



KIVA MetroWest

Access Center at Trolley Square

855 Worcester Road Framingham, MA

March 2020

Hours of Operation: TUESDAYS-10-2PM WEDNESDAYS9-12PM THURSDAYS-10-2 PM

TUESDAYS		WEDNESDAYS	THURSDAYS	
Writing Group 10:45– 11:30 AM Zumba & Stretch with Andrei 11:30-Noon	Yoga & Meditation with Lindsey 12:15-12:45 PM Peer Support 1:00-2:00PM	Alternatives to Suicide 9:30-10:30 AM Guided Meditation 11:00-11:30 AM	Open Community Art 10:00-11:15 AM Zumba & Stretch with Andrei 11:30-Noon	Yoga & Meditation with Lindsey 12:15-12:45 PM

KIVA MetroWest Meetings in the Community

MONDAYS	TUESDAYS	WEDNESDAY	THURSDAYS
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	Book Club B Sisters Cafe 2:30-3:30 PM 680 Worcester Rd Framingham, MA <i>Have a coffee on us!</i>	Hearing Voices & Alternative Realities Support from 11:00 – 12:00 PM Sofa cafe 181 Concord Street Framingham, MA <i>Have a coffee on us!</i>	Coffee & Conversation 2:30-3:30PM at Panera Bread in Natick 841 Worcester Street Natick, MA <i>Have a coffee on us!</i>

Portuguese Peer Support Meeting via Conference Call Every Wednesday
7:00– 8:00 PM Dial – (508) 556-4226 no extension

Meeting Descriptions

Peer Support

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

Peer Support Meeting Bilingual Portuguese/English

An opportunity to share or listen to experiences 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.

Writing Group

We will be presented a prompt and given time to write. Then there will space to discuss if desired. We provide paper and pens, however please bring your own journal or electronic device if you prefer.

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 environment.

Guided Meditation

An opportunity for a few minutes to be able to achieve mental, emotional and physical healing and stress relief. By Building skills to manage your stress, increasing self-awareness, focusing on the present, reducing negative emotions, increasing imagination and creativity and increasing patience and tolerance.

