

PEER EDUCATION RESOURCE CENTER (PERC)

1500 Dorchester Ave (lower level)

Dorchester, MA 02122

Hours:

Tuesday 1pm-5pm

Wednesday 1pm-5pm

Thursday 1pm-5pm

Saturday 10am-3pm

&

PEER SUPPORT NETWORK (PSN)

45 Mt. Auburn St.

Cambridge, MA 02138

Hours:

Monday 1pm-5pm

Wednesday 1pm-5pm

Friday 1pm-5pm

Part of the

Metro Boston Recovery Learning Community

Program Director: Sarah Selkovits, MS, CRC, CPRP, CPS

Office Phone: (617) 788-1034

PERC and PSN are Recovery Learning Centers (RLCs) funded by a DMH contract administered by Boston Medical Center. Our mission 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 Employment, Wellness and Recovery. Come join us whether you want to use computers, job search or connect with the peer community.

The Metro Boston Recovery Learning Community (MBRLC) consists of several peer-led programs throughout the Boston area that focus on recovery and wellness. The RLCs are a goal-oriented service led by persons with a lived experience of psychiatric illness and of cognitive impairment. Our programs focus on group discussion which will encompass a variety of subjects including Self-Esteem, Assertiveness, Recovery is Real, Dual Recovery, Creative Journaling, Job Issues/Job Search, Whole Health Action Management (WHAM) and Wellness Recovery Action Plan (WRAP) groups. Our staff are always open to adjusting the program curriculum to meet the needs of participating members. The programs are designed to be highly interactive and flexible to ensure groups are tailored to the needs and desires of active members. Both programs are staffed with two peer facilitators at all times. Staff are trained on group facilitation and will support the mission of recovery, wellness, and employment when working with all program participants. There will be many times when staff are able to work with individuals on a one to one basis. This will provide an opportunity for staff to help an individual through a difficult time or to support him/her in a specific need area that may not be applicable to the whole group. In addition, staff often work one to one with individuals who need extra support to learn computers. We encourage people to make phone appointments in order to make sure staff is available.

Our programs are open to the public and there are no prerequisites to take part in our services aside from self-identifying as having mental health issues or cognitive impairments. The program is all inclusive and encourages individuals from all backgrounds and life experiences to come share their perspective on recovery. We feel strongly that diversity among our active participants will benefit our programs, enrich the groups therein and bring differing opinions to the table which will make for more stimulating interaction. Interested individuals need only to show up at one of our locations during program hours of operation and you will be welcomed in. Please call Sarah Selkovits with any questions regarding the program at (617) 788-1034.