



## **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 to MBRLC/PERC:**

**Take Orange Line to Green Street and use main exit from T station. Turn right/ East on Green Street. Walk to Washington Street and turn Left.**

**PERC is right next door to Ruggiero's Market. Entrance on the side for the building of 3313 Washington Street. We are located in suite 2 which says Bay Cove Employment. This is the second buzzer or call 617-788-1034. Someone will buzz you in.**

3313 Washington Street  
suite 2  
Jamaica Plain, MA 02130  
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**

**3313 Washington Suite 2  
Jamaica Plain, MA 02130**

hours:

1-5 Tuesdays

1-5 Thursdays

10-4 Saturdays



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

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

# Tuesday, Thursday, Saturday

## TUESDAY

1-5 pm Groups held at:  
**3313 Washington St. Suite 2**  
**Jamaica Plain, MA 02130**

### **1- 5 pm Job Search/Open Computer Lab**

### **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 Anger Workshop starting 1/10/17**

Anger is a human emotion. We do not always understand it or know how to manage it. We will learn ways to manage our anger.

### **2-3 Job Club Starting 1/10/17**

Join us to discuss the topic of the day in your job search. Choices of topic vary every week. We will focus on job hunting for Peer Specialists.



### **3:15-4:45 pm Wellness Recovery Action Plan (WRAP) (10 weeks) Starting 2/14/17 ending 4/18/17**

10 Week class in the stages of wellness and how to stop your self from going into crisis. Please RSVP to attend. YOU will need to attend 8 out 10 classes to obtain a certificate. Google Mary Ellen Copeland for more information.

## THURSDAY

1-5 pm  
All groups held at:  
**3313 Washington St. Suite 2**  
**Jamaica Plain, MA 02130**

### **1-5 pm Job Search / Open Computer Lab**

### **1-2 pm Introduction to Computers**

Free computer training: how to use the mouse, browsing the internet, plus setting up and using email. Individual instruction is also available to schedule please call 617-788-1034.

### **1-2 Assertiveness for Peers starting 1/26/17**

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

### **2-3pm Dual Recovery starting 1/26/17**

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

### **3:00-4:30 pm NAMI Connections starting in 3/9/17,** Please RSVP (Note change of date and times)



## SATURDAYS

10am- 4 pm

All groups held at:  
**MBRLC/PERC Program**  
**3313 Washington St. Suite 2**  
**Jamaica Plain MA 02130**  
**10am - 4pm Job Search/Open Computer Lab**

### **10:30 -12 pm Wellness Recovery Action Plan (WRAP) (10 weeks) starting 2/18/17 ending 4/29/17**

10 Week class in the stages of wellness and how to stop your self from going into crisis. Please RSVP to attend. YOU will need to attend 8 out 10 classes to obtain a certificate Google Mary Ellen Copeland for more information.

### **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 starting 1/21/17**

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

### **2:30-4:00 pm Whole health Action Management (WHAM) (10 week) starting 2/11/17 ending 4/15/17**

SAMHSA created program where individuals set 10 whole health goals and give each other peer support in order to complete one of the Over All Rehabilitation Goals. Please RSVP. Need to attend 8 classes of the 10 classes to get a certificate.