

AUGUST 2026

HOURS: MON., WED., THURS. & FRI. 8:30AM-5PM
TUE. 8:30AM-8PM FRI. 7-8PM SAT. 9AM-3PM

219 EVERETT ST.
SOUTHBRIDGE, MA
(508) 909-4020



MON	TUE	WED	THU	FRI	SAT
3 10:30AM WOMEN'S SPACE 12PM ALL RECOVERY 1:30PM OUTREACH COMMITTEE	4 10AM MINDFULNESS 12PM ALL RECOVERY 2PM GARDENING 6:30PM NARCOTICS ANONYMOUS	5 10:30AM SELF-LOVE 12PM ALL RECOVERY 1:30PM DHARMA	6 10:30AM RECOVERY CAPITAL 12PM ALL RECOVERY 1:30PM COMMUNITY MEETING	7 10:30AM WOMEN'S SPACE 10:30AM MEN'S GROUP 12PM ALL RECOVERY 1:15PM LUNCH WITH STAFF 7PM JAZ YOGA	1/8 10AM MUSIC THEORY 12PM ALL RECOVERY 1:30PM CREATIVE EXPRESSIONS
10 10:30AM WOMEN'S SPACE 12PM ALL RECOVERY 2PM CROSSING THE RUBICON	11 10AM MINDFULNESS 12PM ALL RECOVERY 2 PM GARDENING 6:30PM NARCOTICS ANONYMOUS	12 10:30AM SELF-LOVE 12PM ALL RECOVERY 1:30PM DHARMA	13 11AM-1PM RESOURCE FAIR 10:30AM RECOVERY CAPITAL 12PM ALL RECOVERY	14 10:30AM WOMEN'S SPACE 10:30AM MEN'S GROUP 12PM ALL RECOVERY 1:15PM NARCAN TRAINING 7PM JAZ YOGA	15 10AM MUSIC THEORY 12PM ALL RECOVERY 1:30PM CREATIVE EXPRESSIONS
17 10:30AM WOMEN'S SPACE 12PM ALL RECOVERY 1:30PM OUTREACH COMMITTEE	18 10AM MINDFULNESS 12PM ALL RECOVERY 2 PM GARDENING 6:30PM NARCOTICS ANONYMOUS	19 CANOBIE LAKE PARK TRIP 10:30AM SELF-LOVE 12PM ALL RECOVERY 1:30PM DHARMA	20 10:30AM RECOVERY CAPITAL 12PM ALL RECOVERY 1:30PM COMMUNITY MEETING	21 10:30AM WOMEN'S SPACE 10:30AM MEN'S GROUP 12PM ALL RECOVERY 7PM JAZ YOGA	22 10AM MUSIC THEORY 12PM ALL RECOVERY 1:30PM CREATIVE EXPRESSIONS
24 10:30AM WOMEN'S SPACE 12PM ALL RECOVERY 2PM CROSSING THE RUBICON	25 10AM MINDFULNESS 12PM ALL RECOVERY 2 PM GARDENING 6:30PM NARCOTICS ANONYMOUS	26 10:30AM SELF-LOVE 12PM ALL RECOVERY 1:30PM DHARMA	27 10:30AM RECOVERY CAPITAL 12PM ALL RECOVERY	28 10:30AM WOMEN SPACE 10:30AM MEN'S GROUP 12PM ALL RECOVERY 6PM FLICK & FELLOWSHIP 7PM JAZ YOGA	29 10AM MUSIC THEORY 12PM ALL RECOVERY 1:30PM CREATIVE EXPRESSIONS
31 10:30AM WOMEN'S SPACE 12PM ALL RECOVERY 1:30PM OUTREACH COMMITTEE	 SCAN FOR CALENDAR "THE OPPOSITE OF ADDICTION IS CONNECTION" - JOHANN HARI  BRIDGE TO HOPE				

Descriptions

- **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.

- **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.

- **Crossing the Rubicon: Every Other Monday 2 p.m.**

Recovery is more than staying abstinent, its learning how to live well. This peer-led workshop focuses on life skills, shared experience, and tools to build confidence and independence.

- **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.

- **Recovery Dharma: Wednesday 1:30 p.m.**

Recovery Dharma is a peer-led movement and community that is unified by our trust in the potential of each of us to recover and find freedom from the suffering of addiction. We believe that the traditional Buddhist teachings, often referred to as the Dharma, offer a powerful approach to healing from addiction and living a life of true freedom.

- **Community Meeting: Every Other Thursday 1:30 p.m.**

Join us for our community meeting! This is your chance to stay informed about ongoing activities and initiatives at the center. Your voice matters-come and vote on important decisions that impact our community. Let's work together to create a supportive and thriving environment for everyone.

- **Men's Group: Friday 10:30 a.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.