

THE SERLC IS GROWING!

FREE

No health insurance, no membership dues or fees
of any kind

Just drop by — all are welcome!

Growing Together as a Community



The SERLC is an organization that is entirely run by peers dedicated to providing support, education and advocacy to peers and their loved ones. We offer healing communities for individuals to find their own paths toward mental health and addictions recovery.

Brochure date: January 6, 2016

The Peer Support Line

... is a friendly phone line staffed entirely by people with lived experience of mental health challenges or dual diagnosis.

Peer Operators are compassionate, empathic listeners. They offer support and validation. They empower callers to find solutions to their own problems and concerns.

The Peer Support Line accepts calls from peers who are perhaps lonely, depressed, and/or isolated. Or you may just want to connect with another person. The focus of the discussions are recovery-based, and the Operators are motivated to assist callers with information on and referral to local, state and national programs and services that may be useful to them in their day-to-day lives.

The Peer Support Line is open for calls 7 days a week 4 PM to 8 PM. We have Operators who speak Spanish and English on Wednesday and Sundays! **PLEASE** call us:

1-877-733-7563 or

1-877-PEER-LNE (no "I")



Dive into the Wave of Recovery



And Ride it Onto the Shore of Wellness!

FALL RIVER RECOVERY CONNECTION CENTER

66 Troy Street

Fall River, MA 02720

(774) 488-5031

Hope

*Dignity * Respect*

*Friendships * Connection*

*Education * Employment Readiness*

Leadership Training

Funded by the Department of Mental Health

MONDAY

1-2p Socializing with Friends at Dunkin Donuts 234 Milliken Blvd. Fall River

TUESDAY

9:00—9:45 Wellness Topic Group
10—11 Relationship Empowerment
11:15-- 12:15 Relaxation Group

THURSDAY

9:00 — 9:45 Building Community
10— 11 Dual Diagnosis Peer Support
11:15—1:15 Activities and Recreation

FRIDAY

9:00 — 9:30 Morning Chat
9:45—10:45 Music Appreciation
11:00—1pm Photography

Wellness Topic Group: Different strategies and tools to remain well and how to put it into practice in our daily lives.

Relaxation Group: This group is a great way to learn and share different ways to help you relax. Learning to relax with fellow peers can be helpful with relieving stress.

Socializing with Friends: Come on by and share a cup of coffee with a friend or with someone you just met. This is a time to take a break from your day and enjoy the company of others in a local coffee shop.

Building Community: The focus is on broadening our support base to include all people who play a part in our health and emotional stability, and figuring out how to keep active and motivated to interacting with those positive supports in all aspects of our lives, such as entertainment, hobbies, and causes.

Dual Diagnosis peer support groups are open empathetic forums to discuss how it feels to have multiple diagnoses (substance abuse and mental health), how to overcome stigma and to gain resources and supports.

Music Appreciation: Come and share your love for music. This will be a time to listen to great music, share your talent for playing an instrument, etc.

Relationship Empowerment is a group discussing all categories of relationships and how to deal with them and gain confidence and security to always find out what the lesson is to be learned from them.

Activities and Recreation: This is a group where we may go outside, weather permitting. It is also a great time to play a board game with a fellow peer, or talk about last night's game.

Photography: Photography can be a great way to express yourself. Whether you've done photography for a while or you are brand new, this is a great group to meet individuals who have similar interests.