



Please call (401) 488-4426 for info about meetings or events

FREE NARCAN & Harm Reduction Kits Available M-F

The Serenity Center
66 Social Street, Woonsocket, RI 02895

SUN CLOSED	MON 9-4	TUES 9-4	WED 9-4	THURS 9-4	FRI 9-4	SAT CLOSED
No Appointment Necessary!						
	2 10AM MH Check-In 11AM Just For Today 1PM Art Therapy 2PM Journaling 3PM Open	3 10AM MH Check-In 11AM Just for Today 11:30AM 24 Hours 1PM Life Skills (Communication) 3Pm Let That ISH Go!	4 10:30AM MH Check-In 11AM Chip Meeting 1PM N.A. 2PM Overcoming Stigmas of M.A.T 3PM Recovery Paths that Work for You	5 10AM MH Check-In 11AM Just For Today 11:30AM Daily Reflections 1PM Life Skills (Communication) 2PM Life Skills (Resume/Job Search)	6 10:30AM MH Check-In 1PM Seeking Safety 2PM Recovery Trivia 2:30PM Gratitude 3PM What's Coming- Weekly Wrap	
	9 10:30AM MH Check-In 11AM Mindfulness 11:30AM Grief & Loss 1PM Art Therapy 2Pm Journaling 3Pm Open	10 10:30AM MH Check-In 1PM Daily Reflection 1:30PM Just For Today 2PM Men's Group (Touchstones)	11 10AM MH Check-In 10:30AM Chip Meeting 11AM Just For Today 1PM Self-Care 3PM Life Recovery Work Group	12 10AM MH Check-In 11AM Just For Today 1PM Self Love Event 3PM Reflection	13 10:30AM MH Check-In 11AM Just For Today 1PM Seeking Safety 2PM Recovery Bingo 3PM What's coming up weekly wrap	
	16 10:30AM MH Check-In 11AM Just For Today 11:30AM Affirmations 1PM Art Therapy 2PM Journaling 3PM Open	17 10AM MH Check-In 11AM N.A. Open 1PM Naloxone Training 2PM Why Harm Reducation Helps?	18 10AM MH Check-In 11AM Daily Reflections 11:30AM Just For Today 1PM A Woman's Way 2PM Life Recovery Workgroup 3PM Journaling	19 10AM MH Check-In 11AM Self-Affirming Mindset 11AM Daily Reflections 11:30AM Just For Today 1PM Life Skills (Let's Talk)	20 10AM MH Check-In 1PM Seeking Safety 2PM Recovery Bingo 3PM What's coming weekly wrap	
	23 10:30AM MH Check-In 11AM Just For Today 11:30AM Daily Reflections 1PM Art Therapy 2PM Recovery Q & A	24 10:30AM MH Check-In 11AM Just For Today 11:30AM Coping 1PM Daily Reflections 1:30PM Self-Care	25 10AM MH Check-In 11AM Daily Reflections 11:30AM Just for Today 1PM Meditation & Refection 2PM Journaling 2:30PM Stay Grounded in Recovery	26 10AM MH Check-In 11AM Talk To Us 1PM Triggers & Coping 3PM Identifying my Safety Network	27 10:30AM MH Check-In 11AM Just For Today 11:30AM Daily Reflections	