

CORE SCHEDULE

DECEMBER 1ST - 6TH



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

Monday

1

Open 8:15-8

8:30 Restorative Yoga
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

2

Open 8:15-8

8:30-9:45 Slow Flow Yoga
10:00 Meditation
10:30 Fitness For Life
12:00 Women's Recovery
5:00 Beyond The Label
6:00 LGBTQIA & Friends AA

Wednesday

3

Open 8:15-5

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

4

Open 8:15-9

8:30-9:45 Restorative Yoga
10-10:30 Meditation
11:00 CORE Member Meeting
12:00 Recovery Values
2:00 Aging & The Twelve Steps
6-7:30 Women's ACA
7:30-9 Men's NA

Friday

5

Open 8:15-9

8:30-9:45 Vinyasa 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

Saturday

6

Open 9:30-1:30

10-10:30 Meditation
12:00 Sober & Free AA
2-4 Tabletop Tree Making Grief Support Workshop



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

