

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: December 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!

PLYMOUTH RECOVERY CONNECTION CENTER

340 Court Street

Plymouth, MA

(basement of clubhouse)

(774) 283-6476

Hope

*Dignity * Respect*

*Friendships * Connection*

*Education * Employment Readiness*

Leadership Training

Funded by the Department of Mental Health



MONDAY

12-1p Peer Support Group
(Manomet Library @ 12 Strand Ave)
2:15—3 Activities & Recreation
3:15—4 Building Community
4:05—4:50 Mindfulness

WEDNESDAY

2:15—3 Peer Support
3:15—4 Socially Alive
4:05—4:50 Healing Through the Arts

THURSDAY

2:15—3 Week in Review

FRIDAY

2:15- 3:15p Photo Youth (18-26 years old)

SATURDAY

12—1 Socialization at Papa Gino's, 1 Samoset Street, Plymouth



Peer Support

Support with mutual respect. We gain strength through shared experiences. We are a growing Community sharing in recovery and wellness.

Activities and Recreation

Many ways to relax alone or with others by playing games or participating in solo activity.

Building Community

Play an active part in your RCC growing a strong peer community, along with integrating into the larger community. Share your ideas on how to make the RCC the best it can be.

Healing Through the Arts

Peers are asked to participate in a art project which could reflect their current mood or perspective on their personal journey with recovery.

Mindfulness

Become more present in your every day life. At times life can become stressful and this is an opportunity to learn some various ways to reduce stress (i.e. guided meditation, deep breathing techniques, etc.)

Photo Youth: (18-26 years old)

This is a group for those 18-26 who would like to experiment with photography. This a great opportunity to meet others and express yourself on your road to recovery!

Week in Review

Talk about how your week has gone. This is also a chance to talk about plans for the coming weekend.

Social Networking (Papa Gino's)

Eat Pizza, while socializing with other peers.

Socially Alive

Socialize with your peers over a game of cards; connect with others & begin to design your own recovery.