

SEPTEMBER 2026



HOURS: MON., WED., THURS. & FRI. 8:30AM-4:30PM
TUE. 8:30AM-8PM FRI. 7-8PM SAT. 9AM-3PM

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SOUTHBRIDGE, MA
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BRIDGETOHOPEPRSC.ORG



M O N	T U E	W E D	T H U	F R I	S A T
31 10:30AM WOMEN'S SPACE 12PM ALL RECOVERY 1:30PM OUTREACH COMMITTEE	1 10AM MINDFULNESS 12PM ALL RECOVERY 2PM GARDENING 6:30PM NARCOTICS ANONYMOUS	2 10:30AM SELF-LOVE 12PM ALL RECOVERY 1:30PM MOAR'S A.R.E.A.S.	3 10:30AM RECOVERY CAPITAL 12PM ALL RECOVERY 1:30PM COMMUNITY MEETING	4 10:30AM WOMEN'S SPACE 10:30AM MEN'S SPACE 12PM ALL RECOVERY 1:15PM LUNCH WITH STAFF	5 10AM MUSIC THEORY 12PM ALL RECOVERY 1:30PM CREATIVE EXPRESSIONS
7 10:30AM WOMEN'S SPACE 12PM ALL RECOVERY	8 10AM MINDFULNESS 12PM ALL RECOVERY 2 PM GARDENING 6:30PM NARCOTICS ANONYMOUS	9 10:30AM SELF-LOVE 12PM ALL RECOVERY 1:30PM MOAR'S A.R.E.A.S.	10 11AM-1PM RESOURCE FAIR 10:30AM RECOVERY CAPITAL 12PM ALL RECOVERY	11 10:30AM WOMEN'S SPACE 10:30AM MEN'S SPACE 12PM ALL RECOVERY	12 10AM MUSIC THEORY 12PM ALL RECOVERY 1:30PM CREATIVE EXPRESSIONS
14 10:30AM WOMEN'S SPACE 12PM ALL RECOVERY 1:30PM OUTREACH COMMITTEE	15 10AM MINDFULNESS 12PM ALL RECOVERY 2 PM GARDENING 6:30PM NARCOTICS ANONYMOUS	16 10:30AM SELF-LOVE 12PM ALL RECOVERY 1:30PM MOAR'S A.R.E.A.S.	17 10:30AM RECOVERY CAPITAL 12PM ALL RECOVERY 1:30PM COMMUNITY MEETING	18 10:30AM WOMEN'S SPACE 10:30AM MEN'S SPACE 12PM ALL RECOVERY	19 10AM MUSIC THEORY 12PM ALL RECOVERY 1:30PM CREATIVE EXPRESSIONS
21 10:30AM WOMEN'S SPACE 12PM ALL RECOVERY	22 10AM MINDFULNESS 12PM ALL RECOVERY 2 PM GARDENING 6:30PM NARCOTICS ANONYMOUS	23 10:30AM SELF-LOVE 12PM ALL RECOVERY 1PM NARCAN TRAINING 1:30PM MOAR'S A.R.E.A.S. 2:30PM OUTREACH WORKSHOP	24 10:30AM RECOVERY CAPITAL 12PM ALL RECOVERY	25 10:30AM WOMEN SPACE 10:30AM MEN'S SPACE 12PM ALL RECOVERY 6PM FLICK & FELLOWSHIP	26 10AM MUSIC THEORY 12PM ALL RECOVERY 1:30PM CREATIVE EXPRESSIONS 3-7PM BLOCK PARTY!!
28 10:30AM WOMEN'S SPACE 12PM ALL RECOVERY 1:30PM OUTREACH COMMITTEE 2:30 ADAM'S PARACHUTE	29 10AM MINDFULNESS 12PM ALL RECOVERY 2 PM GARDENING 6:30PM NARCOTICS ANONYMOUS	30 10:30AM SELF-LOVE 12PM ALL RECOVERY 1:30PM MOAR'S A.R.E.A.S.	SAVE THE DATE! RECOVERY & 2 YR. ANNIVERSARY CELEBRATION SATURDAY, SEPT. 19TH 3:00 - 7:00PM → SCAN FOR CALENDAR   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.

- **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.

- **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 Space: 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.