

CORE SCHEDULE

NOVEMBER 10TH - THE 15TH

CORE PEER RECOVERY & RESOURCE CENTER
11-15 PARKER STREET, SUITE 212, GLOUCESTER MA 01930
PHONE # 351-217-1427

Monday
10
Open 8:30-8

10-10:30 Meditation
12:00 Five Circles Tai Chi Group
6-7:30 Women's ACA
6:30 Al-Anon
7:00 Just For Today NA

Tuesday
11
Open 8:30-8

Veterans
DAY
★ ★

Closed



Wednesday
12
Open 9-5

8:30 Slow Flow Yoga
9:00 Recovery Education
10-10:30 Meditation
10:00 Men's Recovery
11:00 Creative Recovery
2-3:15 The Spirituality of IFS
3:30 Five Circles Tai Chi Group
7:00-8:30 Learn to Cope

Thursday
13
Open 8:30-9

8:30-9:45 Restorative Yoga
10-10:30 Meditation
12:00 Recovery Values
2:00 Aging & the 12 Steps
4-6 Recovery High Visit
6-7:30 Women's ACA
7:30-9 Men's NA

Friday
14
Open 8:30-9

8:30-9:45 Restorative Yoga
10-10:30 Meditation
10:30 Many Paths: Recovery Literature
1:45 Music Exploration
5:00 Young People's Hangout
6:00 The Writing Group
7:00 Young People's AA

New Group!

Saturday
15
Open 9:30-1:30

10-10:30 Meditation
12:00 Sober & Free AA
2:00 Sound Healing Journey at Floating Lotus! (sign up required)

MEETINGS, GROUPS AND CLASSES ARE ONE HOUR LONG
UNLESS OTHERWISE SPECIFIED :)

