

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



71 Main Street, deMello Bldg, Suite 1200

Taunton, MA 02780

(508) 386-3009

Brochure date: 12/28/14

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 "T")



Dive into the Wave of Recovery



And Ride it Onto the Shore of Wellness!

TAUNTON RECOVERY CONNECTION CENTER

Hope

*Dignity * Respect*

*Friendships * Connection*

*Education * Employment Readiness*

Leadership Training

Funded by the Department of Mental Health

MONDAY		WEDNESDAY		THURSDAY		FRIDAY
	12/1	1-2 NAMI Connections (Karen) 1-2 Grief Group 2-3 Music Appreciation (Barbara) 2-3 Meditation Group 3-4 Community Meeting (Barbara) 4-5 Peer Support (Joan & Barbara) 5-6 Gratitude (Barbara)	12/3	1-2 Creative Expressions (Liz) 2-4 Movie Time (Joan) 4-5 Peer Support (Joan & Liz) 5-6 Open	12/4	1-2 Wii/Recreation (Joan) 2-3 Stitches and Rhymes (Barbara) 3-4 Dual Recovery (Joan) 4-5 Peer Support (Lorna & Joan) 5-6 Open
	12/8	1-2 NAMI Connections (Karen) 1-2 Grief Group 2-3 Music Appreciation (Barbara) 2-3 Meditation Group 3-4 Community Meeting (Barbara) 4-5 Peer Support (Joan & Barbara) 5-6 Gratitude (Barbara)	12/10	1-2 Creative Expressions (Liz) 2-4 Movie Time (Joan) 4-5 Peer Support (Joan & Liz) 5-6 Open	12/11	1-2 Wii/Recreation (Joan) 2-3 Stitches and Rhymes (Barbara) 3-4 Dual Recovery (Joan) 4-5 Peer Support (Lorna & Joan) 5-6 Open
	12/15	1-2 NAMI Connections (Karen) 1-2 Grief Group 2-3 Music Appreciation (Barbara) 2-3 Meditation Group 3-4 Community Meeting (Barbara) 4-5 Peer Support (Joan & Barbara) 5-6 Gratitude (Barbara)	12/17	Closed	12/18	1-2 Wii/Recreation (Joan) 2-3 Stitches and Rhymes (Barbara) 3-4 Potluck Dinner (Joan) 4-5 Peer Support (Lorna & Joan) 5-6 Open
	12/22	1-2 NAMI Connections (Karen) 1-2 Grief Group 2-3 Music Appreciation (Barbara) 2-3 Meditation Group 3-4 Community Meeting (Barbara) 4-5 Peer Support (Joan & Barbara) 5-6 Gratitude (Barbara)	12/24	Closed for Christmas	12/25	Kwanza 12/26 1-2 Wii/Recreation (Joan) 2-3 Stitches and Rhymes (Barbara) 3-4 Dual Recovery (Joan) 4-5 Peer Support (Lorna & Joan) 5-6 Open
	12/29	1-2 NAMI Connections (Karen) 1-2 Grief Group 2-3 Music Appreciation (Barbara) 2-3 Meditation Group 3-4 Community Meeting (Barbara) 4-5 Peer Support (Joan & Barbara) 5-6 Gratitude (Barbara)	12/31			

NAMI Connections: National Alliance on Mental Illness. This is a support group based on NAMI principles, run by NAMI trained facilitators.

DRA: Dual Recovery Anonymous. This is a 12-step program for those who identify with mental illness recovery along with addiction recovery. Our meeting follows the DRA format, but we invite people who identify with any addictions, not just drugs and alcohol. We also address eating disorders, smoking, and other addictions.

Creative Expressions: This is a time for members to express themselves with art projects and other creative activities.

Wii/Recreation: This is a time for members to play the Wii system in a group. Bowling on the Wii is our favorite!

Stitches and Rhymes: This is a writer's group. Journals and pens are provided. Members are encouraged to express themselves with journal entries, fiction, poetry, or drawing.

Peer Support: Our daily support group. All members are free to participate by sharing life experiences.

Community Meeting: We have a weekly meeting where we connect with community members about issues at the Center that affect all of our members. An agenda is presented, members are reminded of trainings and special events, and all are free to add agenda items.

Potluck Dinner: Once a month we share a meal. Members provide a potluck dish to share with all. Leftovers are shared as long as they last. We have a full refrigerator, microwave, and sink.