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.

Creative Photography: Photography can be a great way to express yourself. Whether you’ve done photography for a while or you are brand new, this is a great group to meet individuals who have similar interests.

Peaceful Mind: This a great group that can help you find new ways to relieve stress, through the practice of being more Mindful.

Building Community: Play an active part in your RCC growing a strong peer community, along with integrating into the larger community.

Peer Support: Support with mutual agreement. We gain strength through shared experiences. We are a growing community sharing in recovery.

Youth Power Fitness Hour: If you’re 18—26, come to our RCC gym and work off some stress with our treadmills and weights!

Youth Photo: This is a group for those 18—26 who would like to experiment with photography, meet others, and express themselves!

Expressive Writing and Discussion: This group will have different topics each week. There will be some time to write down how you feel about the topic and then discuss it in a safe and friendly environment; if you so choose.

Music Appreciation: This will be a time to listen to great music, share your talent for playing an instrument, or use some instruments we have at the RCC; and possibly learning more about a music that you’ve always been curious about.

Dual Recovery Anonymous: Dual Recovery Anonymous™ is a 12-Step Fellowship of people who meet to support each other in our common recovery from an emotional or psychiatric illness and chemical dependency.

Cooking with Friends: Come and learn some new ways to cook quick healthy meals, and meet new people with similar interests. If you have experience with cooking we would love to hear your recipes.

Expressive Arts: If you like drawing, painting, coloring, crafts, or just doodling; this group is for you. You will also learn new ways to do these different types of art work and use it as a way to express how you’re feeling.
NEW BEDFORD RECOVERY CONNECTION CENTER
(774) 488-5031

MONDAY 1:30-2:30p
Expressive Art 2nd floor at the Main Library, 613 Pleasant Street, New Bedford. If you like drawing, painting, coloring, crafts, or just doodling this group is for you. You will also learn new ways to do these different types of artwork and use it as a way to express your feelings, and a possible way to relieve stress in the process.

MONDAY 3:00—4:00 Socializing at the Café Arpeggio, 800 Purchase Street, New Bedford. A great opportunity to get out in the community and have a cup of coffee, bagel, or just some good casual conversation with some fellow peers.

MONDAY 4:30—5:30 Peer Support at Study Hall on the 2nd floor at the Main Library, 613 Pleasant Street, New Bedford. Support with mutual respect. We gain strength through shared experiences. We are a growing community sharing in recovery.

THURSDAY 3:00—4:00 Socializing at the Café Arpeggio, 800 Purchase Street, New Bedford. A great opportunity to get out in the community and have a cup of coffee, bagel, or just some good casual conversation with some fellow peers.

THURSDAY 4:30—5:30 Dual Diagnosis Peer Support at Study Hall on the 2nd floor at the Main Library, 613 Pleasant Street, New Bedford. This group is similar to a regular Peer Support group, but focuses on addiction issues as well as mental health issues.

Plymouth Rocks RCC
Downstairs at 340 Court Street Plymouth MA 02360 774-283-6476

Peer Support Support with mutual respect. We gain strength through shared experiences. We are a growing Community sharing in recovery and wellness.

Activities and Recreation Many ways to relax alone or with others by playing games or participating in solo activity.

Building Community Play an active part in your RCC growing a strong peer community, along with integrating into the larger community. Share your ideas on how to make the RCC the best it can be.

Healing Through the Arts Peers are asked to participate in a art project which could reflect their current mood or perspective on their personal journey with recovery.

Mindfulness Become more present in your every day life. At times life can become stressful and this is an opportunity to learn some various ways to reduce stress (i.e. guided meditation, deep breathing techniques, etc.)

Photo Youth: (18-26 years old) This is a group for those 18-26 who would like to experiment with photography. This a great opportunity to meet others and express yourself on your road to recovery!

Week in Review Talk about how your week has gone. This is also a chance to talk about plans for the coming weekend.

Social Networking (Papa Gino’s) Eat Pizza, while socializing with other peers.

Socially Alive Socialize with your peers over a game of cards; connect with others & begin to design your own recovery.


For more information about the South Eastern Recovery Learning Center please go to

www.southeastrlc.org