 Monday & Thursday 1:30-3:30 Bridging services also available by request	Norwood Norwood Hospital Unit 35 Monday 7-8pm Thursday Unit 28 7-8pm	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 11:10 -12:10

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 1:15-2:15

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

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 12:00-1:00

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. Wednesday, 2:00-3:00

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 1:00-2:00pm

Living with Loss: An opportunity to share and listen to experiences about loss of a loved one. Let's 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 9:15-10:15

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

Music-One on One: Join Jeff and Anna for a fun hour exploring the various ways songs and music can and does resonate with us. Mondays: 10:30-11:30

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 1:30 - 2:30

Peer support:

One of the great ways we can begin to heal is through our shared stories and experiences. Please join us weekly for an opportunity to share, listen and heal in a non-judgmental space with the peer community. 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. Thursday at 12:20-1:20

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 &

Thursday 9:15-9:45 Morning Yoga Wake up stretch w/Lindsey

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; Wed. 2:00-2:30

En Español:

Apoyo entre compañeros: Una oportunidad para escuchar y compartir experiencias y juntos podemos prestar ayuda, esperanza y apoyo Friday 2:00-3:00pm en Kiva

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.