





Central Region: *May* 2019 Support Groups & Events

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



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

5/1 thru 6/5 Wednesdays	** Beverly – Mindfulness and Positive Living workshop led by Cheri Callahan, 11am – 12:30pm first/last sessions. 11am - 12pm other sessions. Learn tools and techniques to reduce stress. Please RSVP to Marcella 978-531-1090. Space is limited. Class is 6 weeks long: please attend all 6 sessions. SeniorCare, 100 Cummings Center, Suite 106-H, Beverly, MA.
5/4 Saturday	Boston/Charlestown “BABIS” – Survivors and Family Support Group, 10:00 am - 12:00 pm. We will visit the Museum of Science this month – RSVP required to Sally at mybabis@gmail.com.
5/6 Monday	Lowell – Survivors Support Group, 11:00 am – 12:30 pm. Lowell Community Health Center, 6th floor, 161 Jackson St., Lowell.
5/7 Tuesday	Lexington - Survivors and Family Support Group, 3:00 - 4:30 pm. Douglas House, Lower Level, 7 Oakland St., Lexington.
5/8 Wednesday	Worcester - Post-Concussion Support Group, 9:30 – 11:00 am. Fairlawn Rehabilitation Hospital, 1st floor cafeteria, 189 May St., Worcester.
5/8 Wednesday	 Westborough - Brain Games: Cognitive & Social Recreation for Survivors and Family, 1:00 - 3:00 pm. BIA-MA, 30 Lyman St. Suite 10, Westborough.
5/9 Thursday	** Arts Group: Arts and Lunch, 11:00 am – 1:00 pm. Bring your own lunch to Art Studio Time and sketch, color, or paint! Contribution: Bring non-perishable food items for the local food pantry. BIA-MA, 30 Lyman St., Suite 10, Westborough. Please RSVP to 508-475-0032.
5/9 Thursday	New group! Quincy - Brain Injury Support Group, 12:30 – 2:00pm. Open to survivors and Caregivers. Quincy Recovery Community Center, 1458 Hancock St, Quincy.
5/13 Monday	New group! Boston/Boston University – “Interrupted Lives” Support Group (ages 18-35), 7:00 – 8:30 pm. Boston University Medical Ctr, Evans Bldg, Rm 118. 88 E Newton St, Boston.
5/14 Tuesday	** Framingham - “Mild” Brain Injury Survivors Support Group, 10:30 am - 12:30 pm. (Please note later end time.) Join us for a morning of Miniature Golf, Pizza & Wings! Please RSVP to Barbara Webster #508-478-7539. Putts & More, 750 Concord St, Holliston. (Rain Date 5/28)
5/14 Tuesday	** Haverhill - Brain Injury Survivors & Caregivers Group, 5:30 - 7:30 pm (early start). Unmasking Brain Injury project. Whittier Rehab Hospital, 2nd floor dining rm, 145 Ward Hill Ave., Bradford.
5/14 Tuesday	Walpole - Survivors and Family Support Group, 6:30 - 8:00 pm. Walpole Housing Authority, Community Room, 8 Diamond Pond Terrace, Walpole.
5/16 Thursday	Concord - Post-Concussion Adult Support Group, 10:00 am - 12:00 pm. 300 Baker Ave., Conference Room A, Concord.
5/16 Thursday	 ** Creative Corner - Survivors & Family 1:00 - 3:00 pm. ZANY ART! Create a zany drawing - straight or curvy, beautiful patterns & designs. Everyone can do it! Contribution: Donate non-perishable food items. BIA-MA, 30 Lyman St. Suite 10, Westborough. Please RSVP to hold space 508-475-0032.

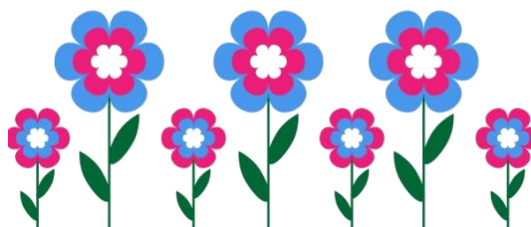
5/16 Thursday	Weston - Survivor's Council, 7:00 PM Coldwell Banker Residential Brokerage Office, 426 Boston Post Rd., Weston
5/21 Tuesday	** Arts Group for Survivors, 1:00 – 3:00 pm. Art & Journaling in a quiet, reflective atmosphere. Contribution: Bring non-perishable food items for the local food pantry. BIA-MA, 30 Lyman St., Suite 10, Westborough. Please RSVP to hold your space 508-475-0032.
5/21 Tuesday	Boston – NEW location! Stroke Support Group for Caregivers, 1:30 – 2:30 pm. Tufts Medical Center: Proger Bldg, 6 th Floor, Neurocritical Care Unit Family Rm. 260 Tremont St, Boston.
5/21 Tuesday	Lexington - Survivors and Family Support Group, 3:00 - 4:30 pm. Douglas House, Lower Level, 7 Oakland St., Lexington.
5/21 Tuesday	Boston University – Survivors Support Group, 6:00 pm. Sargent College, 635 Commonwealth Ave., Boston. Please contact amandan@bu.edu for room number.
5/21 Tuesday	Worcester - Family and Survivors Support Group, 6:00 - 7:30 pm. First Baptist Church, 111 Park Ave., Worcester.
5/23 Thursday	Beverly/North Shore - Survivors Support Group, 11:00 am - 12:30 pm. North Shore Senior Care, 100 Cummings Center, Suite 106-H, Beverly.
5/23 Thursday	Milford - Family and Survivors Support Group, 7:00 - 8:30 pm. Milford Regional Medical Ctr., Hill Building, 4 th Floor Conference Room, 14 Prospect St., Milford.
5/27 Monday	 All BIA-MA offices closed in observance of Memorial Day 
5/28 Tuesday	Framingham - “Mild” Brain Injury Survivors Support Group, 10:30 am - 12:00 pm. St. Andrew’s Episcopal Church 3 Maple St., Framingham OR Rain Date: Miniature Golf, Contact Barbara Webster #508-478-7539.
5/28 Tuesday	** Lexington - Join us on a self-guided tour of the Arnold Arboretum followed by a picnic. Lunch included. Please RSVP to Cindy for details 781-862-0070, x 302
5/28 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.
5/29 Wednesday	Worcester - Fairlawn Brain Injury Caregiver Support Group, 5:00 - 7:00 pm. Fairlawn Rehab Hospital, 2 nd Floor Board Rm., 189 May St., Worcester.
5/29 Wednesday	** New Bedford – We will enjoy a guided tour at the New Bedford Whaling Museum, with lunch to follow. Visit with survivors from the Southeast region while enjoying this historic museum! Motor coach round-trip from Westborough – RSVP required by 5/26 to Laura 508-475-0032.
5/30 Thursday	Braintree - Brain Injury Stroke Support Group / Family and Survivors, 6:30 - 8:00 pm. Encompass Health Rehab Hospital, Hospital Conference Room C, 2 nd floor, 250 Pond St., Braintree.

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

Follow BIA-MA on...

For up-to-date information on events, support groups, and other News!



Our Salem Willows Picnic will be held Thursday June 6th. Details to follow next month!

Save the Date