



www.metrobostonrlc.org

Welcome to the Metro Boston Recovery Learning Community (MBRLC)

The Metro Boston Recovery Learning Community (MBRLC) is the Boston Resource Center (BRC), the Cambridge/Somerville Recovery Learning Center (CSRLC), the Hope Center, and the Peer Education Resource Center (PERC).

We are an entirely peer-run organization dedicated to providing support, education and advocacy by providing opportunities and resources to assist individuals in finding their own path to mental health recovery. Every Recovery Center has no barrier of access for people who self-identify as having a mental health issue in the past or present and/or having substance abuse issues. All the services of the Recovery Centers are free of charge.

It does not matter if a person is or was connected to a mental health agency or provider, it does not matter if a person was ever diagnosed with a mental health issue, it does not matter if a person was or was not hospitalized. Our doors are open to everyone and anyone who feels they belong and wants to join a recovery community.

We are also partnered with NAMI-GB-CAN.

The mission of Metro Boston Recovery Learning Community is to offer peer-to-peer services for people in recovery from mental health and/or substance abuse issues, through the utilization of peer support, advocacy, referral, education, career coaching and job readiness in a trauma-sensitive and person-centered manner.

Everyone who enters our Recovery Centers is welcome and becomes an instant member. All Recovery Center services, groups, classes and activities are without charge.

Our goal is to listen to the needs and desires of our community members and then to provide specific groups, classes, and activities based on their input, while staying within our budget. We encourage our community members to volunteer; we then hire our volunteers into paid jobs, if the person has the right skill-sets, when jobs become available

Boston Resource Center

85 E. Newton Street Ground Floor Boston, MA
02118 617-305-9900 Paul Styczko, BS, CPS
Director paul.styczko@bmc.org 617-305-9991

The Boston Resource Center (BRC) is a resource connection center located at Boston Medical Center. The BRC is located on the Boston Medical Center campus. The Boston Resource Center has various support groups, gym access, a library, computer access and the Karl Ackerman Recovery is Real Instruction Lab and opportunities to connect with other people with lived experience with mental health issues. The BRC is open to the public on Mondays, Wednesdays and Thursdays from 10am-3pm.

Computer Instruction

- Internet
- Email access
- Computer basics

Women's group

- A support group for women
- Mondays, 1 pm

Men's group

- A support group for men
- Wednesdays, 1 pm

Dual Recovery Anonymous (DRA)

- Starts April 20, 2009
- Mondays, 12-1 pm

Arts & crafts

- Supplies available during open hours
- Supplies include: paper, colored pencils, markers, wood-working tools, beads and jewelry-making materials
- Additional supplies can be purchased upon request
- Feel free to bring your own materials and/or donate materials

Gym access

- Mondays and Thursdays from 11 am - 12 noon
- Treadmills and weightlifting from 11 am - 11:30 am
- Basketball court and pool table from 11:30 am - 12 noon

Games

- Games we have now: cards, checkers, chess, dominoes and Monopoly
- Have any games you'd like us to get? Let us know

Tutor exchange

- Have a skill to share? Want to learn a skill? This is for you!
- Tutors we have on a regular basis offer: GED (math and English), computer instruction and English as a second language

THE MBRLC is also partnered with:

The Hope Center www.hoperlc.org.

DMH Erich Lindemann Mental Health Center
25 Staniford Street Plaza Level Boston MA 02114
Please contact Idony Lisle, MA, CPS, Director
idony.lisle@mbrlc.org (617) 626-8693 (617) 626-8687 Fax (617) 626-8695 Our Hours Tuesday, Wednesday and Thursday 10:00 AM to 3:00 PM
MBRLC/Peer Education Resource Center

3313 Washington Street Suite 2

Jamaica Plain, MA 02130

Please contact Sarah Selkovits, Director
infoaboutperc@yahoo.com (617) 788-1034

Hours: 1-5 pm Tuesday 1-5 pm Thursday
10-4 pm Saturdays

Cambridge/Somerville Recovery Learning Center 35 Medford Street 1st Floor, Suite 111
Somerville, MA 02143 **Janel Tan**, Director
617-863-5388 tanj@vinfen.org

Hours of operation:

Monday: 10:30 AM - 6:00 PM

Tuesday: 12:00 PM - 7:30 PM

Wednesday: 10:30 AM - 3:30 PM

1st and 3rd Thursdays: 2:30 PM - 4:00 PM Coping Group only

Other Thursdays: 4:30 PM - 6:00 PM

Friday: 10:30 AM - 6:00 PM

Groups & Services

An **LGBTQ** support group is starting in February!

Pathways to Recovery and Wellness A peer-driven, strengths based workbook to discuss various roads to recovery, including focusing on wellness goals that improve quality of life, not just reduction of symptoms.

Health Adventures, including Diabetes Prevention

Program Nurture your body and mind with this peer group!

Learn wellness strategies with participants and a certified peer health coach.

Bad Dance Party A friendly, silly, no pressure space for people to listen to favorite music, and/or get up and moving! Join in the fun!

Building Connections Using Connectedness workbook from BU Center for Psychiatric Rehabilitation, we cover and discuss connections in 4 main areas: 1) Connecting with ourselves; 2) connecting with others; 3) connecting with our environment; 4) connecting with meaning and purpose.

NAMI Connections--A support group for people (peers) living with the struggles of mental illness--the group provides an opportunity for people to receive peer to peer feedback on specific situations that they may be dealing with.

Wellness Recovery Action Plan (drop-in and formal classes)--A recovery group that educates people on positive thinking, empowerment, self-esteem, hope, and more. Formal classes teach 5 key recovery concepts of hope, personal responsibility, education, self-advocacy, and support; and how to make a written plan that helps a person stay well and manage stress.

Book Club--This group is for peers who need and want to improve their basic reading, literacy and comprehension skills.- We choose fun short stories so people can practice their basic reading skills.

Financial Literacy--A basic budgeting group that teaches peers how to create and maintain a budget using various worksheets;

1:1 Computer Tutoring--Drop-in 1:1 support on typing, Internet, email. Can sign up for Intermediate class on Microsoft Word, Powerpoint, or Excel.

Yoga Certified Yoga Instructors teach yoga to help a person manage stress and relax. Monday mornings at 11:00- Meditation and Light Movement/Stretching; Monday evenings at 5:00- Stretching, physical movement, and exercise routine with relaxation meditation to end the group.

Exercise Group--Wii Sports to improve fitness through tennis, baseball, golf, bowling, and more. Just Dance Wii for aerobic workout. Walking groups when the weather is nice.

Employment Group--This group has curriculums for job seeking, resume building, and mock interviews; this group also has a curriculum that teaches about the importance of any job, teaching the theme that "work is everyone's business." Employment help is offered through group support or 1:1 individual basis, depending on members' needs.

Diabetes Prevention Program--This group discusses the challenges of healthy eating and exercising, and discusses ways to better motivate ourselves to improve our physical health. Taking walks or Wii is also used for movement/exercise.

Creative Coping--Health and Wellness Coordinator Jordan Jensen facilitates open art group, providing materials for tactile stimulation, art, and inspired creativity.

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Cambridge/Somerville Recovery Learning Center

Music Instruction--Rehab Coordinator Josh (also identifies as being in recovery) teaches 1:1 individual music instruction for beginners on piano or guitar.

Cooking Group--We teach people nutritious facts, how to buy healthier food at reasonable cost, and how to cook/make simple healthier meals. Facilitate group so everyone can get involved in chopping, preparing, and cooking delicious food! Past recipes have included roasted sweet potato, kale, and quinoa; fish with Cajun seasoning; tomato soup; and vegetables such as peppers, tomatoes, and cucumbers.

Managing Loneliness--Using a Mary Ellen Copeland Workbook, we cover and discuss a wide range of topics including: how to appreciate being alone versus experiencing loneliness; how to develop social supports/connections; exploring the theme of dating/ relationships; and use of social media and safety tips. We discuss both the external and internal stigma that people with mental illness face when participating in social settings, and engage people in self-esteem activities to build confidence.

LGBTQ Group--Recovery Coordinator Audrey Hayward facilitates this support group where people who identify as LGBTQ can have open conversation with others in a safe environment. Participants provide peer support to each other and share knowledge, regardless of sex or gender.

Cambridge/Somerville Recovery Learning Center (CSRLC)
Provides access to a wealth of different resources

- Drop-in hours for 1:1 support in school, work and general life issues
- Drop-in hours for 1:1 support and feedback on resumes or mock interviews
- Access to computers for learning basic computer skills, practice essay writing, resume building, or other school and job related purposes
- Access to a phone



The Peer Support Line ... is a friendly phone line staffed entirely by people with lived experience of mental health and/or addictions histories. Support Line Operators are compassionate, empathic listeners. They offer support and validation. They empower callers to find solutions to their own problems and concerns. The Peer Support Line accepts calls from peers who are perhaps lonely, depressed, and/or isolated and want to connect with another peer. The focus of the discussions are recovery-based, and the Operators are motivated to assist callers with information on and referral to local, state and national programs and services that may be useful to them in their day-to-day lives.

The Peer Support Line is open for calls daily from 4 PM–8 PM.

We have Operators who speak Spanish and English on Wednesdays and Sundays!

Call us toll free at: 1-(877) 733-7563 or 1-(877) PEER-LNE (no "I") or (617) 414-8341