

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: Dec 27, 2015

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!

HYANNIS RECOVERY CONNECTION CENTER

45 Plant Road
Hyannis, MA
(508) 815-5219

Hope

*Dignity * Respect*

*Friendships * Connection*

*Education * Employment Readiness*

Leadership Training

Funded by the Department of Mental Health



MONDAY

10:30—11:30 Creative Photography

11:45—12:45 Peaceful Mind

1:00—2:00 Building Community

2:15—3:15 Dual Recovery Anonymous (DRA)

TUESDAY

10—11:00 Socializing at the Rendezvous Café, 394 Main Street, Hyannis

12-1p Photo Youth (18-26 years old)

1:15-2:15p Youth Power Fitness Hour (18-26 years old)

2:30- 3:30p Expressive Writing and Discussion

3:45- 4:45p Music Appreciation

WEDNESDAY

10:30- 12:00p Cooking with Friends

12:15- 1:15p Social Hour

1:30- 2:30p Expressive Arts

2:30—3:30 Peer Support

FRIDAY

5p-7p Karaoke —This is a great way to kick off your weekend. If you like listening to people sing, you may enjoy this. If you like to do Karaoke this group was made for you. We have a great karaoke machine and a variety of new and old favorite songs; come on by!

SATURDAY

10- 11a Exercise group including Wii Sports

5—6 Peer Social Café Hour at Maison Villette, 267 Main Street, Falmouth



Creative 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.

Peaceful Mind: This a great group that can help you find new ways to relieve stress, through the practice of being more Mindful.

Building Community: Play an active part in your RCC growing a strong peer community, along with integrating into the larger community.

Peer Support: Support with mutual agreement. We gain strength through shared experiences. We are a growing community sharing in recovery.

Youth Power Fitness Hour: If you're 18—26, come to our RCC gym and work off some stress with our treadmills and weights!

Youth Photo: This is a group for those 18—26 who would like to experiment with photography, meet others, and express themselves!

Expressive Writing and Discussion: This group will have different topics each week. There will be some time to write down how you feel about the topic and then discuss it in a safe and friendly environment; if you so choose.

Music Appreciation: This will be a time to listen to great music, share your talent for playing an instrument, or use some instruments we have at the RCC; and possibly learning more about a music that you've always been curious about.

Dual Recovery Anonymous: Dual Recovery Anonymous™ is a 12-Step Fellowship of people who meet to support each other in our common recovery from an emotional or psychiatric illness and chemical dependency.

Cooking with Friends: Come and learn some new ways to cook quick healthy meals, and meet new people with similar interests. If you have experience with cooking we would love to hear your recipes.

Expressive Arts: If you like drawing, painting, coloring, crafts, or just doodling, this group is for you. You will also learn new ways to do these different types of art work and use it as a way to express how you're feeling.