



## **Central Region: March 2020 Support Groups & Events**




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

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

**In case of inclement weather, please contact BIA-MA at the number above.**

<b>3/2 Monday</b>	<b>Lowell</b> – Survivor Support Group, 11:00 am – 12:30 pm. Lowell Community Health Center, 6 <sup>th</sup> floor. 161 Jackson St., Lowell.
<b>3/3 Tuesday</b>	<b>Westborough</b> – Young Adult Support Group (ages 18-35), 10:00 am – 12:00 pm. BIA-MA, 30 Lyman St., Suite 10, Westborough.
<b>3/3 Tuesday</b>	<b>Lexington</b> - Survivor and Family Support Group, 3:00 - 4:30 pm. Douglas House, Lower Level. 7 Oakland St., Lexington.
<b>3/4 Wednesday</b>	<b>Worcester</b> - Post-Concussion Support Group, 9:30 – 11:00 am. Fairlawn Rehabilitation Hospital, 1 <sup>st</sup> floor cafeteria. 189 May St., Worcester.
<b>3/4 Wednesday</b>	 <b>Westborough</b> - Brain Games: Cognitive & Social Recreation for Survivors and Family, 1:00 – 3:00 pm. BIA-MA, 30 Lyman St., Suite 10, Westborough.
<b>3/5 Thursday</b>	<b>Westborough</b> - Art & Lunch Group, 11:00 am – 1:00 pm. Bring your own lunch and sketch, color, or paint! BIA-MA, 30 Lyman St., Suite 10, Westborough.
<b>3/7 Saturday</b>	<b>Boston/Charlestown</b> - “BABIS” Survivor and Family Support Group, 10:00 am – 12:00 pm. Survivor panel will discuss “Where are We Now? And How Did We Get Here?” Spaulding Rehab Hospital, 1 <sup>st</sup> floor, Rooms A & B. 300 First Ave., Charlestown.
<b>3/9 Monday</b>	<b>Boston/Boston University</b> – “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.
<b>3/10 Tuesday</b>	<b>Framingham</b> - “Mild” Brain Injury Survivors Support Group, 10:30 am – 12:00 pm. St. Andrew’s Episcopal Church, 3 Maple St, Framingham.
<b>3/10 Tuesday</b>	<b>Haverhill</b> - Survivor and Caregiver Group, 6:00 - 7:30 pm. Whittier Rehab Hospital, <b>first floor library</b> . 145 Ward Hill Ave., Bradford. <b>(Note permanent room change)</b>
<b>3/10 Tuesday</b>	<b>Walpole</b> - Survivor and Caregiver Support Group, 6:30 - 8:00 pm. Walpole Housing Authority, Community Room. 8 Diamond Pond Terrace, Walpole.
<b>3/10 Tuesday</b>	<b>Weston</b> - Survivor’s Council, 7:00 pm. Coldwell Banker Residential Brokerage Office, 426 Boston Post Rd., Weston.
<b>3/11 Wednesday</b>	<b>Concord</b> - Post-Concussion Support Group, 10:00 am - 12:00 pm. Discussion topic: with spring approaching, let’s share plans to get moving outside while protecting our heads from “flooding”. 300 Baker Ave., Conference Room A, Concord. <b>(Note date change from normal schedule)</b>
<b>3/17 Tuesday</b>	 <b>Lexington</b> - Survivor and Family Support Group, 3:00 - 4:30 pm. Douglas House, Lower Level. 7 Oakland St., Lexington.



No mtg this month	Worcester - Survivor and Family Support Group	
3/19 Thursday	Beverly/North Shore - Survivors and Caregivers Support Group, 12:00 – 1:30 pm. Sohler Rm, Beverly Public Library, 32 Essex St, Beverly. <b>(Note permanent time change)</b>	
3/19 Thursday		<b>** Westborough - Creative Corner, 1:00 - 3:00 pm.</b> <i>Celebrate the coming season by creating a mixed media decoupage of spring flowers! <b>Contribution:</b> Donate non-perishable food items. <b>RSVP required</b> – Contact Zelinda at (508) 475-0032. BIA-MA, 30 Lyman St., Suite 10, Westborough.</i>
3/19 Thursday	Milford - Survivor and Family Support Group, 7:00 - 8:30 pm. Milford Regional Medical Center, Hill Bldg., 4 <sup>th</sup> Floor Conference Rm. 14 Prospect St., Milford.	
No mtg this month	Boston University – Survivor Support Group <b>(No regular meeting – see special event below)</b>	
3/21 Saturday	<b>** Boston – Join us to visit the New England Aquarium!</b> <i>Hosted by the Boston University survivor support group. For details and to <b>RSVP</b>, please contact Amanda by 3/13 at <a href="mailto:amandan@bu.edu">amandan@bu.edu</a>. 1 Central Wharf, Boston.</i>	 <b>New England Aquarium</b>
3/24 Tuesday	Framingham - “Mild” Brain Injury Survivor Support Group, 10:30 am – 12:00 pm. St. Andrew’s Episcopal Church, 3 Maple St., Framingham.	
3/24 Tuesday	Lunenburg/North Central - Stroke & Brain Injury Support Group for Survivors, Family and Community, 7:00 – 8:30 pm. Topic: Caregiver support & game night - Caregivers will meet separately while survivors will discuss recreational opportunities during game night. Lunenburg Public Library, 1023 Massachusetts Ave., Lunenburg.	
3/25 Wednesday	Worcester - Fairlawn Caregiver Support Group, 5:00 – 6:30 pm. Fairlawn Rehab Hospital, 2nd Floor Boardroom. 189 May St., Worcester. <b>(Note permanent time change)</b>	
3/25 Wednesday and 3/26 Thursday		<b>BIA-MA 39TH Annual Brain Injury Conference will be held at the Best Western Royal Plaza Hotel and Trade Center in Marlborough, MA.</b> <ul style="list-style-type: none"> <li>• Wednesday, March 25: half-day pre-conference</li> <li>• Thursday, March 26: full-day conference</li> </ul> <b>Visit <a href="http://www.biama.org/annualconference">www.biama.org/annualconference</a> for details</b>
3/26 Thursday	Braintree - Stroke Survivor and Caregiver Support Group, 6:30 - 8:00 pm. We welcome a nutritionist as guest speaker this month. Encompass Health Rehab Hospital, Hospital Conference Room C, 2 <sup>nd</sup> floor. 250 Pond St., Braintree.	



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

