




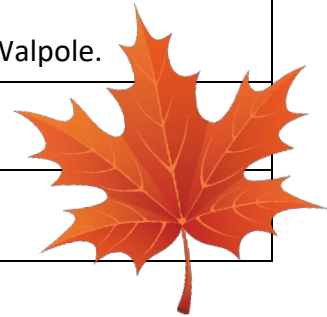
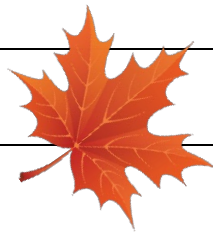





Central Region: October 2019 Support Groups & Events

For more information call (508) 475-0032 or refer to our website, www.biama.org/groups

Please RSVP to ensure your place at any event or activity.

10/1 Tuesday	Lexington - Survivors and Family Support Group, 3:00 - 4:30 pm. Douglas House, Lower Level, 7 Oakland St., Lexington.
10/2 Wednesday	Worcester - Post-Concussion Support Group, 9:30 – 11:00 am. Fairlawn Rehabilitation Hospital, 1 st floor cafeteria, 189 May St., Worcester.
10/2 Wednesday	 Westborough - Brain Games: Cognitive & Social Recreation for Survivors and Family, 1:00 - 3:00 pm. BIA-MA, 30 Lyman St. Suite 10, Westborough.
No mtg This month	Westborough - Art & Lunch Group
10/3 Thursday and 10/10 Thursday	Westborough – Thriver Workshops, “Brown Bag Lunch Series: Clutter Be Gone”! 10:30 am - 1:00 pm both days. Survivors face unique challenges with clutter. Join us to explore practical tips, tools, and strategies for managing it. (Must commit to both workshops.) Cost \$10.00. RSVP required – limited seating. Please contact Barbara Webster or Cynthia Cardeli at 800-242-0030. BIA-MA, 30 Lyman St., Suite 10, Westborough.
	
10/5 Saturday	Boston/Charlestown - “BABIS” Survivors and Family Support Group, 10:00 am - 12:00 pm. Topic – “Adaptive Yoga for All Abilities” by Urvashi Chogle, PT, DPT, SRH, Yoga Alliance Certified. Spaulding Rehab Hospital, 1 st floor, Rooms A & B, 300 First Ave., Charlestown.
10/6 Sunday	 ** Boston – We will meet at the JFK Presidential Library to tour the library and grounds together. Lunch provided. Hosted by Braintree support group. RSVP required to Patricia (781) 585-5434. John F. Kennedy Presidential Library and Museum, Columbia Point, Morrissey Blvd, Boston.
10/7 Monday	Lowell – Survivors Support Group, , 11:00 am – 12:30 pm. Lowell Community Health Center, 6 th floor, 161 Jackson St., Lowell.
10/8 Tuesday	Haverhill - Brain Injury Survivors & Caregivers Group, 6:00 - 7:30 pm. Whittier Rehab Hospital, 2 nd floor dining rm, 145 Ward Hill Ave., Bradford.
10/8 Tuesday	Framingham - “Mild” Brain Injury Survivors Support Group, 10:30 am - 12:00 pm. St. Andrew’s Episcopal Church, 3 Maple St., Framingham.
10/8 Tuesday	Walpole - Survivors and Family Support Group, 6:30 - 8:00 pm. Walpole Housing Authority, Community Room, 8 Diamond Pond Terrace, Walpole.
No mtg This month	Weston - Survivor’s Council
10/10 Thursday	Concord - Post-Concussion Adult Support Group, 10:00 am - 12:00 pm. 300 Baker Ave., Conference Room A, Concord.



10/14 Monday	★ All BIA-MA offices will be closed in observance of Columbus Day ★
10/14 Monday	Boston/Boston University – “Interrupted Lives” Support Group (ages 18-35), 7:00 – 8:30 pm. Boston University Medical Center, Evans Bldg, Rm 118. 72 East Concord St, Boston.
10/15 Tuesday	 ** Beverly - Join us from 1:00 – 2:30 pm to learn mindfulness, positive living, and stress management, led by Cheri Callanan. RSVP to Marcella 978-531-1090. Hosted by Beverly support group. Sohler Room, Beverly Public Library, 32 Essex St, Beverly.
10/15 Tuesday	Lexington - Survivors and Family Support Group, 3:00 - 4:30 pm. Douglas House, Lower Level, 7 Oakland St., Lexington.
10/15 Tuesday	Worcester - Family and Survivors Support Group, 6:00 - 7:30 pm. First Baptist Church, 111 Park Ave., Worcester.
10/17 Thursday	Beverly/North Shore - Survivors Support Group, 11:30 am – 1:00 pm. Sohler Room, Beverly Public Library, 32 Essex St, Beverly.
10/17 Thursday	 ** Creative Corner - Survivors & Family 1:00 - 3:00 pm. Come explore creative possibilities with alcohol ink art! Contribution: Donate non-perishable food items. RSVP required – Contact Laura MacFeeley 508-475-0032 or email lmacfeeley@biama.org . BIA-MA, 30 Lyman St. Suite 10, Westborough.
10/17 Thursday	Boston University – Survivors Support Group, 6:00 - 8:00 pm. Sargent College, 635 Commonwealth Ave., Boston. Please contact amandan@bu.edu for room number.
10/17 Thursday	Milford - Family and Survivors Support Group, 7:00 - 8:30 pm. Milford Regional Medical Center., Hill Building, 4 th Floor Conference Room, 14 Prospect St., Milford.
10/20 Sunday	** Marlborough - FALL HARVEST FEST, 1:00 – 4:00 pm. Celebrate Fall with a festive dinner and enjoy line dancing. Costumes welcome! PLEASE RSVP to Laura MacFeeley, lmacfeeley@biama.org or call 508-475-0032. Best Western Royal Plaza Hotel, 181 Boston Post Rd W. 
10/22 Tuesday	Framingham - “Mild” Brain Injury Survivors Support Group, 10:30 am - 12:00 pm. We will explore a CREATIVE ENDEAVOR with Robin Boylen, instead of regular discussion topics. St. Andrew’s Episcopal Church, 3 Maple St., Framingham.
10/22 Tuesday	Lunenburg/North Central - Stroke & Brain Injury Support Group for Survivors, Family and Community, 7:00 – 8:30 pm. Lunenburg Public Library, 1023 Massachusetts Ave., Lunenburg.
10/24 Thursday	Braintree - Stroke Support Group for Survivors and Family, 6:30 - 8:00 pm. Encompass Health Rehab Hospital, Hospital Conference Room C, 2 nd floor, 250 Pond St., Braintree. Note the date change due to Halloween
10/30 Wednesday	Worcester - Fairlawn Brain Injury Support Group for Caregivers, 5:00 - 7:00 pm. Fairlawn Rehab Hospital, 2 nd Floor Board Rm., 189 May St., Worcester.

*** Events with this designation are sponsored in part by the Statewide Head Injury Program, Massachusetts Rehabilitation Commission.*



If you wish to be removed from our monthly calendar mailing list, please contact us at 508-475-0032 or supportgroups@biama.org