



Virtual Groups Schedule

Monday

Meditation	12:00 p.m.
Peer Support Group	5:15 p.m.

Tuesday

Hearing Voices	10:00 a.m.
Vocational Group	1:00 p.m.
Women's Group	5:15 p.m.

Wednesday

Writing Group	11:00 a.m.
Hearing Voices	5:00 p.m.

Thursday

Meditation	12:00 p.m.
Integrated Wellness	1:30 p.m.





In-Person Groups Schedule

Tuesday

Building Resilience	11:00 a.m.
Gaming Group	12:00 p.m.
Lunch Break	1:00 p.m.
Peer Support Group	2:00 p.m.

Wednesday

Skill Building Group	12:00 p.m.
Lunch Break	1:00 p.m.
Gaming Group	2:00 p.m.

The Well-Space room will be open during Lunchtime. Please feel free to bring lunch or stop by the cafeteria.

In-person groups take place on the McLean Hospital Campus at 115 Mill Street in Belmont, MA. Well-Space is located on the ground floor of the Admissions Building.



Link to Well-Space Info.
on MapNet's website