




MAY 2026

HOURS: MON., WED, THRS. & FRI. 8:30AM-5PM TUE. 8:30AM-8PM SAT. 9AM-3PM



MON	TUE	WED	THU	FRI	SAT
 <p>BRIDGE TO HOPE, PRSC 219 EVERETT ST. SOUTHBRIDGE, MA (508) 909-4020</p>			 <p>BRIDGE TO HOPE</p>		
<p>4</p> <p>SCAN ME</p> <ul style="list-style-type: none"> 10:30AM WOMEN'S SPACE 12PM ALL RECOVERY 2PM CROSSING RUBICON 	<p>5</p> <ul style="list-style-type: none"> 10AM MINDFULNESS 12PM ALL RECOVERY 2PM ADVISORY 6:30PM NARCOTICS ANONYMOUS 	<p>6</p> <ul style="list-style-type: none"> 10:30AM SELF-LOVE 12PM ALL RECOVERY 1:30PM MEN'S GROUP 	<p>7</p> <ul style="list-style-type: none"> 11AM A WOMAN'S WAY 12PM ALL RECOVERY 	<p>8</p> <ul style="list-style-type: none"> 10:30AM WOMEN'S SPACE 12PM ALL RECOVERY CLOSE EARLY @ 12:30 PM 	<p>9</p> <ul style="list-style-type: none"> 10AM MUSIC THEORY 12PM ALL RECOVERY 1PM MOTHERS DAY EVENT
<p>11</p> <ul style="list-style-type: none"> 10:30AM WOMEN'S SPACE 12PM ALL RECOVERY 	<p>12</p> <ul style="list-style-type: none"> 10AM MINDFULNESS 12PM ALL RECOVERY 6:30PM NARCOTICS ANONYMOUS 	<p>13</p> <ul style="list-style-type: none"> 10:30AM SELF-LOVE 12PM ALL RECOVERY 1:30PM MEN'S GROUP 	<p>14</p> <ul style="list-style-type: none"> 11AM A WOMAN'S WAY 12PM ALL RECOVERY 1:30PM COMMUNITY MEETING 	<p>15</p> <p>CLOSED</p> <p>"RECOVERY HAPPENS HERE" PRSC EVENT</p>	<p>16</p> <ul style="list-style-type: none"> 10AM MUSIC THEORY 12PM ALL RECOVERY 1:30PM CREATIVE EXPRESSIONS
<p>18</p> <ul style="list-style-type: none"> 10:30AM WOMEN'S SPACE 12PM ALL RECOVERY 2PM CROSSING RUBICON 	<p>19</p> <ul style="list-style-type: none"> 10AM MINDFULNESS 12PM ALL RECOVERY 6:30PM NARCOTICS ANONYMOUS 	<p>20</p> <ul style="list-style-type: none"> 10:30AM SELF-LOVE 12PM ALL RECOVERY 1:30PM MEN'S GROUP 	<p>21</p> <ul style="list-style-type: none"> 11AM A WOMAN'S WAY 12PM ALL RECOVERY 	<p>22</p> <ul style="list-style-type: none"> 10:30AM WOMEN'S SPACE 12PM ALL RECOVERY 7PM JAZ YOGA 	<p>23</p> <ul style="list-style-type: none"> 10AM MUSIC THEORY 12PM ALL RECOVERY 1:30PM CREATIVE EXPRESSIONS
<p>25</p> <ul style="list-style-type: none"> 10:30AM WOMEN'S SPACE 12PM ALL RECOVERY 	<p>26</p> <ul style="list-style-type: none"> 10AM MINDFULNESS 12PM ALL RECOVERY 6:30PM NARCOTICS ANONYMOUS 	<p>27</p> <ul style="list-style-type: none"> 10:30AM SELF-LOVE 12PM ALL RECOVERY 1:30PM MEN'S GROUP 	<p>28</p> <ul style="list-style-type: none"> 11AM A WOMAN'S WAY 12PM ALL RECOVERY 1:50PM COMMUNITY MEETING 	<p>29</p> <ul style="list-style-type: none"> 10:30AM WOMEN'S SPACE 12PM ALL RECOVERY 7PM JAZ YOGA 	<p>30</p> <ul style="list-style-type: none"> 10AM MUSIC THEORY 12PM ALL RECOVERY 1:30PM CREATIVE EXPRESSIONS

Group Descriptions



BRIDGE TO HOPE

- **Women's Space: Monday & Friday 10:30 a.m.**

Women's Space is a supportive group where women come together to connect, reflect, and grow. The purpose of this space is to provide a safe, respectful environment for shared experiences, mutual support and personal insight.

- **A Women's Way: Saturday 11:00 a.m.**

This group is a step-study- not an open discussion or therapy session. We are here to explore how each Step relates to our lives and recovery, using the book "*A Woman's Way through the Twelve Steps*" by Stephanie S. Covington as our guide.

- **All Recovery: Monday-Saturday 12:00 p.m.**

All-Recovery meetings welcome people in recovery from any type of addiction, behavioral health disorders, or quality of life concerns. Loved ones and those that support the recovery lifestyle are welcome.

- **Mindfulness: Tuesday 10:00 a.m.**

Mindfulness groups are gatherings where individuals practice mindfulness together, enhancing personal well-being, social connection, and emotional resilience.

- **Self-Love: Wednesday 10:30 a.m.**

This *workshop* series offers a supportive space to explore practical self-care skills, including mindfulness and self-compassion challenging yourself to discover your strengths and values to build a stronger sense of self.

- **Men's Group: Wednesday 1:30 p.m.**

This group provides a safe and inviting space where men can come and share amongst other men with similar experiences.

- **Music Theory: Saturday 10:00 a.m.**

Discover the magic of music! Join us to learn how to read, write and translate our musical knowledge to real instruments. We guide you step-by-step through the process of understanding music theory and applying it practically. Let's embark on this harmonious journey together!

- **Creative Expressions: Saturday 1:30 p.m.**

Creative Expressions is a member-led sanctuary where your inner voice matters more than "talent." By exploring various mediums and creative forms, we use art to reclaim our stories and connect with our recovery. You don't need to be an artist or an expert to belong—there are no mistakes and no judgments here. This isn't about crafting a masterpiece; it's about using whatever materials speak to you to honor your journey and express exactly who you are.