SCAN ME

SOUTHEAST RECOVERY LEARNING COMMUNITY

Spring 2025 Newsletter

SERLC
SOUTH EAST RECOVERY LEARNING COMMUNITY



Become a Member of our Community!

Let's Grow Together

It's free and no insurance or referral is needed!

Our contacts, addresses, hours, and Zoom links for each SERLC Recovery Connection Center are below.





Brockton RCC

730 Belmont St.
Brockton, MA
(508) 857-0316

BarbaraDeCunzo@Bamsi.org

Hours of Operation
Monday 10am-4pm
Tuesday 1pm-4pm
Thursday 11:30pm-4pm
Friday 1pm-4pm
2nd Saturday 11am-2pm

Zoom ID 867 2201 5742
Passcode: brockton

ZOOM Call-In Number: (929) 205-6099
PASSCODE: 70005476

Hyannis RCC

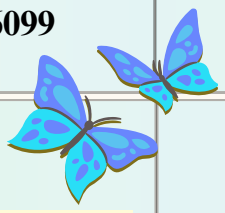
106 Basset Ln.
Unit 2
Hyannis, MA
(617) 455-7214

blaunerd@vinfen.org

Hours of Operation
Monday 9am-2pm
Tuesday 9am-2pm
Thursday 9am-2pm
Friday 9am-2pm

Zoom ID: 615 803 2491

ZOOM Call-In Number: (929) 205-6099
PASSCODE: 70005476



Fall River RCC

649 Bedford St.
Fall River, MA
(508) 675-3137

Hours of Operation
Monday 10:45am-4pm
Tuesday 11:45am-4pm
Thursday 10:45am-3pm
Friday 10:45am-4pm

Zoom ID: 89953485732

ZOOM Call-In Number: (929) 205-6099

CoonanJ@vinfen.org

Quincy RCC

338 Washington St.
Quincy, MA
(617) 405-5263

Hours of Operation
Monday 10am - 3pm
Wednesday 10am - 3pm
Thursday 10am - 3pm
Friday 10am - 3pm

Zoom ID: 813 9377 8787
Passcode: 616775

ZOOM Call-In Number: (929) 205-6099
KelleyTavaresC@vinfen.org

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Quarterly Newsletter

SOUTHEAST RECOVERY LEARNING COMMUNITY

Spring 2025

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This newsletter is available on our website at southeastrlc.org/newsletter

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SOUTHEAST RECOVERY LEARNING COMMUNITY

Spring 2025 Newsletter

SERLC
SOUTH EAST RECOVERY LEARNING COMMUNITY

Happy Spring from the Southeast Recovery Learning Community!



As the world awakens from its winter slumber, we invite you to join us in embracing the renewal and growth that spring offers. At the SERLC, we recognize the strength of community and appreciate that our journey of wellness and recovery is a deeply personal and unique process.

We provide a variety of peer-led support groups, activities, and events aimed at fostering connection, sparking creativity, and encouraging personal exploration. Our committed team of Peer Specialists are here to create a safe and affirming environment where you can feel heard, understood, and supported. Our programs are designed to be inclusive and welcoming, ensuring that every participant feels connected, valued and engaged.





Spring is a time for new beginnings, and we are here to walk alongside you every step of the way. Let's make this season a time of blossoming, both in nature and within ourselves, as we embrace the journey of recovery and celebrate the joy of being part of our supportive community.

Keep an eye on our events page for upcoming activities and be sure to sign up for our newsletter to stay informed about all the exciting opportunities available. Together, let's nurture our minds and spirits, and step into spring with renewed energy and optimism!



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SERLC

SOUTH EAST RECOVERY LEARNING COMMUNITY

SERLC Spring Events and Activities

March is Women's History Month



Quincy RCC billboard project melding ***Black History and Women's History Months***, celebrated and honored the significant contributions of Black women throughout history. The display brought together powerful imagery, stories and inspiring quotes to educate and engage the community.

May is Mental Health Awareness Month!

Taking care of our mental health is a journey we are all on together. ***Mental Health Awareness Month*** is a time when we raise awareness about the stigma around mental health, and celebrate our emotional well-being and resilience with engaging events and wellness activities designed to educate and empower our community. Check out our events page for more info!

June is Pride Month

Pride Month is a vibrant time of celebration, reflection, and advocacy for the LGBTQIA+ community. It's a month dedicated to honoring the history, culture, and contributions of LGBTQIA+ individuals while promoting equality and acceptance. Throughout June, our community comes together for activities and educational events that highlight the importance of diversity and inclusion.

Celebrate Juneteenth with us! Join us as we commemorate this significant day in history, marking the emancipation of enslaved African Americans in the United States. Our events and activities are a chance to come together, reflect on the past, and look forward to a future of unity and progress.

To keep up with our activities and events, follow us on Facebook @southeastrecoverylearningcommunity & Instagram at @southeastrlc or go to southeastrlc.org/events.

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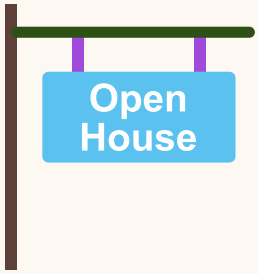
SERLC Spring Events and Activities

Join us this spring at our RCCs for spring-themed art projects, Juneteenth and Pride month activities, open houses, and enlightening guest speakers!



Quincy RCC will be hosting Colby Patrie from **Greater Boston PFLAG** as a guest speaker for Pride Month
Quincy Pride - June 8th.
Quincy Juneteenth Celebration - June 14th.

Brockton RCC guest speaker - **South Coast County Legal Services** for a discussion on SSI/SSDI Benefits
Juneteenth Black Pride Panel
Brockton RCC **Open House** - May 14th
BAMSI Pride - May 31st.





Mental Health Awareness Month all SERLC **Community Wellness Day** coming May 16th, 10am-2pm with a special lunch at your RCC! Join us for Jeopardy and more!

SERLC Volunteer Committees will continue to meet on each Monday at 11am via Zoom or at your local RCC.





Keep a look out for our annual **SERLC Quality-Improvement and Satisfaction Survey** arriving in May! We greatly value community feedback to enhance our services and make our community even better!

To keep up with our activities and events, follow us on Facebook @southeastrecoverylearningcommunity & Instagram at @southeastrlc or go to southeastrlc.org/events.

Meet our Peer Supporters!

Marlene Lolles

The Brockton RCC is bidding farewell to a cherished friend and colleague.



Marlene and Chris are embarking on a new adventure in Ohio! With over a decade of service at the Brockton RCC, Marlene's absence will be deeply felt. Her unwavering commitment as a facilitator has made her an integral part of our team.

It has been a joy to collaborate with you and witness your growth in skills and talents. Thank you for being such a vital part of our group; you will truly be missed.

While this is an exciting opportunity for you, it's hard to imagine the team without you. Please stay in touch; even though you may no longer be a coworker, you will always be a friend.

Wishing you all the best in this new chapter of your life.

From Your Brockton RCC Family

Recovery Story Spotlight





Sandra Whitney-Sarles, CPS, COAPS
Southeast Recovery Learning Community
Program Director

This is not a story about recovery where one would return to a “normal state of mind, health or strength”. This is a story of becoming. Becoming uniquely me. It is also a story about hope and perseverance, and the need to take a “leap of faith”, where that leap required a belief in the methods and the science of psychology.

I was told at an early age that I was adopted. I became upset by that and ran to my room. Throughout my childhood and into adolescence, I feared I would be returned to the “orphanage” if I was not good. I worked hard at trying to be good both as a child and a student.

I began drinking alcohol at age 14, and eventually it was evident I needed some type of help. Around age 17, I began being told to engage in different forms of therapy. I participated in talk therapy and worked with a psychiatrist. I went to day treatment, inpatient programs, work programs, AA programs, and lived in a halfway house. During those 13 or 14 years when I attempted therapy, I would mostly self-medicate with alcohol and marijuana.

At about the age of 34, I started seeing my current therapist. I am now 65. In the beginning of this 31-year therapy, I had a difficult time talking about my issues. In order for me to work with my therapist, I had to express myself through art. I was able to make a connection with him, and we made progress. After three or four years, I agreed to take some psych medication which has eventually helped.

What I needed most was connection. I found it in my therapist, a psychiatrist, my growing daughter, and a close friend. These connections were invaluable to my becoming. I have worked hard at it. I have been able to complete my education, work for 25 years in the mental health field, and live a satisfying life with family and friends.

Would you like to share your recovery story in future newsletter publications? Email us at info@southeastrlc.org

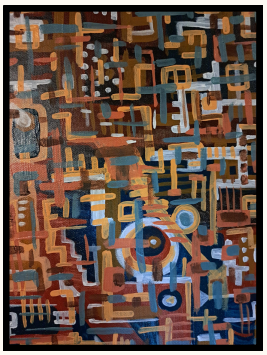


SERLC Creative Artwork





Glen
Hyannis RCC
"Waves of Wellness"



Sandra Whitney-Sarles
"Lost"



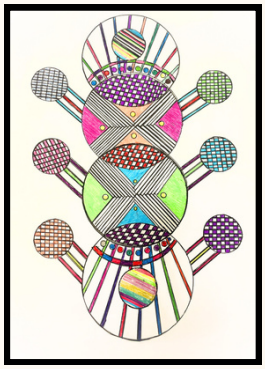
Sandra Whitney-Sarles
"Sunny Days"



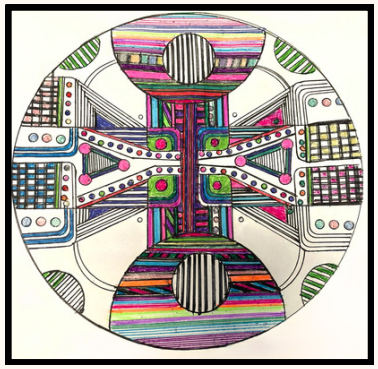
Sandra Whitney-Sarles
"Moon and Sun"



Hyannis RCC
Collaborative Art Project
"Small Steps Every Day"



Jim Moran
Quincy RCC



Jim Moran
Quincy RCC



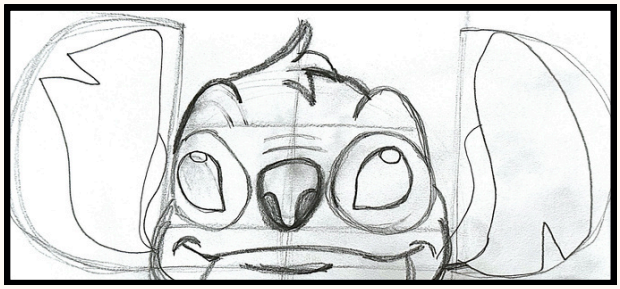
Jim Moran
Quincy RCC



Hyannis RCC
Collaborative Art Project
"Kindness"



Marquee
Fall River RCC



Lexi
Fall River RCC



Blanca
Fall River RCC

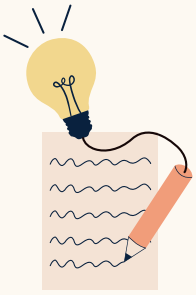
Would you like to share your art or photography in future newsletter publications? Email us at info@southeastrlc.org

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Creative Writing at the SERLC

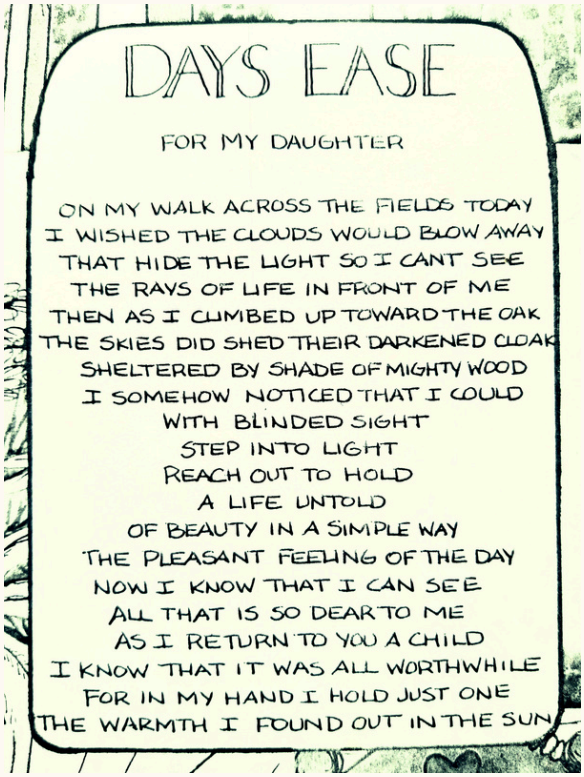


I Am Someone Who...



I am someone who loves an underdog story
I am someone who hates my capacity for worry
I am someone who can't reconcile with my name
I am someone who can bury deep my pain
I am someone who will never forgive and forget
I am someone who has a past full of regrets
I am someone who can't wait to find a door to escape through
I am someone who would rather disperse than gather my seeds of discomfort
I am someone who has never known the love of a father
I am someone who wishes that everyone who has suffered as I have will be better understood
I am someone who tried to reconcile with being lied to
I am someone who nobody seems to realize what that means
I am someone who everybody seems to misunderstand, sternly reprimand
I am someone who just cant get enough in the palm of my hand
I am someone who doesn't know how to save for a rainy day
I am someone who usually forgets to thank Jesus from pulling me from the pit
I am someone who never forgets to tabulate regrets
I am someone who is thankful for my ability to laugh
I am someone who will probably end up keeping his shame
I am a heart, a soul, a hunger, a whole child of God.

Sean Croft
Quincy RCC



DAYS EASE

FOR MY DAUGHTER

ON MY WALK ACROSS THE FIELDS TODAY
I WISHED THE CLOUDS WOULD BLOW AWAY
THAT HIDE THE LIGHT SO I CANT SEE
THE RAYS OF LIFE IN FRONT OF ME
THEN AS I CLIMBED UP TOWARD THE OAK
THE SKIES DID SHED THEIR DARKENED CLOAK
SHELTERED BY SHADE OF MIGHTY WOOD
I SOMEHOW NOTICED THAT I COULD
WITH BLINDED SIGHT
STEP INTO LIGHT
REACH OUT TO HOLD
A LIFE UNTOLD
OF BEAUTY IN A SIMPLE WAY
THE PLEASANT FEELING OF THE DAY
NOW I KNOW THAT I CAN SEE
ALL THAT IS SO DEAR TO ME
AS I RETURN TO YOU A CHILD
I KNOW THAT IT WAS ALL WORTHWHILE
FOR IN MY HAND I HOLD JUST ONE
THE WARMTH I FOUND OUT IN THE SUN

Sandra Whitney-Sarles



Would you like to share your creative writing in future newsletter publications? Email us at info@southeastrlc.org

SERLC Creative Writing

Ziona Rivera
Brockton RCC
Outreach Coordinator

There are moments in life when we feel unsafe. While driving a car, while walking down a dark street at midnight, even while taking a shower. At these most vulnerable moments, we may be asking the universe to keep us safe; protect ourselves, our children, and the loved ones around us. There are also times when protection is not available to rescue us. We became victims to an attack, we were taken advantage of, we succumbed to unforeseen tragedy. Things happen, and we don't always understand why. These moments can also leave a lasting imprint in our minds; making us wonder what we could've done differently to prevent it.

Letter to Protection

In danger, I still persevere,
maybe though I didn't call because that would mean, I am not safe here
In a mumble, I fasten
Slowing down if moving fastly



Humbly, I ask,
Protection I ask you
"Where is the affection?"
Awaiting your inception
You can mighty a small perception



Harm has begotten me
Searching for comfort
Where are you?
I called upon you when I cried
On the balls of my knees
I begged, pleaded, "Save me"

"Make me strong"
Maybe strengthening me all along
Maybe comforting me with songs,
Looping in my mind
"Protection appears at due time"
Did not ask immediately because I feared,
Calling and protection still not be there

You mighty a small perception
Protecting me with guidance and direction to be stronger
Growing in perfection
Fear needed no longer



(c) Priestess Ziona
AUTOPILOT by Priestess Ziona
available on AMAZON Kindle

Would you like to share your creative writing in future newsletter publications? Email us at info@southeastrlc.org

Need More Support?

Do you know we have a Peer Support Line?

Call our Peer Support Line.

877-733-7563

(877 PEER LNE) (no "i")

7 days a week
4pm-8pm daily

We provide a supportive ear to callers who want to share their thoughts and feelings about life and its challenges with a person who also has lived experience. We provide a safe, confidential, nonjudgmental, and trauma-informed space to share what you're going through. Call us if you need to talk to someone who gets it and can relate to what you're going through.

Are you a Peer Specialist and need support?

Peer Support
FOR
Peer Supporters

Join the Peer Specialists from the Center of Excellence for Psychosocial and Systemic Research at Mass General Brigham for a monthly virtual support group for peer professionals.

Every 3rd Thursday @ 6PM

Zoom ID 835 5047 0570 Passcode: 403865

For more information contact Ryan Markley at ryan.markley@bmc.org

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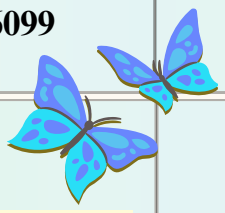
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