



QR Code for Virtual Calendar

# In-Person Schedule

February 1<sup>st</sup>, 2026 - February 28<sup>th</sup>, 2026  
172 Shrewsbury St. Worcester, MA 01604 (508) 751 - 9600

**New Location!**

Hours: Mon. - Thu. 10 AM to 4PM, Fridays 11AM to 5PM



	Monday	Tuesday	Wednesday	Thursday	Friday
10 AM	Alongside our scheduled groups, our open hours offer welcoming peer support and community connection.				
11 AM	Coffee & Conversation	Community Gathering (Hybrid)	Open Topic (Walk & Talk)	Coping With Anger	Peer Support
12 PM	Living with Loss	Golden Connections (12PM-2PM)	Peer Support (Hybrid) 12:30 to 1:30	Peer Support	Expressive Arts
1 PM		Peer Support	Peer Support (Hybrid) 12:30 to 1:30		
2 PM	Peer Support	Living With Suicide	Reflect & Reset	Power of Positivity	Game Tournament & Karaoke 2:30PM-4:30PM

Meetings dates and times are subject to change. Check our social media for updates:



## Once per month at Kiva Centers:

**Substance Use, Grief, and Living with Loss** - In collaboration with the Sun Will Rise Foundation 2nd Wednesday of the month at 1:00 PM  
**Introduction to Kiva Centers** - 1st Tue. of the month starting at 11AM - Lunch is provided

## Meetings at Generations:

129 East Main. St. Webster, MA  
**Peer Drop In** - Thursdays from 12 PM - 2 PM  
**Drum Circle** -1st & 3rd Wednesday of the month 4 PM - 6 PM  
**Talking Circles** -Tuesdays 12 PM - 2 PM

## Meetings out in the community:

129 East Main. St. Webster, MA  
**Coffee and Conversations**- Thursdays at 10 AM at Booklover's Gourmet  
72 East Main St., Webster, MA  
**ASL Groups** -Minh Vo - vosoccer02@gmail.com

**Coffee and Conversation** - This is a warm, relaxed space to enjoy coffee, tea, or juice while connecting with others—whether you're here to talk, listen, or simply unwind, you are always welcome.

**Community Gathering** - This collaborative group welcomes all community members to share ideas, provide updates, and help shape the future of Kiva Centers, where every voice is valued and connections grow through open dialogue and support.

**Coping With Anger** - This group provides a safe, understanding space to explore and manage anger, share experiences, and learn supportive coping strategies in a welcoming, nonjudgmental environment.

**Expressive Arts** - This creative, supportive group welcomes all to explore healing and self-expression through the arts, no experience needed, in a nonjudgmental space that celebrates connection and creativity.

**Game Tournament** - This lively, inclusive group welcomes all to connect through games, friendly competition, and fun—no experience needed, just bring your enthusiasm and enjoy the community.

**Golden Connections** - A respectful, supportive space designed for senior adults to share what matters to them, connect with others, and participate at a level that feels comfortable in a safe, welcoming, and nonjudgmental environment.

**Karaoke** - This fun, supportive group welcomes all to sing, express themselves, and connect over music and pizza—no experience needed, just a willingness to join in and enjoy the community.

**Living With Loss** - A compassionate space for anyone coping with any kind of loss, offering support, understanding, and connection with others who understand.

**Living with Suicide** - compassionate, nonjudgmental space for anyone affected by suicide to share, listen, and find understanding and hope.

**Peer Support Group** - A respectful, supportive space where peers can share what matters to them, connect with others, and engage at whatever level feels comfortable in a safe, nonjudgmental environment.

**Power Of Positivity** - This warm, uplifting group offers a space to build hope, celebrate strengths, and support one another, fostering positivity and connection in every moment.

**Reflect & Reset** - A relaxed, drop-in space to pause and reflect. Use gentle prompts to write, draw, or sit quietly, with optional conversation and sharing. No experience required—come as you are, take what you need, and share what you have.

**Walk & Talk (Open Topic)** - A casual, welcoming group that meets to walk and connect outdoors when possible, or indoors for open peer support, encouragement, and community.



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# Online Schedule

February 1<sup>st</sup>, 2026 - February 28<sup>th</sup>, 2026

For group links, please visit [kivacenters.org](http://kivacenters.org)

Kiva Centers is a peer-run, trauma-informed, self-determined community. We encourage seeking other support and resources when we are not in operation.



	Monday	Tuesday	Wednesday	Thursday	Friday
 <b>Peer Support Line</b> <b>508-688-5898</b> <b>Mon. to Fri.</b> <b>8PM-11PM</b>	10 AM		Coffee & Conversation		
	11 AM	Community Gathering (Hybrid)	Chakra Group 3rd Wed. Feb. 18th	Qi Gong	Finding Freedom
	12 PM	Alternate Realities	Peer Support (Hybrid) 12:30 to 1:30	Finding Home in Our Bodies and Chronic Illness	Sharing Safety In Pride
 <b>Apoyo Entre Pares</b> <b>508-556-4226</b> <b>Lunes a Viernes</b> <b>8PM-9PM</b>	1 PM	Power of Positivity & Gratitude	Peer Support (Hybrid) 12:30 to 1:30	Breaking Cycles with Boundaries and Balance	Thank Goodness It's Friday!
	2 PM	Living With Loss	Coping with Anger in Times of Uncertainty	Dual Recovery	
	3 PM	Living With Suicide	Golden Connections		
	4 PM	Under the Umbrella 1 <sup>st</sup> Monday Feb. 3rd		Spirituality and Wellness	

## Online Group Descriptions

**Alternate Realities** – This safe, accepting group welcomes anyone experiencing alternate realities or unusual perceptions, offering a space to share, connect, and be understood with empathy and respect.

**Breaking Cycles with Boundaries and Balance** – This supportive group helps anyone seeking healthier patterns by exploring boundaries, balance, and positive change, fostering growth, resilience, and lasting transformation.

**Chakra Balance** – This gentle, supportive group invites participants to explore the chakra system through discussion, mindfulness, and grounding practices to promote balance, self-awareness, and well-being. - [jlafortune@kivacenters.org](mailto:jlafortune@kivacenters.org)

**Coffee and Conversation** – This is a warm, relaxed space to enjoy coffee, tea, or juice while connecting with others—whether you're here to talk, listen, or simply unwind, you are always welcome.

**Coping With Anger** – This group provides a safe, understanding space to explore and manage anger, share experiences, and learn supportive coping strategies in a welcoming, nonjudgmental environment.

**Dual Recovery** – A peer-led, nonjudgmental space for anyone navigating mental health challenges alongside patterns that might be hard to change.

**Finding Freedom** – An empowering, supportive space for anyone seeking to break free from limiting patterns and build resilience toward greater freedom.

**Golden Connections** – This caring group offers a welcoming space for senior adults to share experiences, find understanding, and connect with others for support, friendship, and meaningful connection.

**Living With Loss** – This compassionate group welcomes anyone coping with loss—whether from a loved one, relationship, health, or life change—offering a space to share, listen, and find comfort with others who understand.

**Living with Suicide** – A compassionate, nonjudgmental space for anyone affected by suicide to share, listen, and find understanding and hope.

**Peer Support Group** – A respectful, supportive space where peers can share what matters to them, connect with others, and engage at whatever level feels comfortable in a safe, nonjudgmental environment.

**Power Of Positivity** – This warm, uplifting group offers a space to build hope, celebrate strengths, and support one another, fostering positivity and connection in every moment.

**Qigong** – This gentle, supportive group welcomes all to explore Qigong through mindful movement, breath-work, and relaxation, fostering wellness, balance, and community.

**Sharing Safety in Pride** – This group for LGBTQIA+ individuals offers a safe space to celebrate identity, share experiences, and connect with others in community, support, and pride.

**Spirituality and Wellness** – This welcoming group invites all to explore spirituality and well-being, share experiences, and support one another on the journey toward healing, meaning, and inner peace.

**TGIF (Thank Goodness It's Friday)** – This relaxed, friendly group offers a space to unwind, connect, and share as we celebrate the end of the week together in support and good company.

**Transcending Trauma Together** – This compassionate group supports anyone impacted by trauma, offering a space to share, listen, and connect in empathy and understanding while fostering healing, resilience, and growth.

**Under the Umbrella** – This supportive group for transgender, non-binary, and gender non-conforming individuals offers a safe, affirming space to share, connect, and celebrate identity with understanding and pride.