NOVEMBER 2026

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

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

MON	TUE	WED	THU	FRI	SAT
2 • 10:30AM WOMEN'S SPACE • 12PM ALL RECOVERY	3 • 10AM MINDFULNESS • 12PM ALL RECOVERY • 2PM FALL CLEAN-UP • 6:30PM NARCOTICS ANONYMOUS	4 • 10:30AM SELF-LOVE • 12PM ALL RECOVERY • 1:30PM MOAR'S A.R.E.A.S.	5 • 10:30AM RECOVERY CAPITAL • 12PM ALL RECOVERY	6 • 10:30AM WOMEN'S SPACE • 10:30AM MEN'S SPACE • 12PM ALL RECOVERY	7 • 10AM MUSIC THEORY • 12PM ALL RECOVERY • 1:30PM CREATIVE EXPRESSIONS
9 • 10:30AM WOMEN'S SPACE • 12PM ALL RECOVERY • 1:30PM OUTREACH COMMITTEE	10 • 10AM MINDFULNESS • 12PM ALL RECOVERY • 2 PM FALL CLEAN-UP • 6:30PM NARCOTICS ANONYMOUS	11 • 10:30AM SELF-LOVE • 12PM ALL RECOVERY • 1:30PM MOAR'S A.R.E.A.S.	12 • 10:30AM RECOVERY CAPITAL • 12PM ALL RECOVERY • 1:30PM COMMUNITY MEETING	13 • 10:30AM WOMEN'S SPACE • 10:30AM MEN'S SPACE • 12PM ALL RECOVERY	14 • 10AM MUSIC THEORY • 12PM ALL RECOVERY • 1:30PM CREATIVE EXPRESSIONS
16 • 10:30AM WOMEN'S SPACE • 12PM ALL RECOVERY	17 • 10AM MINDFULNESS • 12PM ALL RECOVERY • 2 PM FALL CLEAN-UP • 6:30PM NARCOTICS ANONYMOUS	18 • 10:30AM SELF-LOVE • 12PM ALL RECOVERY • 1:30PM MOAR'S A.R.E.A.S.	19 • 10:30AM RECOVERY CAPITAL • 12PM ALL RECOVERY	20 • 10:30AM WOMEN'S SPACE • 10:30AM MEN'S SPACE • 12PM ALL RECOVERY • 5-7PM FRIENDSGIVING	21 • 10AM MUSIC THEORY • 12PM ALL RECOVERY • 1:30PM CREATIVE EXPRESSIONS
23 • 10:30AM WOMEN'S SPACE • 12PM ALL RECOVERY • 1:30PM OUTREACH COMMITTEE	24 • 10AM MINDFULNESS • 12PM ALL RECOVERY • 2 PM FALL CLEAN-UP • 6:30PM NARCOTICS ANONYMOUS	25 • 10:30AM SELF-LOVE • 12PM ALL RECOVERY • 1:30PM MOAR'S A.R.E.A.S.	26 CLOSED HAPPY THANKSGIVING	27 • 10:30AM WOMEN'S SPACE • 10:30AM MEN'S SPACE • 12PM ALL RECOVERY	28 • 10AM MUSIC THEORY • 12PM ALL RECOVERY • 1:30PM CREATIVE EXPRESSIONS
30 • 10:30AM WOMEN'S SPACE • 12PM ALL RECOVERY					

SCAN FOR CALENDAR & FLYERS!

FREINDSGIVING DINNER
11/20 5-7PM
8:30 AM-4:30 PM!

NEW SATURDAY HOURS!
8:30 AM-4:30 PM!

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.

- 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.

BRIDGE TO HOPE

STARS OF THE FUTURE INC.

THANKSGIVING
Community Dinner

GOOD FOOD • GOOD COMPANY • STRONGER TOGETHER

5:00PM — NOV 20 2026 — 7:00PM

219 EVERETT STREET, SOUTHBRIDGE, MA 01550

Come and enjoy a warm dinner and dessert with your family and friends.

FREE to everyone.



Building Bridges. Strengthening Community.

BRIDGE TO HOPE

Overcoming Barriers Together - Free Rides to the Center

Bridge to Hope is proud to announce partnerships with READYBUS by SCM Elderbus and the Worcester County Sheriff's Office to offer FREE rides to and from the center, serving Southbridge and surrounding towns.

SCM ELDERBUS
Affordable Transportation



Call to schedule a ride, check pickup hours, or verify your location eligibility: (508) 909-4020.
Location: 219 Everett Street, Southbridge, MA 01550.

Please Note: Ride hours vary by service. All rides are provided directly to and from Bridge to Hope. This is not a taxi service - direct routes only.