

# Tuesday, Wednesday, Thursday, Saturday

## **TUESDAY open July 11, 2017 (holiday July 4th) 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 Conflicts**

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

### **3:30-4:30 Recovery is Real**

A Peer Facilitated Group which focuses on support recovery, and Wellness.

### **Wednesday**

1-5 pm open July 5th , 2017

### **1- 5 pm Open Computer lab**

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



## **WEDNESDAY Continued July 5, 2017**

### **2-3 Journaling**

We will be using starting prompts to stimulate writing on a variety of topics. Followed by a discussion with the individuals in the group..

### **3-4 Computer Training**

Peers help people on computer.

### **THURSDAY Opening**

July 6, 2017

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 and by this encourage 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 manage challenges and take an active role to manage your recovery.

### **3--4:30 pm NAMI Connections**

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



## **SATURDAYS opening July 8, 2017**

10am- 4 pm

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

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

Peer led group for peers to improve self-esteem in a practical 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 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 Wednesday (Starting 7/5/17)

1-5 Thursdays

10-4 Saturdays



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

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617-788-1034