



### **MBRLC/Peer Support Network**

... 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/Peer Support Network:**

Walk out of Harvard Sq. Station on the red line. Walk south to JFK street. Walk one block and turn left on Mt. Auburn Street. It is next door to Daedalus Restaurant.

At Dudley Station, go to the #1 Bus Stop Take the #1 Harvard bus to Mass Ave & Bow Street. Turn left onto Bow St and walk 2 minutes to Mt. Auburn St. (Bow St changes into DeWolfe St) Turn right on Auburn and the Democracy Center is the white house on the corner.

The Democracy Center is wheel chair accessible but not bathroom accessible.

Peer Support Network  
In the Rosa Parks Room@  
The Democracy Center  
45 Mt Auburn Street  
Near Harvard Sq.  
Cambridge, MA  
617-788-1034

[psncambridge@gmail.com](mailto:psncambridge@gmail.com)

[www.MetroBostonRLC.org](http://www.MetroBostonRLC.org)

### **Metro Boston Recovery Learning Community/ Peer Support Network**

hours:

1-5 Monday  
1-5 Wednesday  
1-5 Friday

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In the Rosa Parks Room@  
The Democracy Center  
(Near Harvard Square)  
45 Mt Auburn Street  
Cambridge, MA  
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# All Groups Held at The Democracy Center; 45 Mount Auburn St., Cambridge, MA

## **Mondays 1pm-5pm**

1-1:30pm MEET AND GREET W/SNACKS AND COFFEE

1:30-2pm COMMUNITY MEETING

Open Discussion for PSN Community Members; Includes Check-ins and announcements

2-2:45pm RECOVERY IS REAL CAMBRIDGE

A Peer Facilitated Group which focuses on support and recovery tactics for everyday life.

3-3:45pm VOCATIONAL EMPLOYMENT GROUP

Education, skills and discussion focused on meaningful work and vocation.

4-4:45pm CREATIVE JOURNALING GROUP

Writing and Art based on group prompts that facilitate reflection and growth.

4:45-5pm HELP BREAK DOWN AND CLEAN-UP

## **Wednesdays 1pm-5 pm**

1-1:30pm MEET AND GREET W/ SNACKS AND COFFEE

1:30-2pm COMMUNITY MEETING

Open Discussion for PSN Community Members; Includes Check-ins and announcements

2-2:45pm BETTER DAYS WITH AUTHOR CRAIG LEWIS

Better Days is a peer support group created and facilitated by Craig Lewis. Craig is an Expert by Experience and a person who cares deeply about helping others live better lives. Better Days is also available in book form.

3-3:45pm SELF-ESTEEM @ THE PSN

For Peers to Improve their self-esteem in a practical step-by-step way in order to achieve a better sense of self.

4-4:45pm MINDFULNESS MEDITATION

Focusing on the breath to improve self awareness and encourage a positive attitude to achieve a healthy and balanced life state.

4:45-5pm HELP BREAK DOWN AND CLEAN UP

## **Friday 1pm-5pm**

1-1:30pm MEET AND GREET W/ SNACKS AND COFFEE

1:30-2pm COMMUNITY MEETING

Open Discussion for PSN Community Members; Includes Check-ins and announcements

2-2:45pm RECOVERY IS REAL CAMBRIDGE

A Peer Facilitated Group which focuses on support and recovery tactics for everyday life.

3-3:45pm JOB CLUB

Join us for employment counseling and vocational habilitation.

4-4:45pm DUAL RECOVERY

A group directed for individuals recovering from both substance use and mental health disorders. The group can help manage challenges and take an active role in your recovery.

4:45-5 Help break down and clean up

