

### **The Boston Resource Center**

... is an MBRLC partner Peer Education and Recovery Center dedicated to improving the lives of people living with psychiatric conditions, their families, friends and other supporters. We provide support, advocacy, programs, services and opportunities to assist Community Members (Peers) who are attaining and maintaining the highest level of wellness they can achieve. The Center is staffed solely by Peers with all support groups and activities facilitated by Peers. Every Community Member is invited to become directly involved in the leadership, planning, development and expansion of our programs and service offerings.

### **What Else Should I Know?**

What is your goal in life? Allow us to help you attain it! We have educational groups to help you grow and we have social groups to provide you with connection and a safe environment to learn. Our community of Peer staff, volunteers and members are interested in meeting you, sharing their thoughts on recovery, and talking about their lived experience. Our model is that of equality. Join our community as a member, become a volunteer, become a group leader. We have lots to offer, but it is up to you to decide what you want to participate in and when you are ready to join in! Come for an hour, or stay for the day.

### **The Peer Support Line**

...is a compassionate phone line open Monday through Sunday from 4PM to 8PM. Spanish speaking Operators are available on Wednesdays and Sundays.

Call us at 877-PEER-LNE (no "I") or 877-733-7563.

Last updated 7/20/17

The Boston Resource Center is located on the BMC Campus

**Mondays, Wednesdays  
and Thursdays  
10AM-3PM**

**Personalized newcomer  
orientations every day  
upon request!**

**You don't have to be a DMH client.**

**You don't have to be connected  
to any particular CBFS  
or PACT program.**

**NO FEES!**

**Just drop in during our open hours!  
No Appointment Needed!  
All are Welcome...**

### **Boston Resource Center**

85 E. Newton Street, Ground Floor  
Boston, MA 02118  
Phone (617) 305-9900  
Fax (617) 305-9992

**For info contact Yuka Gordon or Paul  
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# **THE BOSTON RESOURCE CENTER**



*Advocacy  
Building Community  
One Relationship at a Time...*

**A Partner of the  
Metro Boston Recovery Learning Community  
[www.MetroBostonRLC.org](http://www.MetroBostonRLC.org)**

A Peer-run Program of



EXCEPTIONAL CARE. WITHOUT EXCEPTION.

with Major Funding from  
the Department of Mental Health



### **Support Groups**

All groups are “Peer” facilitated, meaning that all groups are led by people who have lived experience with mental health and/or substance use issues.

#### **General Issues Support Group**

Talk about anything that concerns you. We have trained staff and volunteers who facilitate each group. Your voice is valued and your thoughts are important. Our groups allow you to get to know other members of our community and share in life’s daily challenges and successes. Mondays and Thursdays 2PM–2:45PM.

#### **Connections Group**

This structured support and problem-solving group is similar to any NAMI Connections group that you may have attended anywhere in the country. All our facilitators have attended NAMI Connections training. Mondays 10:30-11:30 AM.

### **Dual Recovery Anonymous Meetings**

This support group is for people who have lived experience with mental health and/or substance use issues. In this group, everyone is welcome. The discussion focus is on the challenges and benefits of sobriety; members share personal stories. M/W/TH 12PM–12:45PM.

#### **Activities**

Each day, there are sessions scheduled to inform, educate and touch your heart as well as stimulate your mind. Our classes focus on recovery, transformation, resiliency and self-care, as well as other topics that are based on the interests of our Community Members.



#### **Women’s Group**

This support group is for women only. It is a safe place to talk about important issues and concerns of women. Mondays 1PM–1:45PM.

#### **Men’s Group**

This support group is for men only. It is a safe place to talk about important issues and concerns of men. Wednesdays 1PM–1:45PM

View current movies on a big flat screen TV at the Center, travel with us to George’s Island for a picnic or attend a free concert in the park. What we do outside the Center is up to you!

Some of our groups, classes, activities and events change from month to month, so look at our website for the latest update. For our most current schedule, visit us in person or online. Look for our webpage under the “Partners” tab at the MBRLC website, [www.MetroBostonRLC.org](http://www.MetroBostonRLC.org).

#### **Exercise**

We are fortunate to have access to a fitness center with exercise equipment, a ping pong table, a bumper-pool table and a full indoor basketball court.

#### **The Karl Ackerman “Recovery is Real” Computer Lab**

Stop by and use one of our eight internet-connected computer stations. Email, surf the net or sharpen your computer skills!

#### **Visit Our Lounge**

Hang out, enjoy coffee and tea, play board games, throw a few darts, relax, make new friends.

Join us for our Community Meeting, Thursdays 1PM–1:45PM. If you are new to the Center, just ask a staff member for a Newcomer Orientation. We will be happy to give you a tour and answer any questions. No appointment needed!

