

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.

SOUTH EASTERN RECOVERY LEARNING COMMUNITY



FALL RIVER RECOVERY CONNECTION CENTER

66 Troy Street Fall River,
MA 02720 (774) 488-5031

Relationship Empowerment is a group discussing all categories of relationships and how to deal with them and gain confidence and security.

Activities and Recreation: This is a group where we may go outside, weather pending. A great time to play a board game with a fellow peer, or talk about last night's game.

Photography: Photography can be a great way to express yourself.

Wellness Topic Group: Different strategies and tools to remain well and how to put it into practice in our daily lives.

Relaxation Group: This group is a great way to learn and share different ways to help you relax.

Socializing with Friends: Come on by and share a cup of coffee with a friend or with someone you just met. This is a time to take a break from you day and enjoy the company of others in a local coffee shop.

Building Community: The focus is on broadening our support base to include all people who play a part in our health and emotional stability.

Dual Diagnosis peer support groups are open empathetic forums to discuss how it feels to have multiple diagnoses (substance abuse and mental health), how to overcome stigma and to gain resources and supports.

Music Appreciation: Come and share your love for music. This will be a time to listen to great music, share your talent for playing an instrument, etc.

HYANNIS RECOVERY CONNECTION CENTER

45 Plant Road Hyannis, MA (508) 815-5219

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 is 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.

Hope is Here Recovery Connection Center

730 Belmont Street
Brockton, MA 02302
(508) 857-0316

Hours:

Monday 12-3,

Tuesday 10-1,

Wednesday 6-7pm, Thursday 1-4,

Friday 12-3,

Saturday 10-11

Groups:

Wake-Up Call: How was your weekend? **DRA (Dual Recovery Anonymous):** Group deals with diagnoses of both mental health and addiction.

Week in Review: Last group of the week. How did it go? What's up for the weekend? **Touch of Music:** Music touches everyone. Tells us a song that's special to you and we will play it to share with the group .

Creative Expression: An opportunity to be productive. Draw, sketch, make a craft. **Writer's Journey:** A chance to write down your thoughts. **Mysteries**

of Mental Illness: Mental illness in the past. What did we endure?

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 I 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.



The Peer Support Line ... is a friendly phone line staffed entirely by people with lived experience of mental health challenges or dual diagnosis. The Peer Support Line accepts calls from peers who are perhaps lonely, depressed, and/or isolated. Or you may just want to connect with another person. The Peer Support Line is open for calls 7 days a week 4 PM to 8 PM. We have Operators who speak Spanish and English on Wednesday and Sundays! PLEASE call us: 1-877-733-7563

Pride in Recovery

71 Main Street, deMello Building, Suite 1200 Taunton, MA 02780
(508) 386-3009

NAMI Connections: National Alliance on Mental Illness. This is a support group based on NAMI principles, run by NAMI trained facilitators.

DRA: Dual Recovery Anonymous. This is a 12-step program for those who identify with mental illness recovery along with addiction recovery. Our meeting follows the DRA format, but we invite people who identify with any addictions, not just drugs and alcohol. We also address eating disorders, smoking, and other addictions.

Creative Expressions: This is a time for members to express themselves with art projects and other creative activities.

Wii/Recreation: This is a time for members to play the Wii system in a group. Bowling on the Wii is our favorite!

Stitches and Rhymes: This is a writer's group. Journals and pens are provided. Members are encouraged to express themselves with journal entries, fiction, poetry, or drawing.

Peer Support: Our daily support group. All members are free to participate by sharing life experiences.

Community Meeting: We have a weekly meeting where we connect with community members about issues at the Center that affect all of our members. An agenda is presented, members are reminded of trainings and special events, and all are free to add agenda items.

Potluck Dinner: Once a month we share a meal. Members provide a potluck dish to share with all. Leftovers are shared as long as they last. We have a full refrigerator, microwave, and sink.

Music Appreciation . Meditation . Gratitude . Grief Group . Movie Time

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

www.southeastrlc.org