**Welcome to the HOPE Center**

**Groups Schedule for the week of April 28, 2020**

**These groups are for persons who identify as in recovery or are looking for recovery.**   
**To access any of the groups on our schedule, people can use the Hope Center's Zoom Link:** <https://zoom.us/my/hopecenter>

**Tuesday 4/28:**

- **1pm: Creative Writing** **-**Join us to spend time together responding to several fun writing prompts and sharing with the group. Great for those looking to hone their writing skills as well as those just looking for a fun activity to enjoy with others.

**2pm: Practicing Gratitude**- We will be exploring the role of gratitude in our lives and practicing new ways to experience and express gratitude, even during difficult times. Enjoy discussion and peer support as well as gratitude-based activities such as guided meditation.

**Wednesday 4/29:**

- **1pm: Lunch Chat -**Enjoy a lunchtime discussion about anything that's going on with you, chat about interesting topics, and give and receive support. Eating is welcome!

- **2pm: Brain Games and Activities** - Looking for fun ways to keep your mind active and explore new topics, interests, or hobbies? This is a time to explore riddles, brain teasers, and all kinds of enriching virtual activities.

**Thursday 4/30:**

- **1pm: Self Care -**Join us to explore the different ways in which we can care for ourselves. This is a space to talk about self-care planning, changing routines, fun self-care activities you've tried - anything self-care related!

- **2pm: Arts and Music -**We will be following fun and creative "drawing prompts" while listening to a playlist of tunes that people who attend will select. All drawing skill levels are welcome - from stick figure to da Vinci.

To access the meeting by phone, call 1-929-436-2866 and enter **Meeting ID:** 989 029 5063#

**Anyone needing support in accessing the virtual Hope Center, or with any questions about what we offer, can reach me directly at my Google Voice number: (617) 454-4621, or via email at Jentwistle@northsuffolk.org.**