

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 where all are welcome. 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.