



The Arc of Opportunity in North Central Massachusetts Family Supports and Recreation Calender

> Self-Advocacy - Second Tuesday of every month 10:00am-11:00am

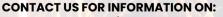
Healthy Relationships Group Interest Form

<u>Bowling - Every Thursday</u> <u>4:00pm-6:00pm</u> <u>@Launch \$4 shoes/\$4 per game</u>

To register for Rec events, click on the event or this QR code







- General questions/concerns
- Healthy Relationships
- Self-Advocacy
- Saturday REC and Bowling
- Dances



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