

2:45 pm - 4:00 pm **Individual Consultations** (see sign-up sheet in your packet)
 Geof – Plymouth
 Linda- Concord
 Dot – office by Broad St.

Activities:
Zentangles – Amanda Poggenburg – lower level foyer
Group Walk – Scotty Melissa
Mindful Movement – Meg Francis – Lexington on lower level

4:00 pm - 5:00 pm Workshop #5 No Betting No Matter What - *Plymouth*

 Workshop #6 Self-Care: Enabling Positive Change - *Concord*

5:00 pm - 6:30 pm Dinner

6:30 pm - 7:30 pm Self-Help Meeting for the Problem Gambler -*Plymouth*

 Self-Help Meeting for the Support Person - *Concord*

7:30 pm - 9:00 pm Movie – *The Martian* - *Lexington*

Sunday

8:00 am - 9:00 am Breakfast/ Morning Check-in

9:00 am – 10:30 am Workshop #6 Moving Forward from Here: Establishing Support Systems – *Broad St.*

10:30 am – 11:00 am CHECKOUT

11:00 am – 12:15 am Closing Exercise – *Broad St.*

****All meals will take place in The Commons***