

Framingham RLC w/ Central Mass– April 2018

All meetings on this page are held at 855 Worcester Rd -Framingham –Ma

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
1	2 C L O S E D	3 Peer Support 11:00-12:00 PM Zumba With Andrei 1:00-1:30 PM Yoga With Lindsey 1:30– 2:00 PM	4 Peer Support 11:00-12:00 PM Building Wellness 12:30-1:30 PM	5 Peer Support 11:00-12:00 PM Drum Circle and More 2:00-3:00 PM Portuguese Peer Support 4:00-5:00PM	6 Wellness Recovery Action Plan—WRAP 10:00-12:30 PM	7 C L O S E D	
8 C L O S E D	9 C L O S E D	10 Peer Support 11:00-12:00 PM Zumba With Andrei 1:00-1:30 PM Yoga With Lindsey 1:30– 2:00 PM	11 Peer Support 11:00-12:00 PM Building Wellness 12:30-1:30 PM	12 Peer Support 11:00-12:00 PM Drum Circle and More 2:00-3:00 PM Portuguese Peer Support 4:00-5:00PM	13 Wellness Recovery Action Plan—WRAP 10:00-12:30 PM	14 C L O S E D	
15 C L O S E D	16 C L O S E D	17 Peer Support 11:00-12:00 PM Chakra Series 11:00-12:30 PM Zumba With Andrei 1:00-1:30 PM Yoga With Lindsey 1:30– 2:00 PM	18 Peer Support 11:00-12:00 PM Building Wellness 12:30-1:30 PM	19 Peer Support 11:00-12:00 PM LUNCH AT 12:15 PM Community Round Table 12:30-1:30 PM Drum Circle and More 2:00-3:00 PM Portuguese Peer Support 4:00-5:00PM	20 Wellness Recovery Action Plan—WRAP 10:00-12:30 PM	21 C L O S E D	
22 C L O S E D	23 C L O S E D	24 Peer Support 11:00-12:00 PM Zumba With Andrei 1:00-1:30 PM Yoga With Lindsey 1:30– 2:00 PM	25 Peer Support 11:00-12:00 PM Building Wellness 12:30-1:30 PM	26 Peer Support 11:00-12:00 PM Drum Circle and More 2:00-3:00 PM Portuguese Peer Support 4:00-5:00PM	27 Wellness Recovery Action Plan—WRAP 10:00-12:30 PM	28 C L O S E D	
29 C L O S E D	30 C L O S E D						



A Extension Center of the Central Mass Recovery Learning Community

A Trauma Informed Recovery Based Outcome Model

855 Worcester RD., Framingham MA/ Mailbox Lobby Entrance/ Phone: 508-626-2206

Online: [www.facebook.com/Framingham RLC w/ Central Mass](http://www.facebook.com/FraminghamRLCw/CentralMass)

[www.meetup.com/centralmass RLC](http://www.meetup.com/centralmassRLC) or www.centralmassrlc.org

Framingham RLC w/Central Mass

A Extension Center of the Central Mass Recovery Learning Community

A Trauma Informed Recovery Based Outcome Model

855 Worcester RD. Trolley Square Plaza, Framingham MA/Mailbox Lobby Entrance/ Phone: 508-626-2206

The meetings in *Yellow* are held OUT in the Community

Meetings Descriptions

-Peer Support

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

-The Healing Power of Art

Come join us and create a project that you can bring home. In this meeting we will use creativity as a tool of relaxation and wellbeing.

-Building Wellness

Topics vary and include developing and maintaining healthy habits in all 8 dimensions of wellness.

-Community Round Table

It's an opportunity for the community to get together to discuss and make decisions in matters related to our center.

-Peer Support Portuguese and 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 and Conversation

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

-Yoga With Lindsey

Join our instructor Lindsey for a trauma informed class in a relaxing environment. The class consist of Yoga and breathing exercises all abilities are welcome. Participate in mats or in chairs.

-Chakra Series

This workshop is for anyone interested in learning more about chakras (the 7 major energy centers in the body). We will be exploring each chakra and the emotion and parts of the body associated with each one of them.

-Portuguese Peer Support

Uma oportunidade para compartilhar e ouvir experiências e juntos fornecer ajuda, esperança e apoio mútuo.

-Drum Circle

Come find the rhythm master in yourself as you drum with other peers! Open to all—you don't need experience, and drums will be available. We'll have a blast creating freestyle rhythms as well as learning rhythms from different cultures.

Wellness Recovery Action plan - WRAP

WRAP is a self-designed plan for wellness which focuses on personal strength and self-determination. Creating a WRAP. can help to increase personal resilience, to improve self-awareness and personal empowerment.

Zumba with Andrei

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.

Support OUT in The Community

Peer Sup. Portuguese and English
Bilingual Peer Support
Every Thursday/Toda Quinta-feira
31 Main ST
10:30-11:30 AM
Marlboro-Ma.

Coffee and Conversation

Every Friday
Panera Bread
841 Worcester ST
2:00- 3:00 PM
Natick -Ma

Coffee and Conversation

Every Wednesday
Ariba Coffee
246 Main ST
10:00 -11:00 AM
Hudson- Ma

The Healing Power of Art

Every Wednesday
2:00-4:00 PM
298 Howard ST in Conf. Room B
Framingham-Ma

Peer Support At SMOC

Every Thursday
2:00-3:00PM
298 Howard ST in Conf. Room B
Framingham-Ma



Peer Support Over the Phone

Every Saturday

Over the phone Peer Support . Conference Call. 10:30-11:00 AM

By Dialing - (508) 556-4226.



Hours of Operation— Monday to Thursday 10:00-3:00 pm Fridays 10:00-2:00pm