SERLC Quarterly Newsletter

SOUTH EAST RECOVERY LEARNING COMMUNITY

SOUTHEAST RECOVERY LEARNING COMMUNITY

Winter 2024-2025

Inside This Issue:

2 Happy Holidays from the SERLC!

3 What's been happening at the SERLC?

4 SERLC Winter Events and Activities

5 Meet our Peer Supporters!

6 Recovery Story Spotlight

7-8 Creativity at the SERLC

9 Adorable Comfort Companions

10 Domestic Violence Resources

11 Need More Support? Peer Support Line and Peer Support for Peer Supporters

12 Become a Member! It's Free!
RCC Addresses, Contacts and Zoom Information

Scan the QR Code with your phone's camera to access this newsletter online.

SCAN ME

Happy HOLIDAYS

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

Happy Holidays from the SERLC!

No matter what holiday you celebrate, they all have the universal themes that resonate across all cultures - kindness, gratitude, and togetherness.



The holiday season invites us to take a moment to pause and appreciate the richness and beauty of our diverse holiday traditions.The stories we share, the meals we prepare, and the songs we sing all come together to create an atmosphere of warmth and belonging.



These celebrations offer a chance to reflect on the past year and embrace the warmth of community and family. Whether illuminated by the glow of a menorah, the twinkle of Christmas lights, the unity candles of Kwanzaa, or the flicker of the Yule log, each tradition casts its unique light against the winter darkness.



As we gather with loved ones, we are reminded of the importance of sharing joy and hope for the future. From volunteering and checking on neighbors to simply offering a warm smile, each act of kindness plays a vital role in fostering a brighter, more inclusive community



As we step into the new year, let us carry forward these lessons of empathy and generosity, ensuring that the spirit of the season endures long after the festivities have ended. May we all find ways to connect and uplift one another, strengthening the bonds that unite us in our shared humanity.



What's Been Happening at the Southeast Recovery Learning Community?

Fall Activities

FALL RIVER RCC

Open House
Autumn craft project with Liz
Halloween pizza party and movie
Friendsgiving meal

New Groups: Life Skills Lab, Uplifting Others

HYANNIS RCC

Open House

Local food pantries donated turkeys to the RCC peer community members for Thanksgiving.

New Groups: Dual-Anon, Standing up to Stigma

BROCKTON RCC

Monthly Guest Speaker: BIPOC Peer Professional Panel
Halloween Party/Costume Contest
Autumn art project with Liz
Friendsgiving and Open Mic

New Groups: "It's Complicated", Journaling, Art & Conversation

QUINCY RCC

Spirit Week & Halloween pizza party
Autumn Craft Project with Liz
Friendsgiving Celebration
Community Day with Quincy City Policing

New Groups: Spirituality, LGBTQIA+, Young Adult Support, Journaling, Transitions Peer Bridging Group

To keep up with our activities and events, follow us on Facebook @southeastrecoverylearningcommunity & Instagram at @southeastrlc

SERLC Winter Events and Activities

QUINCY RCC

Quincy Health Department Smoking Cessation Presentation (12/3)

Narcan Training (12/12@2pm)

Open House (1/30/25)

Heart to Heart talk with Holistic Emergency Alternative Response Team

DRA 30+Years Sobriety Celebration

Black History Month activities

FALL RIVER RCC

Holiday Arts & Crafts (12/12)

Holiday Karaoke Party with Chinese Food (12/20)

New Year's Celebration (1/2/25)

Arts & Crafts: Gratitude Jars (1/9/25)

Dual Anon evening meetings via Zoom coming soon!

HYANNIS RCC

Holiday-themed art projects weekly

Multicultural Holiday Party

WRAP-Wellness Recovery Action Planning Email Danni for more information blaunerd@vinfen.org

New Groups! Meditation Group & Narcotic Anonymous
All Groups are now Hybrid!

BROCKTON RCC

Holiday Party/Yankee Swap 12/18@4PM

Holiday Gift Collection

Winter Art Projects

New Year's Party

Guest Speaker on Cyber Security

Black History Month event

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!

CHRISTINE KELLEY-TAVARES
Pronouns: She/Her/Hers
Quincy RCC
Program Manager
KelleyChr@vinfen.org
(857) 303-9564



Christine is the Program Director of the Quincy Recovery Connection Center. She has been working in healthcare and mental healthcare since 2010 and has been a Peer Specialist since 2019. She has worked in a wide variety of roles, such as a Health and Wellness Coach, Benefits Specialist, Peer Specialist, worked with people navigating Medication Assisted Treatment (MAT), coercive and restrictive environments (incarceration and forced treatment), family trauma and mental illness. Her favorite groups are Mindfulness and Meditation, Art and Sensory Group. She enjoys cats, gardening for self-sufficiency and houseplants for fun. She enjoys bluegrass, americana and jam music and painting with watercolors. She loves reading about and acting on issues of humanity, human rights and justice. She is available for individual peer support.

Visit Christine at the SERLC Quincy Recovery Connection Center!

SERLC QUINCY RCC
338 Washington St.
Quincy, MA 02169
(617) 405-5263





Learn more about the supports Christine offers at southeastrlc.org/quincy

Recovery Story Spotlight

Christine Kelley-Tavares

I am Christine, and I have been a Peer Specialist since 2019. I was led to become a Peer Specialist through tough times I experienced. I grew up in a household of addiction, fear, coercion and abuse. In 1999, I lost my best friend to a heroin overdose. My ex-husband was addicted to drugs, and we had 2 children together. I was alone to apply for benefits, to take them to appointments and school, I struggled with depression and anxiety. The isolation of being a single parent and trauma from my past was overwhelming. At times I used drugs and alcohol to manage my feelings. I felt stuck in a cycle of hopelessness.

Even though times had been difficult for me, I knew I would be able to rise above it all. I had done well in school, and though I was unable to complete college due to mental health challenges, I was able to complete a year of voluntary community service with City Year, where I assisted with new team start-up and a program called Young Heroes.

I worked for many years as a nursing assistant, which led me to a job on a team that assisted people in the community living with mental health conditions. I learned I was able to use my lived experience with trauma and loss to help others.

My proudest achievement is raising my 2 wonderful kids. I am proud that I continued to push through many difficult days. Today, I am the Program Director of the Quincy Recovery Connection Center. A role I love. It gives me the ability to use my experiences. I am committed to our work at the QRCC and do what it takes to help others rise to be their best selves.

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

Creativity at the SERLC

The SERLC has a vibrant and talented community!
Here are some of their creative works.

THE INVISIBLE HEART
BY PRIESTESS ZIONA

YOU CANNOT POUR FROM AN EMPTY KETTLE
YOU OFFER, BUT WHAT YOU CANNOT RECEIVE

THE DOOR YOU OPEN FOR OTHERS
YOU CLOSE ON YOURSELF

WHAT OTHERS TAKE FROM YOU
YOU REPLACE
WHAT YOU GIVE
YOU LEAVE NONE FOR YOURSELF
YOU CANNOT POUR FROM AN EMPTY KETTLE

CARRYING YOU IS TOO HOT
THE CARRIER IS SINGED AND BURNED
WHEN YOUR KETTLE IS FULL
YOU BOIL OVER, INTO A CLOUD OF STEAM
THEY CANNOT POUR THEIR CUP INTO YOUR KETTLE

THEY FEAR BEING SINGED AND BURNED

ONCE YOUR KETTLE IS DRY
THEY YEARN MORE, WHAT THEY CANNOT POUR

Open Air
By Justin Coonan

As the tide shifts, and
The wind whips
Our worries flown away

Dimly lit alleys and
Dark, dusty valleys
Suddenly now feel safe

Towering trees and
Whimsical leaves
Guide us onward without a care

Greeted by vibrant sunflowers and
Butterflies dancing
As we breathe in the open air

Good 'Ole Tom

I love the orange leaves on the ground, people beginning to shop around. Tom the Turkey has an unquenchable thirst, 'cuz this time of year is really the worst. He wonders what the people will give-will he be sacrificed or will he live, then all of a sudden for no reason at all, good 'ole Tom gets a call, the voice said "Tom, I hear you're not feeling so great, this is the president of the United States, I will pardon you for one more year." So have some glazed ham and spread some cheer. So go and enjoy your holidays and have some fun. Hey thanks for listening 'cuz now I'm done!

Beverly
10/21/19

Valentines Message

We go out of our way for the one we love for its a very special day,
Makes you feel on top of the world where the view is beyond what words can say.

Expectations that all our efforts will be received & given back,
Doing all you can to fill in voids pick up the empty slack!

Running In Circles trying to jump the hurdles but seem to miss and fall,
Caught up in a rush being stressed out from it all!

Pressure to check off boxes perfection keeps us hangin' by a thread,
Thoughts I'm not good enough is messin' with my head!

Its just like me to complicate things, press replay and overthink,
You can't be re-living the losses of the day, who's guna get you out of the clink?

I've had good days I've had bad; days of victory & angst from defeat.
Rejoiced in sweet moments, & fallen with my face in the dirt; joy crumbled at my feet!

The weight of our failures kept us paralyzed,
Expression of a genuine heart can pull us from the pitt & help us rise!

I've given you so many reasons to up & walk away,
Yet you came closer to me by my side you'd always stay!

My confidence is totally shaken... with every step I've been taken!
How many times have I needed your grace? When you've easily forgiven all my mistakes!

Life is full of 2nd chances that's what saves me every time,
I felt un-lovable until you penetrated my force-field & entered this heart of mine!

You helped me believe that in this world a heart can be broken,
But it can be turned around quickly when a kind word is spoken!

When we push the limits where many just want to argue & fight,
You showed me love is the only thing to make it right!

Love is patient, love is kind. It eases the weary soul; heals the mind!
The negativity of the world can bring you down,
Fight for love it works! It's been proven to be the only solution we have found!

Patricia Clinton 3/14/24

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

Creativity at the SERLC

The SERLC has a vibrant and talented community! Here are some of their creative works.



Justin Coonan



Liz D'Uva



Liz D'Uva

Christine Kelley-Tavares



Ezlynn



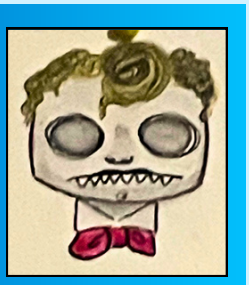
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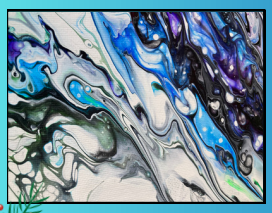
Cashel



Grey

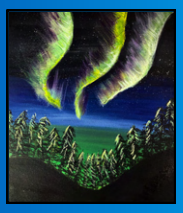


Bartosz











Ryan Markley

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

Adorable Animal Companions

Furry cuddle buddies are the perfect companions for the holidays, offering warmth and comfort like a cozy blanket. Their soft fur invites you to snuggle up, creating a safe haven filled with love and affection. Whether it's a playful pup or a gentle kitten, these adorable creatures have a magical way of wrapping their human companions in their unconditional love, making every moment feel special.

"Milo"



Barbara D.

"Daisy"



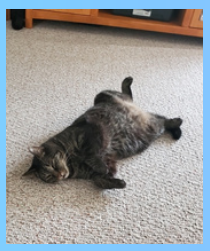
Liz D.

"Simon"



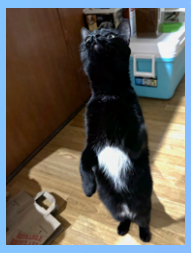
Christine K.

"Jake"



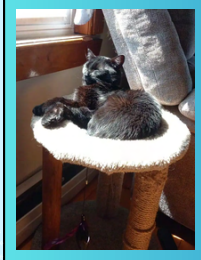
Marlene L.

"Olive"



Justin C.

"Jack"



Kendra M.

"Charlie Girl"



Danni B.

"Tyler"



Barbara D.

"Theadora"



Sandi W.

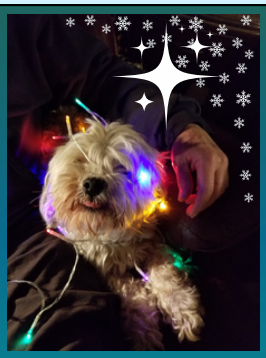
"Miss Kitty"



Liz D.



Sandi W.
"Willie" RIP



Sandi W.
"Willie" RIP



Sandi W.
"Parker"



Sandi W.
"Willie" RIP



Danni B.
"Maverick"

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

Resources for Domestic Violence

Stress from holiday shopping, increased substance use, more time at home, and little access to support services over the holidays lead to an increase in domestic violence.

Here are some resources in the southeast Massachusetts area or nationally that are accessible over the holidays if you or someone you know is experiencing domestic violence.
All Domestic Violence Services are free of charge.

Independence House

Cape Cod's leading domestic and sexual violence emergency housing resource that provides counseling and advocacy to address and prevent domestic and sexual violence, and free and confidential specialized services for children (ages 5+), teens, adults and the later-in-life community who are survivors of, or impacted by, domestic or sexual violence.
IndependenceHouse.org
24-HOUR HOTLINE: 800-439-6507

Dove in Quincy

Dove provides crisis intervention, emergency shelter, support groups, children's' services, community-based advocacy, counseling, civilian domestic violence advocacy, LGBTQIA+ services, and Chinese advocacy & outreach services.
24 HOUR HOTLINE (617) 471-1234
DoveMa.org

National Domestic Violence Hotline

Offers 24/7 support, information, and advocacy for people in abusive relationships.
(800) 799-7233 or text LOVEIS to 22522
thehotline.org

StrongHearts Native Helpline

StrongHearts Native Helpline is a safe, anonymous, and confidential domestic and sexual violence helpline for Native Americans and Alaska Natives, offering culturally-appropriate support and advocacy.
24-hour call line and chat option.
1-844-7NATIVE (762-8483)
strongheartshelpline.org

New Hope

New Hope offers a 24-hour hotline, 2 confidential emergency shelters, housing stabilization, crisis intervention, counseling, supervised visitation support, safety planning, and assistance with the criminal justice system. They also offer community-based advocacy, helping people find resources to enhance their safety while staying in their home community. Their SAFEPLAN program assists individuals in obtaining restraining and harassment orders.
(800) 323-HOPE (4673)
new-hope.org

Massachusetts Coalition Against Sexual Assault and Domestic Violence Jane Doe, Inc (JDI)

JaneDoe, Inc. brings together organizations and people committed to ending sexual assault and domestic violence, and creating a more just and equitable world.
To find resources near you go to:
janedoe.org/find_help

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

Our Peer Support Line is a compassionate community warmline staffed by Certified Peer Specialists and Recovery Coaches who have their own first-hand experience with mental health diagnosis, trauma, addiction, extreme emotional states, and other challenges.

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 MGH 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

Become a Member of our Community!

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

Zoom ID 867 2201 5742
PASSCODE: brockton

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

Hours of Operation (In-person)

Monday 10am-4pm
Tuesday 1pm-4pm
Thursday 11:30pm-4pm
Friday 1pm-4pm

Both in-person and virtual groups via Zoom:

We offer groups via Zoom that are outside our in-person hours.

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

All our groups are hybrid and on Zoom!

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
coonanj@vinfen.org

Hours of Operation

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

Both in-person and virtual groups via Zoom:

Zoom ID: 89953485732
ZOOM Call-In Number
(929) 205-6099

Quincy RCC

338 Washington St.
Quincy, MA
(617) 405-5263
kelleychr@vinfen.org

Hours of Operation

Monday 10am - 3pm
Wednesday 10am - 3pm
Thursday 10am - 3pm
Friday 10am - 3pm

Currently all our groups are in person.

Stay in the loop with all calendar updates at southeastrlc.org/quincy



Would you like to keep up with our newsletter publications? Subscribe at southeastrlc.org