

Kiva Wellness Center

209 Shrewsbury St.
Worcester MA 01604 (bus 15)

Open Daily at 9:30 AM- Close daily
with the Last Meeting of the Day

Phone:508-751-9600
Fax:508-751-9601

Online:
<http://www.centralmassrlc.org>
www.facebook.com/kivacenter or
www.meetup.com/centralmassRLC



Meetings in the community

Fitchburg: Peer support
Fitchburg Public Library
610 Main Street in the Ethnic
Heritage Room
Wednesdays 10:15 to 11:00

Gardner: Peer Support
Nu Cafe
486 Chestnut St, Gardner in the
Reserved Meeting Room
Wednesdays 12:00-1:00

Hopedale: Peer support
Crossroads, 11 Williams St.
Hopedale
Tuesdays 4:30-5:30

Webster: Peer support
Book Lover's Gourmet
55 E Main St.
Thursdays 11:00-12:00

Milford: Voice Hearers Support Meeting
Milford Town Library
80 Spruce Street in the Quarry
Room Tuesdays 11:00-noon

Worcester: Alternatives to Suicide
Worcester Public Library, 3rd floor
Tuesdays 6:30-7:30

Acoustic Java
932 Main Street, Worcester
Wednesdays 5:30-6:30

Southbridge: Bilingual Trauma and Recovery Circle
St. John Paul II Parish Center
279 Hamilton Street
Room 6
Mondays 12:30-1:30

KIVA WELLNESS CENTER

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Alternatives to self-harm: A safe, non-judgmental space to explore, discuss and find support on matters related to self-harm. It may be an opportunity to learn how to replace negative coping skills with positive coping skills in order to advance our path to recovery and wellness.

Alternatives to Suicide: As a community we have found strength in coming together to talk about many taboo topics and to support one another in our times of great distress. Our collective wisdom and individual stories have taught us that the space to come together in this way can be powerful and healing. It is out of this work and learning that the Alternatives to Suicide approach was born. Thursdays 2:30-3:30

ASL: American Sign Language, also known as ASL will allow you to learn how to sign and will also teach you the cultural aspect of sign language. Mondays 10:45-11:45

Art Journaling Group: This is a journal project in which you combine art and words to express yourself. For some, art journaling is part of a self-discovery, recovery, resilience or healing process. For others, it is a daily warm up of creative exercise. There is no wrong way to create an art journal. That's it. It's not complex and there really aren't any rules for art journaling. It's all about self-expression. Fridays, 11:30-1:30

Chakra Series: This workshop is for anyone interested in learning more about chakras, the seven major energy centers in the body. October 26, 10:30-11:30

THE KIVA CENTER IS THE CONNECTION CENTER OF THE CENTRAL MA RECOVERY LEARNING COMMUNITY.

OUR MAIN FOCUS IS ON PROMOTING WELLNESS THROUGH MUTUAL SUPPORT.

WE BELIEVE IN EVERY PERSON'S RIGHT TO MENTAL HEALTH AND ABILITY TO ACHIEVE IT. WE BELIEVE THAT RELATIONSHIPS ARE AT THE CENTER OF WHAT HEALS PEOPLE WHO HAVE EXPERIENCED MENTAL/EMOTIONAL HEALTH CHALLENGES.

WE ARE UNITED BY OUR SHARED EXPERIENCE AND COMMON HUMANITY.

OUR STORIES, COLLECTIVE WISDOM AND STRENGTH GUIDE US AND OUR COMMUNITY TO WELLNESS

Community Gathering: It's an opportunity for the community to get together to discuss and make decisions in matters related to our center. Tuesday 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. Thursday 1:15-2:15

Coping with anger: Learn and share ways on how to deal with and how to cope with as well as on how to release your anger in a non-harmful way. Thursdays 12:00-1:00

Karaoke: Join us for a fun afternoon full of conversation, pizza, karaoke, singing and dancing. Fridays 4:30-7:00

Meditation: By Oprah and Deepak's 21 day meditation experiences "Shedding the weight, Mind, Body and Spirit". Wednesdays 12:00-1:00

Morning Jump Start: Start up your week with a hot cup of joe in a relaxed and supportive environment. Monday 9:30-10:30

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

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

Safe Zone: Meeting focuses on GLBTSQ and Young adult topics.

Sharing and Caring Conversation: A time to spend with others who want to share thoughts and support each other. Tuesdays and Fridays, 10:00-11:00

Trauma and Healing Dialogue: A forum to share experiences on healing from trauma and building resilience. Wednesday October 17 2:15-4:00

Voice Hearers Support meeting + Alternate Realities

A support group for those who hear voices and/or experience reality in different ways.

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

YAPS (Young Adult Peer Support) Support and activities designed by and for Transitional Age Youth. Thursdays 3:30-4:30

Yoga with Lindsey: Join the instructor Lindsey in a relaxing and fulfilling experience. People of all levels, abilities and limitations are welcome. Mondays 1:15-2:15.

Zumba: Dancing burns calories, strengthens bones and muscles and improves physical, emotional and mental balance. Activity also reduces pain and retards the aging process and contributes to wellness. Mondays 2:30-3:30

OUT IN THE COMMUNITY

Informational Meetings: An opportunity for people to get 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 be able to provide help, hope and support to one another.

Safe Zone Support Circles: This meeting has been designed for people who identify as Gay, Lesbian, Bisexual, Transsexual, Transgender or intersex. However, it is open to all who are working on personal growth and strength by sharing recovery stories, power and wisdom in the setting of mutuality and non-judgment. Tuesdays, Worcester Public Library 6:30-7:30