

Join us at... **The Hope Center!**

Are you looking for support and social connection? Do you enjoy fun activities and discussions with others? Maybe just interested in trying something new? The Hope Center is a peer-run Recovery Learning Center open to anyone with mental health, substance use, or trauma-related lived experience. The Hope Center is now holding a NEW weekly schedule of online and call-in groups:

Tuesday:

- **1pm: Creative Writing** - Join us to spend time together responding to several fun writing prompts and sharing with the group – all skill levels are welcome!
- **2pm: Recovery Is Real** - What does recovery “look like” to you? How do we work towards recovery day-to-day? In this group we will discuss these questions and more.

Wednesday:

- **1pm: Lunch Chat** - Enjoy a lunchtime discussion about anything that's going on with you, chat about interesting topics, and give and receive support.
- **2pm: Brain Games and Activities** - This is a time to explore riddles, brain teasers, “getting to know you” questions, and all kinds of fun virtual activities.

Thursday:

- **1pm: Navigating Relationships** - Join us as we explore how to navigate all the different kinds of relationships. Give and receive support while discussing healthy relationship skills.
- **2pm: Arts and Music** - Try out creative "drawing prompts" while enjoying a playlist of tunes that people who attend will select – all skill levels welcome!

To access any of the groups on our schedule **ONLINE** via computer or smart phone, use the **Hope Center's Zoom Link** at the start of the group:

<https://zoom.us/my/hopecenter>

To access groups by **PHONE**, call **any number below** at the start of the group:

1(929)436-2866

1(301)715-8592

1(253)215-8782

Then follow instructions to enter the **Meeting ID: 989 029 5063**

If you have any questions about the Hope Center or would like assistance in accessing groups, please call Julie Anne Entwistle at (617)454-4621.