IN-PERSON SCHEDULE

November 1 - November 30, 2026

Meeting dates and times are subject to change. Please check our social media for updates.

Worcester RLC
172 Shrewsbury St., Worcester, MA 01604
(508) 751-9600

Hours
Mon - Thur 10:00 AM - 4:00 PM
Fri 11:00 AM - 5:00 PM

	Monday	Tuesday	Wednesday	Thursday	Friday
11:00 AM	Coffee and Conversation	Community Gathering HYBRID	Open Topic (walk and talk)	Coping with Anger	Peer Support
12:00 PM	Living with Loss	Golden Connections (12:00 - 2:00 PM)	Peer Support (12:30 - 1:30 PM) HYBRID	Peer Support Drum Circle (12:00 - 2:00 PM)	Expressive Arts
1:00 PM	Drum Circle (1:00 - 3:00 PM)	Peer Support	A Veteran's Perspecetive HYBRID		
2:00 PM	Peer Support	Living with Suicide	Nourish & Flourish	Power of Positivity	Game Tournament and Karaoke (2:30 - 4:30 PM)

KIVA Centers

View group descriptions and up-to-date schedule at **KivaCenters.org/in-person**

Additional meetings in Central MA

Chakra Virtual Group
3rd Wednesday of the month
E-Mail jlafortune@kivacenters.org for more information

Coffee and Conversation
Thursdays at 10 AM
Booklover's Gourmet
72 East Main St., Webster, MA

ASL Groups
E-Mail Minh Vo at vosoccer02@gmail.com for more information

Introduction to Kiva Centers
1st Tuesday of the month
172 Shrewsbury St., Worcester, MA
Lunch is provided

Talking Circles
Tuesdays 12 PM - 2 PM
Generations: 129 East Main St. Webster, MA

Drum Circle
1st & 3rd Wednesday of the month from 4 PM - 6 PM
Generations: 129 East Main St. Webster, MA

Substance Use, Grief, and Living with Loss
In collaboration with the Sun Will Rise Foundation
2nd Wednesday of the month at 1:00 PM
172 Shrewsbury St., Worcester, MA
E-Mail info@kivacenters.org for more information

Peer Drop In
Thursdays from 12:00 PM - 2:00 PM
Generations: 129 East Main. St. Webster, MA

ONLINE SCHEDULE

November 1 - November 30, 2026

Meeting dates and times are subject to change. Please check our social media for updates.

Worcester RLC
172 Shrewsbury St., Worcester, MA 01604
(508) 751-9600

Hours
Mon - Thur 10:00 AM - 4:00 PM
Fri 11:00 AM - 5:00 PM

	Monday	Tuesday	Wednesday	Thursday	Friday
10:00 AM			Coffee and Conversation		
11:00 AM		Community Gathering HYBRID	Journey Through the Chakras *(3rd Wed: Nov. 18)*	Qigong	Finding Freedom
12:00 PM		Alternate Realities	Peer Support (12:30 - 1:30 PM) HYBRID	Finding Home in Our Bodies & Chronic Illness	Sharing Safety in Pride
1:00 PM	Power of Positivity and Gratitude	Transcending Trauma Together	A Veteran's Perspective HYBRID	Breaking Cycles with Boundaries and Balance	Thank Goodness it's Friday
2:00 PM	Living with Loss	Coping with Anger in Times of Uncertainty	Dual Recovery		
3:00 PM	Living with Suicide	Golden Connections (3:00 - 4:30 pm)			
4:00 PM	Under the Umbrella *(1st Monday: Nov. 2)*			Spirituality and Wellness	

KIVA Centers



View group descriptions and up-to-date schedule at **KivaCenters.org/online**

Apoyo Entre Pares
Mon - Fri 8:00 PM - 9:00 PM
(508) 556-4226

Peer Support Line
Mon - Fri 8:00 PM - 12:00 AM
(508) 688-5898

Learn more about Kiva Centers' programs and services at **KivaCenters.org.**

ABOUT THE GROUPS

In-person group descriptions

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

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.

Nourish & Flourish

A peer wellness group focused on nurturing the mind, body, creativity, relationships, and connection to community. Through open conversation, creative activities, reflection, and peer support, participants will explore different ways to practice self-care, build resilience, and support their overall well-being. Each week offers an opportunity to connect, learn, and discover simple ways to nourish yourself and flourish in everyday life.

A Veteran's Perspective

A safe, welcoming environment for veterans to unwind, listen, and connect. This group provides a supportive space to explore the experiences and conditions that have shaped our lives before, during, and after military service. It also offers a wonderful opportunity to share and hear stories from fellow veterans, gain new perspectives, and learn strategies to support one another along our journeys.

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.

ABOUT THE GROUPS

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 & Balance

This supportive group helps anyone seeking healthier patterns by exploring boundaries, balance, and positive change, fostering growth, resilience, and lasting transformation.

Journey Through the Chakras

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. E-mail jlafortune@kivacenters.org for materials.

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, breathwork, 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.

A Veteran's Perspective

A safe, welcoming environment for veterans to unwind, listen, and connect. This group provides a supportive space to explore the experiences and conditions that have shaped our lives before, during, and after military service. It also offers a wonderful opportunity to share and hear stories from fellow veterans, gain new perspectives, and learn strategies to support one another along our journeys.