

Tuesday, Thursday, Saturday

TUESDAY

1-5 pm Groups held at:
3313 Washington St. Suite 2
Jamaica Plain, MA 02130

1-5 pm Job
Search/Open
Computer Lab

1-2 pm Job
Issues for Peers
Starting June 7,
2016

To work or not to work, identify your strengths, explore careers, practice interview skills, and other vital job issues for peers.

2-3 pm Pathways in Recovery Starting July 5, 2016

A group lead by peers for peers to help accelerate your Recovery Process using the U. of Kansas curriculum.

3-4:30 pm Whole health Action Management (8 week)
starting August 2nd, through September 20th, 2016

SAMHSA created program where individuals set 12 whole health goals and give each other peer support in order to complete one of the Over All Rehabilitation Goals.



THURSDAY

1-5 pm
All groups held at:
3313 Washington St. Suite 2
Jamaica Plain, MA 02130

1-5 pm Job Search / Open Computer Lab

1-2 pm Introduction to Computers

Free computer training: how to use the mouse, browsing the internet, plus setting up and using email. Individual instruction is also available to schedule please call 617-788-1034.



2-3 pm Intermediate Computer Class Topics include: Microsoft word, on-line job search, using job search websites. For individual instruction call 617-788-1034.

2-3 pm Self-Esteem Curriculum starting June 2nd, 2016

A Peer led group for peers to improve self-esteem in a practical step by step manner.

3-4 PERC Starting Your Own Business Starts Thursday
September 22, 2016

(See brochure for agenda of each class). This course will deal with starting your own business marketing plan and business plan.



SATURDAYS

10am- 4 pm

All groups held at:
MBRLC/PERC Program
3313 Washington St. Suite 2
Jamaica Plain MA 02130
10am - 4pm Job Search/Open Computer Lab

10:30 - 11:30am Wellness Recovery Action Plan (WRAP) for Work

WRAP for Work is a Peer facilitated five week drop-in group which cover Wellness and WRAP in the workplace. (Starting September 10th, through November 12th, 2016 we will be running a ten week WRAP Training from 10:30-12pm.)

12:30 - 1:30 pm Recovery Is Real
Boston

A Peer Facilitated Group which focuses on support and uses inspirational quotes.



1:30-2:30 Job Club

(see brochure) We will meet weekly to focus on networking, the topic of the day and job lead exchanges.

3:00-4:00pm Mindfulness Group Starting

Join us to learn about Jon Kabut Zinn's CD's and how to incorporate mindfulness in to your life as a way of relieving stress.





MBRLC / PERC

... is a MBRLC partner recovery center dedicated to improving the lives of people living with mental health challenges. We are open to community members, their families, friends, and other supports. The center is solely staffed by Peers who live with the same challenges as community members.

DO you have life goals? You are looking in the right place.

Our Mission Statement is: To provide hope, self determination and honor to individuals through peer to peer relationships as a way to achieve meaningful change.

Our focus is on Employment, Wellness, and Recovery. Come join us whether you want to use computers, job search or connect with the peer community.

Directions to MBRLC/PERC:

Take Orange Line to Green Street and use main exit from T station. Turn right/southwest on Green Street. Walk to Washington Street and turn Left.

PERC is right next door to Ruggiero's Market.

The sign @ 3313 Washington Street, suite 2 says Bay Cove.

Call (617) 788-1034 or ring second buzzer that says Bay Cove Employment Services and someone will buzz you in.

Directions to the MBRLC/Hope Center:

Take the Green or Orange Line to North Station. Exit out of the Causeway Street exit. Turn Left and walk towards CVS. Walk down Causeway Street until it turns into Staniford Street. Enter into Lindemann building (25 Staniford Street, Boston MA) through the garage and walk to entrance. Sign in at Police desk for Hope Center and take stairs or elevator to Plaza Level.

3313 Washington Street

suite 2

Jamaica Plain, MA 02130

617-788-1034

infoaboutperc@yahoo.com

Look for our webpage under the "Partners" tab at the MBRLC www.MetroBostonRLC.org

Metro Boston Recovery Learning Community/ Peer Education Resource Center

**3313 Washington Suite 2
Jamaica Plain, MA 02130**

hours:

1-5 Tuesdays

1-5 Thursdays

10-4 Saturdays



Sarah Selkovits
Director of Recovery
Denise Clarke
Peer Support Worker
Mary Broderick
Peer Support Worker

617-788-1034

infoaboutperc@yahoo.com