

# Tuesday, Wednesday, Thursday, Saturday

## TUESDAY

1-5 pm

### 1- 5 pm Open Computer lab

Please call and make an appointment for one on one computer instruction.

### 1-2 pm Job Issues for Peers

To work or not to work; identify your strengths, explore careers, practice interview skills, and other vital job issues for peers.

### 2-3 Dealing with Conflict

Dealing with uncomfortable situations and uncomfortable feelings? We will learn ways to manage them successfully.

### 3:00-4:00 Recovery is Real

A Peer Facilitated Group which focuses on support and uses inspirational quotes.

## Wednesday

1-5 pm

### 1- 5 pm Open Computer lab

Please call and make an appointment for one on one computer instruction.



## WEDNESDAY Continued

### 2-3 Journaling

We will be using Journaling prompts to stimulate writing on a variety of topics. Followed by a group discussion.

### 3-4 Computer Training

Peers help participants on computer skills.



## THURSDAY

1-5 pm

### 1-5 pm Open Computer Lab

Please call and make an appointment for one on one computer instruction.

### 1-2 Assertiveness for Peers

Peer support group in which we discuss our communication styles (passive, aggressive, and assertive.) Topics will be read to stimulate conversation encouraging development of our assertiveness.

### 2-3pm Dual Recovery

This is for individuals Recovering from both substance abuse and mental health issues. It can help you navigate challenges and take an active role in managing your recovery.

### 3-4:30 pm NAMI Connections

Program sponsored by the National Alliance on Mental Illness. It is a Peer led support group. Please RSVP to the PERC office 617-788-1034, infoaboutperc@yahoo.com

## SATURDAYS

10am- 4 pm

Open Computer Lab Please call and make an appointment for one on one computer instruction.

### 10:30-11:30 Self Esteem

Peer led group for peers to improve self-esteem in step by step by step manner.

### 12:15 -1:15 pm Recovery Is Real Boston

A Peer Facilitated Group which focuses on support and uses inspirational quotes.

### 1:30--2:30 pm Creative Journaling

Combining biographical lists, gratitude journaling, self-esteem mandala coloring and journal prompts with peer discussion and support.





## **MBRLC/PERC**

... 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**

Our new location is very close to the Fields Corner T stop where the Kit Clark Senior Services used to be. Metro PCS is opposite and the Fields Corner

Branch of the Boston Public library is next to our building. (google directions) from the T Head east toward Dorchester Ave 449 ft. Turn right onto Dorchester Ave 203 ft.

Destination will be on the left:  
1500 Dorchester Ave.

1500 Dorchester Ave.  
Dorchester, MA 02122  
617-788-1034

[infoaboutperc@yahoo.com](mailto:infoaboutperc@yahoo.com)

Look for our webpage under the "Partners" tab at the MBRLC  
[www.MetroBostonRLC.org](http://www.MetroBostonRLC.org)

## **Metro Boston Recovery Learning Community/ Peer Education Resource Center 1500 Dorchester Ave. Dorchester, MA 02122**

hours:  
1-5 Tuesdays  
1-5 Wednesdays  
1-5 Thursdays  
10-4 Saturdays

Opening Tuesday Aug. 29, 2017



**Sarah Selkovits**  
Director of Recovery  
**Denise Clarke**  
Peer Support Worker  
**Mary Broderick**  
Peer Support Worker  
**Alex Niederhauser**  
Peer Support Worker

[infoaboutperc@yahoo.com](mailto:infoaboutperc@yahoo.com)  
617-788-1034