

Living Positively



ADMINISTRATION

Alyssa Collaro - Program Director	245
Megan Deglman - Education & Support Services Manager + Clinical Supervisor	240
Future Coleman-Arroyo - Member Services Manager	222
Jessica Karasik - Food and Nutrition Services Manager	227
Kevin Koerner - Concierge/Facilities Manager	235

MEMBER SERVICES

Steven Spinale - Education Services Specialist	232
Bryan Toapanta - LGBTQ+ Advocate	254
Chris Santana - HIV Peer Advocate & Receptionist	259/200
Ezekiel Russell - HIV Non Medical Case Manager	253
Jonathan Luna-Alcaraz - HIV Non Medical Case Manager	255
Jeff Webb - Peer Services Specialist	247
Melissa Morales - Peer Recovery + Reentry Specialist	273

FOOD SERVICES

Walter Peavy - Chef	230
Faith Parker - Sous Chef	236
Kenyatta Brooks - Food & Nutritional Services Asst.	236
Ana Berbel - Psychosocial Support Nutritionist	257
Christiana Fonesca - Receptionist & Food/Nutrition Asst.	200/236

Pride 2025 at the BLC



Parade of Doors

June 10th-28th
BLC Staff will have their doors decorated like parade floats!



Pride Tie-Dye

June 12th @ 2p in the art studio!

Pride Movies

Join us in GJR every Friday
at 1:45 for Pride themed
movies!



Copacabana

Join us for a fun-filled, themed dinner on
Monday June 9th 5-6:30p



Pride Karaoke followed by
BLC Talent Show hosted
by: Kera Daniels

June 18th at lunch followed
by 1:30p in the dining room



Pride Cooking Class

June 4th & 17th 1:45p in the Dining
Room

Pride Themed Meals
June 16th-20th



Pride Bingo

June 20th 1:45p in the GJR



Express Yourself!

Throughout the month of June help us
decorate our art studio windows for
Pride!



Ice Cream Truck

Wednesday, June 25th,
12:30-1:30p





Let's Talk About



Sexual Health

June 17, 2025
10am in the GJR

**Don't miss out on this
opportunity to nourish your
body with valuable nutrition
knowledge!**



U Q E Z J Y L A V E X S T F L
N O I T A C A V L G A C Y Q O
Q X D C C T G T T G A K V P L
Z T F U P F S U N F L O W E R
H O Q Q T A C A O X A D Q H X
H E A T C I I Q L T Q U C N Y
B V B D Q C N A E O H A V W F
F A N P D E C S M P E V L U S
G A S K B C I F R B O P A W K
S N V E A R P C E C G O I N O
F S I S B E L J T D F M L D G
U I O T W A K J A X M Q E B F
A I Y S A M L F W I V N A F G
I T A C E O H L N G D B Y V F
T F Z C G K B G O V W N P Y C

BEACH
BASEBALL
ICE CREAM
SWIMMING

PICNIC
VACATION
SUNFLOWER
WATERMELON

SANDCASTLE
HEAT
BOATING
POOL



CHANGES

**Join Megan and Steve for
a group about navigating
change and uncertainty**

**Monday June 23rd at 2pm
In the George Johnson Room**

**For more information seek out
Steve or Megan Ext. 233 or 240**

New Group Alert!

M-Power

MPT Community Hour

HARM REDUCTION

PWUD Support
Naloxone and Safe
Injection Classes

Wellness Education

Public Health Resources
PrEP/STI treatment
navigation

Community Support

Peer based discussion group
Connect with other BLC members

Mental Health Exercises

Mindfulness Practices
Meditation
Breathwork

Meeting on Mondays at 10AM
Starting June 9th in the Library

Boston Living Center Calendar

Sun	Mon	Tue	Wed
1	2 1:00p Walking Group 1:30-3p ART Therapy 4-5p Megan's Gathering	3 1:45p My Cozy Home	4 9:30a Morning Meditation 10-12p Ready, GO! 11:00a-1 Acupuncture 1:30p B.I.G. Reunion Grp 1:45p Julia's Dances 1:45p Cooking Class
8	9 10a M-Power 1:00p Walking Group 1:30-3p ART Therapy 4-5p Megan's Gathering 5-6:30 Copacabana Night!	10 1:30p Beaded Jewelry w/ Sarah 1:30p-3 Manicures 1:45p VOICES 3-4p Finding Home	11 9:30a Morning Meditation 1:30p Julia's Dances
15	16 10a M-Power 1:00p Walking Group 1:30-3p ART Therapy 4-5p Megan's Gathering	17 10a NOURISH 1:45p My Cozy Home 1:45p Cooking Class	18 9:30a Morning Meditation 11:00a-1 Acupuncture 12:30p Karaoke 1:30p B.I.G. Reunion Grp 1:30p BLC Talk Show!
22	23 10a M-Power 1:00p Walking Group 1:30-3p ART Therapy 2p CHANGES 4-5p Megan's Gathering	24 1:30p Beaded Jewelry w/ Sarah 1:30p-3 Manicures 2-3p Keepin' it 100 3-4p Finding Home	25 9:30a Morning Meditation 12p Community Table 12:30-1:30p Juice & Ice Cream Trunk 1:30p Julia's Dances 1:45p Cooking Class
29	30 10a M-Power 1:00p Walking Group 1:30-3p ART Therapy		

Calendar of Events for June

Wed	Thu	Fri	Sat
<p>ing</p> <p>dy, Steady,</p> <p>cupuncture</p> <p>g. Recovery</p> <p>Dance Party</p> <p>king Class</p>	<p>5</p> <p>12:00p The Fenway/ MGH Grp table</p>	<p>6</p> <p>9:30a Tech Skills/ Money Management</p> <p>11:00a Yoga</p> <p>1p Creative Writing</p> <p>1:45p Friday Flick: All of Us Strangers</p>	<p>7</p> 
<p>ing</p> <p>Dance Party</p>	<p>12</p> <p>12:00p The Fenway/ MGH Grp table</p> <p>12p Pantry</p> <p>12:30p Women THRIVE</p> <p>1:45 Speak Up! 2p PRIDE Tie-dye!</p>	<p>13</p> <p>9:30a Tech Skills/ Money Management</p> <p>11:00a Yoga</p> <p>12p Pantry</p> <p>1p Creative Writing</p> <p>1:45p Friday Flick: Portrait of a Lady on Fire</p>	<p>14</p> 
<p>ing</p> <p>cupuncture</p> <p>ake!</p> <p>g. Recovery</p> <p>Talent</p>	<p>19</p> <p>12:00p The Fenway/ MGH Grp table</p> <p>1:45p Grupo Latino</p>	<p>20</p> <p>9:30a Tech Skills/ Money Management</p> <p>11:00a Yoga</p> <p>1p Creative Writing</p> <p>1:45p PRIDE BINGO!</p>	<p>21</p> 
<p>ing</p> <p>Community Servings</p> <p>p Johnny's Truck</p> <p>Dance Party</p> <p>ing Class</p>	<p>26</p> <p>12:00p The Fenway/ MGH Grp table</p> <p>12p Pantry</p> <p>12:30p Women THRIVE</p> <p>1:45 Speak Up!</p>	<p>27 HIV/AIDS Testing Day</p> <p>9:30a Tech Skills/ Money Management</p> <p>11:00a Yoga</p> <p>12p Pantry</p> <p>1p Creative Writing</p> <p>1:45p Friday Flick: Good Grief</p>	<p>28</p> 
		<p>WHAT'S HAPPENIN' @ THE BLC?!"</p> <p>Check it out! Located at the top of the main staircase</p>	<p>Bridges Support Group M-F 11a-12p in the Library. Breakfast is served 8a-10:30a & Lunch is served 12p-1:30pm M-F. Dinner is on Mondays 5p-6pm</p>



*For All
Members!*

COOKING CLASS PRIDE PARFAIT

Tuesday, June 17, 2025

1:45pm – 3:00pm in the dining room

See Ana to sign up!



**Need A New Pair
Eyes?**

We Can Help

**A New Pair of Glasses
Can be Yours**

**Through our
Partnership
with**

LensCrafter's USA
"One Sight Program"

Bring Us Your most recent Optical Prescription
We'll schedule your appointment and provide a letter
of Introduction

Stop By **Member Services** for More Info

FOOD PANTRY

victory
programs
Boston Living Center

**Get fresh + seasonal harvest
and shelf-stable produce**

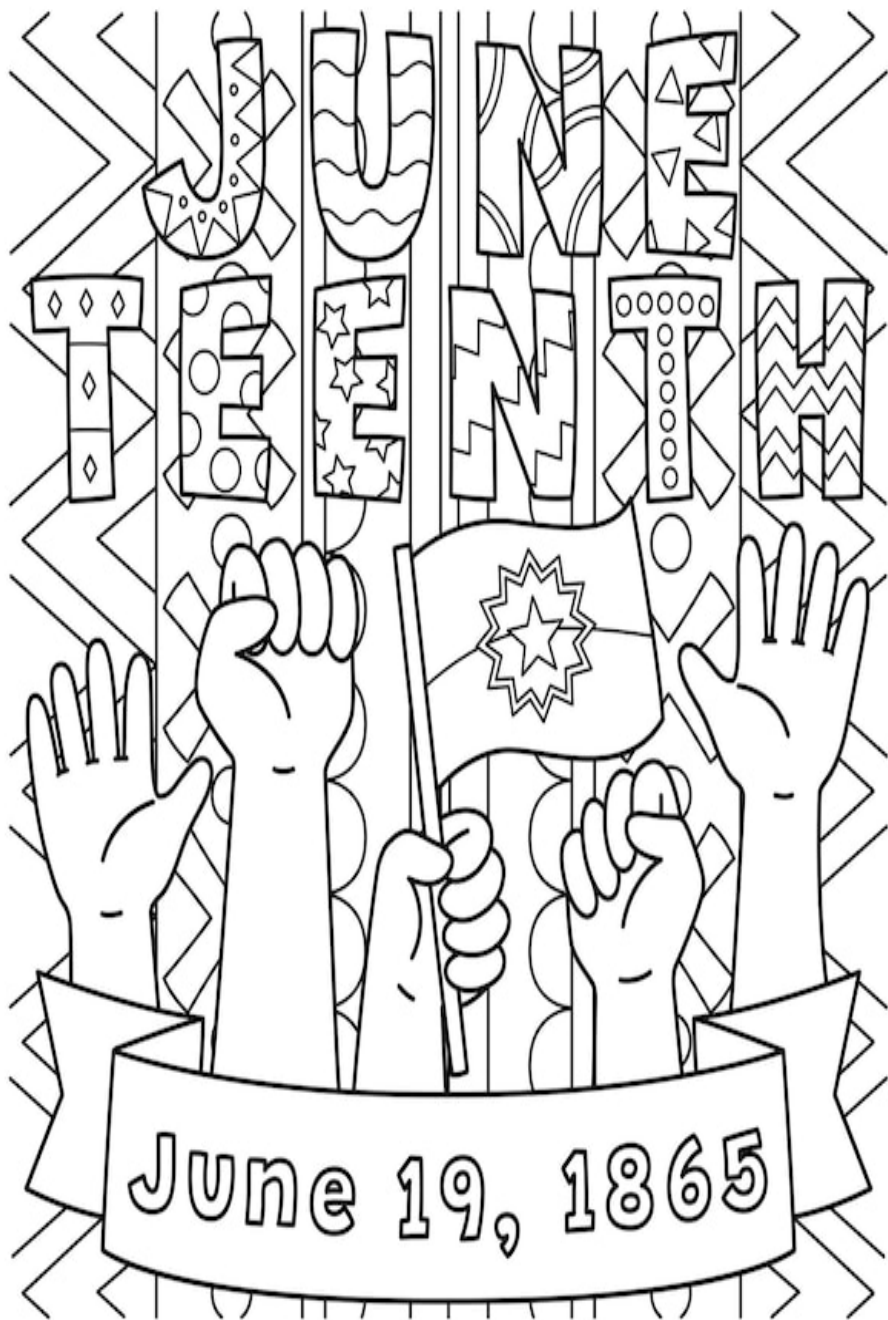
JUNE

**12 & 13
26 & 27**

**12pm - 1:30pm
in the Dining Room**



For more information please contact Jessica or Ana in Nutrition



1

MASKS



If you are going to wear a mask please wear your mask properly over the mouth and nose.

Face coverings (masks) are encouraged. Protect yourself from cold & flu and covid viruses.



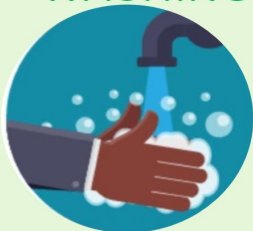
CORRECT



WRONG

2

HAND WASHING



We encourage washing your hands with soap and water.

TESTING (BY APPOINTMENT)

MON-FRI 9:30AM-3:30 PM



- **Hepatitis C**
- **HIV**
- **Chlamydia**
- **Gonorrhea**
- **Syphilis**

Gift cards offered for getting tested

Available Drop In Supplies

- Hygiene Kits
 - Injection Kits
 - Crack & Meth Pipes
 - Safer Sex Kits
 - Wound Care Kits
 - Fentanyl Testing Strips
 - Sniffing Kits
 - Narcan
- & More

Mobile Prevention Team
Call or Text
617-519-6355

Food insecure?

The Boston Living Center provides a delicious and nutritious lunch Monday through Friday.

INTERESTED IN BECOMING A MEMBER?

Please contact our front desk staff at 617-236-1012 ext. 0 to schedule an intake appointment.

The Boston Living Center (Member Hours)

Monday 7:30am - 6:30pm

Tuesday - Friday 7:30am - 4:30pm

Continental Breakfast is served 7:30am to 10:30am

Mon., Tues., Thurs. & Fri.

‘Sunny Side Up’ (Hot Breakfast) on Wednesdays

7:30am to 10:30am

Lunch is served 12 noon to 1:30pm Monday through Friday

Dinner is served ONLY Mondays 5pm –6pm

29 Stanhope Street

Boston, MA 02116

<http://www.vpi.org/blc>

(617) 236-1012 ext. 0

(617) 236-0334 fax