

CORE SCHEDULE

AUGUST 25TH - 30TH

CORE PEER RECOVERY & RECOURCE CENTER
11-15 PARKER ST, SUITE 212, GLOUCESTER MA 01930
PHONE # (351) 217- 1427



MONDAY
25
OPEN 8:30 - 8

8:30 RESTORATIVE YOGA
10:00 - 10:30 MEDITATION
12:00 FIVE CIRCLES TAI CHI GROUP
6:00 - 7:30 WOMEN'S ACA
6:30 AL-ANON
7:00 - 8:00 JUST FOR TODAY NA

6:30 - 8:30 PM:
"LUMINARIES & LOVE"
ANNUAL GLOUCESTER
OVERDOSE VIGIL ON
STACY BOULEVARD *

TUESDAY
26
OPEN 8:30-8

8:30 - 9:45 SLOW FLOW YOGA
10:00 - 10:30 MEDITATION
10:30 FITNESS FOR LIFE
12:00 WOMEN'S RECOVERY
5:00 BEYOND THE LABEL
6:00 LGBTQIA & FRIENDS AA
7:00 SUDA MEETING
7:00 LEARNING TO COPE WITH GRIEF



WEDNESDAY
27
OPEN 9 - 5

8:30 SLOW FLOW YOGA
9:00 RECOVERY EDUCATION
10:00 - 10:30 MEDITATION
10:00 MEN'S RECOVERY - CARD MAKING
11:00 CREATIVE RECOVERY
3:30 FIVE CIRCLES TAI CHI GROUP
7:00 - 8:30 LEARN TO COPE

THURSDAY
28
OPEN 8:30 - 9

8:30 - 9:45 RESTORATIVE YOGA
10:00 - 10:30 MEDITATION
12:00 RECOVERY VALUES
2:00 AGING & THE TWELVE STEPS
4:00 - 6:00 ECSTATIC DANCE WORKSHOP!
6:00 - 7:30 WOMEN'S ACA
7:30 - 9:00 MEN'S NA



FRIDAY
29
OPEN 8:30 - 9

8:30 - 9:45 VINYASA YOGA
10:00 - 10:30 MEDITATION
10:30 MANY PATHS: RECOVERY LITERATURE
1:45 - 3:00 MUSIC EXPLORATION
5:00 - 9:00 YOUNG PEOPLE'S HANGOUT
6:00 RECOVERY DHARMA
7:00 YOUNG PEOPLE'S AA
7:00 SUDA MEETING

SATURDAY
30
OPEN 9:30-1:30

10:00 - 10:30 MEDITATION
12:00 SOBER & FREE AA

4:00 - 6:00 PM
"ESSEX COUNTY REMEMERS"
OVERDOSE AWARENESS DAY
OBSERVATION AT PROCTOR
FARM IN DANVERS *

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

* SEE FLYERS FOR MORE INFORMATION ON COMMUNITY EVENTS