Quarterly Newsletter

SOUTHEAST RECOVERY LEARNING COMMUNITY

Summer 2026

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SCAN ME

SCAN ME

SOUTHEAST RECOVERY LEARNING COMMUNITY

Summer 2026 Newsletter

SERLC
SOUTH EAST RECOVERY LEARNING COMMUNITY

Happy Summer from the Southeast Recovery Learning Community!

As summer is upon us, we're excited to share what we've been growing, learning, and creating together. These summer months offer space for steady progress, cultivating inner strength, meaningful fresh starts and moments of connection that remind us how powerful peer support can be. These experiences continue to shape the heart of our community.





We've also experienced some important and exciting changes in leadership across the SERLC. Transitions like these can bring both reflection and renewal, and we remain committed to moving forward with clarity, collaboration, and the values that guide our work every day.

Our quarterly newsletter highlights the strength, hope, and mutuality that continue to shape our community. In this edition, you'll find updates from our 4 Recovery Connection Centers, stories of recovery and survivorship, highlighted support groups, and creative endeavors from across the SERLC.



SUMMER



May this season bring gentle growth, strength that carries us forward, and fresh starts that emerge naturally. Let's nurture ourselves, stay connected, and embrace the warmth and possibility that summer offers!

This newsletter is available on our website at SoutheastRLC.org/Newsetter

SERLC Leadership Updates



Justin Coonan, CPS
SERLC Program Manager

The SERLC is moving into an exciting new season of growth with several leadership transitions that reflect the strength of our peer-run community. Justin Coonan, formerly the Program Director of the Fall River RCC, has stepped into the SERLC Program Manager role, bringing deep lived-experience leadership, a commitment to peer values, and a steady presence that has shaped the culture of the Fall River RCC.



Christine Kelley-Tavares, CPS
Fall River RCC Program Director

With Justin moving into this regional role, Quincy RCC's Program Director, Christine Kelley-Tavares, has become the new Program Director of the Fall River RCC. Christine's grounding in compassion, mutuality, and community connection makes her a natural fit to guide Fall River forward in Justin's place, continuing the peer-support traditions that make the Fall River RCC a welcoming and empowering space, and she's already a familiar, trusted presence in Fall River.



Janine Ortega, CPS
Quincy RCC Program Director

The Quincy RCC is also celebrating a meaningful transition: Peer Recovery Bridger, Janine Ortega, has stepped into the role of Quincy RCC Program Director, held previously by Christine Kelley-Tavares. Janine's move into this position reflects what peer support is all about: people stepping into new roles, and leading from lived experience. As a recipient of the Sandra Whitney-Sarles Peer Award in Creativity, she brings authenticity, ingenuity, and a deep commitment to mutual support.



Together, these leadership transitions strengthen the SERLC, and highlight what peer support makes possible: growth, shared leadership, and communities led by people who understand the journey firsthand. This reflects the strength and stability the SERLC has built, is a reminder of how far our peer-run community has come, and shows the impact that lived-experience leadership can have in mental health and recovery.

SCAN ME

SOUTHEAST RECOVERY LEARNING COMMUNITY

Summer 2026 Newsletter

SERLC
SOUTH EAST RECOVERY LEARNING COMMUNITY

What's been happening at the SERLC?

This past Spring was filled with moments of connection, creativity, and resilience across our centers. From Mental Health Awareness Month gatherings and painting workshops, to Pride events and holiday celebrations, each event reflected the strength and spirit of the people who make our spaces what they are. As we look back on the season, we honor the energy, commitment, and participation that shaped these past months and continue to carry that momentum forward.

Brockton RCC MHAM Event







Quincy RCC Cinco de Mayo









Fall River RCC Painting Workshop with Rainbow Rabbit Wandering Wardrobe









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

What's been happening at the SERLC?

MAY 16TH NAMI Walks Massachusetts 2026





















RECOVERY IS BECOMING...
CHOOSE A NEW PATH.

What's been happening at the SERLC?

MENTAL HEALTH AWARENESS MONTH GATHERING:

1ST ANNUAL SANDRA WHITNEY-SARLES SERLC PEER AWARDS CEREMONY









Creativity Award:
Janine Ortega, Beverly T

Volunteer of the Year Award:
Anthony K

Appreciation Award:
Liz D'Uva

Peer of the Year Award:
Brian McRee

Peer Leader of the Year Award:
Jillian Andrade

Leadership of the Year Award:
Barbara DeCunzo, Monica Benjamin









Congratulations to all our award winners and nominees!

SERLC June Community Pride Events

Photos from some of our centers at Pride events in the community.

Quincy RCC





Fall River RCC

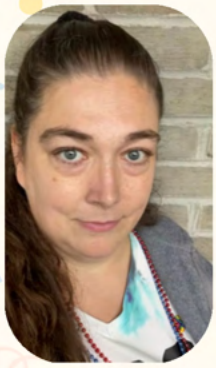








Brockton RCC



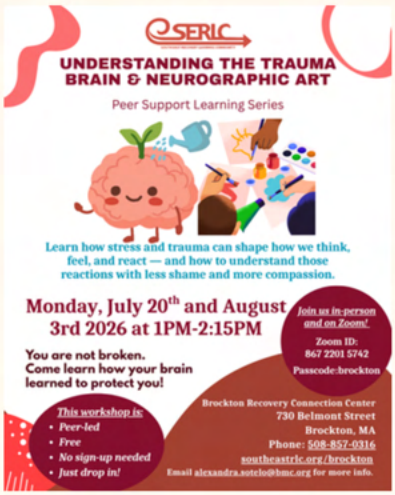






Happy Pride 2026!!

SERLC Learning Series: Understanding the Trauma Brain



Join Alexandra this summer for multiple opportunities to join her 2-part series: ***Understanding the Trauma Brain & Neurogenic Art.*** Learn how stress and trauma shape the ways we think, feel, and respond. Participants learn why the brain reacts the way it does, how protective patterns develop, and how to understand those reactions with less shame and more compassion. The workshop blends lived experience and trauma-informed practice, offering practical tools for recognizing activation, supporting steadiness, and meeting ourselves and others with understanding.

Neurogenic art is a process that encourages individuals to externalize internal tension through repetitive flowing movements and symbolic abstraction. Unlike traditional representational art, neurographic art does not focus on artistic skill or perfection; instead, it emphasizes process-based creation, sensory immersion, and the transformation of chaotic or emotionally charged patterns into more harmonious visual structures.



The next HYBRID workshop is offered ***July 20th and August 3rd.*** Both days at the ***Brockton RCC at 1pm-2:15pm***, and at the ***Quincy RCC from 11am-12:15pm.***

Brockton RCC Zoom:867 2201 5742 | Passcode: brockton
Quincy RCC Zoom: 813 9377 8787 | Passcode: 616775

This workshop is held monthly, rotating centers. Stay tuned for more dates for Alexandra's Trauma Brain Series in the Fall!

Have questions about this workshop?
Email Alexandra.Sotelo@BMC.org

Meet our Peer Supporters!



JUSTIN COONAN
(HE/HIM/HIS)
PROGRAM MANAGER
SOUTHEAST RECOVERY LEARNING COMMUNITY

Justin is a person with lived experience in mental health recovery and will be stepping into the Program Manager role for the Southeast Recovery Learning Community (SERLC). He has been on his recovery journey since 2010 and brings both personal and professional experience to his work within the peer support community.

Prior to joining the SERLC, Justin worked at the Atlantic Clubhouse in Quincy from 2022 to 2024 before serving as Program Director of the Fall River Recovery Connection Center (RCC) from 2024 to 2026. Although stepping into his new role was an exciting opportunity, leaving the Fall River RCC was a bittersweet transition. During his time there, he helped foster a strong sense of connection and belonging, while developing a diverse group calendar that reflected the interests and needs of the community.

Justin earned an Associate Degree in Liberal Arts with a concentration in Behavioral Science from Quincy College in 2018 and completed his Certified Peer Specialist training through Kiva Centers in September 2024. He remains passionate about personal growth and continues to learn from the many individuals and communities he supports.

Outside of work, Justin enjoys spending time with loved ones and his cat, Olive, listening to music, and exploring nature through photography.

Want to connect with Justin?
Email Justin.Coonan@BMC.org



Meet our Peer Supporters!

JENNY SWEENEY
(SHE/HER/HERS)
RECOVERY YOUTH LEADER
HYANNIS RECOVERY CONNECTION CENTER



My name is Jenny Sweeney, and I am excited to join the team as the new Recovery Youth Leader at Vinfen's Hyannis Recovery Connection Center!

For as long as I can remember, I struggled with ADHD and anxiety. During my early teens and into adulthood, I battled substance use. Recovery gave me the chance to rebuild my life, and becoming a peer supporter has allowed me to turn my lived experience into hope for others.

Outside of work, I am the proud mother of an autistic son, who inspires me every day with his strength and determination. I also have the privilege of raising my younger sister, who has grown into one of my very best friends. They are my greatest motivation and the reason I strive to make a positive impact every day.

My journey into this field began by completing the Recovery Coach training program through Cape Cod Community College. That experience inspired me to return to school to study Human Services and Behavioral Health so I can continue building the knowledge and skills to make a lasting difference.

My greatest hope is that every young person I meet leaves knowing they matter, that they have someone in their corner, and that their goals and dreams are still within reach. I hope to build a career centered on hope, connection, and empowering young people to believe in themselves again. It is an honor to walk beside them on their wellness and recovery journeys while continuing to learn and grow as a peer supporter.

I HOPE TO BUILD A CAREER CENTERED ON HOPE, CONNECTION, AND EMPOWERING YOUNG PEOPLE TO BELIEVE IN THEMSELVES AGAIN.

What the SERLC Means to Me

BARBARA DECUNZO
(SHE/HER/HERS)
PROGRAM DIRECTOR
BROCKTON RECOVERY CONNECTION CENTER



At times in my recovery, I felt that everything I was doing was centered on being a caregiver—on supporting my son, on helping other families. And while that mattered deeply to me, I was still quietly struggling. My own pain, my own healing, was still sitting on the sidelines.

Then I met Sandi. From the beginning, there was something special about our connection. She didn't just offer friendship, she offered belief. She believed in me when I was still trying to find my footing. Sandi helped me take a step I never imagined for myself—applying to a job at the Brockton Recovery Connection Center. That one moment, that one opportunity, changed the direction of my life.

Walking into the Brockton RCC for the first time, something shifted in me. For so long, my identity had been wrapped up in caring for others, in surviving day by day. But here, for the first time, I was invited to focus on me. My recovery. My voice. My worth.

The Southeast Recovery Learning Community—and especially the Brockton RCC—gave me something I didn't even realize I had lost: a sense of self. It gave me a place where I didn't have to pretend, where I didn't have to hide the hard days. It wasn't just a program or a place—it became a lifeline. A community. A space where I could begin to heal, not just as a mother or a caregiver, but as a person.

And the truth is, my journey isn't perfect. It never will be. I still have my ups and downs. But the difference now is that I don't face those days alone, and I don't lose myself in them the way I once did. Today, I have tools. I have support. I have people who truly understand. And most importantly, I have hope.

The Brockton RCC didn't just help me get through my hardest moments—it helped me find my way back to myself. And that is something I will carry with me always.

Recovery Story Spotlight

SEAN BARRY
(HE/HIM/HIS)
PEER MEMBER
QUINCY RECOVERY
CONNECTION CENTER

Hi, my name is Sean Barry, and I am a member at the RCC in Quincy. I have been a part of the clubhouse next to the RCC for 30 years, so I already know my way around the city and area well. I'd like to share a little about my recovery and how important it was for me to remain strong and resilient through a lot of hardship. Also, how much being a part of the RCC has meant to me.

I did not have an easy life growing up. Nothing was ever handed to me, and I spent part of my life living in homeless shelters. I also struggled with staying sober and making good decisions for myself. But, I worked tirelessly at finding housing and luckily persistence paid off when I found my own apartment.

Today, I have maintained an apartment for over a quarter century, which I share with my loving fiancée Katlyn and our cat, Oreo. I have also been in recovery for over 13 years and I completed the certification process for Dual Recovery Anonymous, or DRA.

Back in 2021, I completed my HiSET at Wellspring in Hull, MA. Driven to further this knowledge, I kept going. In fall of 2021, I started taking classes at Quincy College. In early 2025, I received the ACE Excellence Award for Education, which our current SERLC Program Manager, Justin Coonan, nominated me for. I was happy and proud of myself for receiving an award that helped to demonstrate my hard work.

I have also been a part of BODI, which is Vinfen's Board of Directors Initiative, where I have shared my experiences as a peer. My future career dream is to become a Certified Peer Specialist and continue doing something I love to already do, supporting my peers. I have always felt like the RCC has been a second home to me. A safe space that I can be myself and watch others grow in their recovery, just like me. I look forward to the day that I can be a CPS and instill even more hope into my community.

I look forward to the day that I can be a CPS and instill even more hope into my community.

Expressions of Recovery & Resilience



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

Quincy Recovery Connection Center



Boxes made from pomelo and orange peels by Christine and Anthony K



Peer Rock Garden



Artwork by Anthony K



Art by Kat and Christine

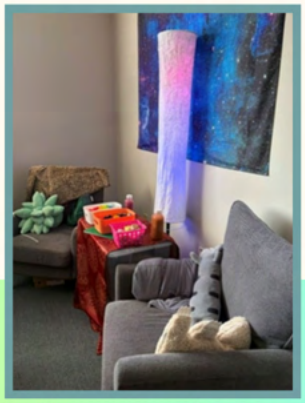


Project by Jason





Pride Decorations at Quincy RCC



Sensory Corner

Expressions of Recovery & Resilience

Here is some of the wonderful artwork created by members of our SERLC Community.





Tracy H







Barbara D

Brockton Recovery Connection Center

Karen R



Monica R



Kris H



Barbara D





Steve

Expressions of Recovery & Resilience

Brockton Recovery Connection Center






Hyannis Recovery Connection Center

BUNNY ARTWORK





OUR INDOOR PLANT GARDEN





PAPER MACHE LIGHTHOUSE PROGRESS

Expressions of Recovery & Resilience

Photography by Liz D'Uva



Photography by Justin Coonan



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

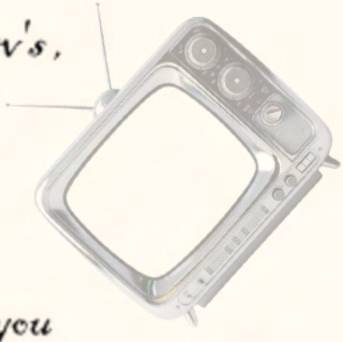
Creative Writing at the SERLC

Colors Throughout Your Day



I see red as a raging bull, and some colors that are dull,
as dull as a pale yellow, or boring as a lime green,
I know you know where, I'm going with this,
you know exactly what I mean, now we've learned our basic colors,
around the time of preschool,
including red, and orange, and definitely green, and blue.
but now that we have become so much more advanced,
we can observe these colors, and just take a chance,
a chance not to see just in black or white, like the old tv's,
that we only watched at night,
so, that's why I always picture a shade of purple,
to keep me from feeling so blue,
so, I suggest you choose a color that really works for you
- so now that you have your array of colors,
please enjoy them in your own way, and I wish you peace,
and happiness throughout the rest of your day.





Beverly T.
6/4/26



Advocacy for RLC Funding

Written by Ariane from Brockton RCC

For the past five years, the RLC peer-run groups have been paramount to my mental health and recovery. As someone who works on the front lines of healthcare, I can speak to the value of these services from both a clinical and deeply personal perspective.
Specifically, the RLC groups have provided me with:

Crisis management skills that have allowed me to navigate mental health challenges safely in the community, without the need for emergency or inpatient services.
A sense of community and belonging that combats isolation and fosters hope — core elements of personal recovery.
Practical coping skills and self-management tools that I use daily, both in my personal life and in my professional practice as a nurse practitioner.
A peer-supported environment where shared lived experience creates trust, understanding, and empowerment that traditional clinical services alone cannot replicate.

My experience is not an isolated case. A substantial and growing body of research demonstrates that peer support services are associated with meaningful improvements in recovery, reduced psychiatric hospitalizations, and decreased use of emergency services.
I respectfully and strongly urge the continued and expanded funding of Recovery Learning Communities across Massachusetts. These programs save lives, prevent hospitalizations, build community, and empower individuals in their recovery journeys. They have done all of this for me, and I know they do the same for countless others.

Respectfully,
Ariane Theriault, RN-BSN, AGPCNP-BC

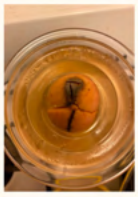
Thank you Ariane for your support!!

Avocado Plant Journey

Krista Cormier-Brockton RCC
Outreach Coordinator

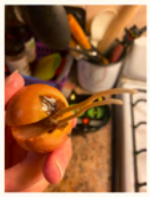
I started my Recovery journey in Summer 2015, having to strip away layers of "gunk" to get to the pit of why I needed help. Over the years, I have grown, pruned, re-potted myself, and changed environments and who is allowed in my environment. This resonates with the story of my avocado tree I started to grow in June of 2024.















I soaked my pit overnight to strip the brown skin off to access the pit. I was soaking the pit for like 3 months-getting a bit frustrated the roots were not growing. I changed the water frequently but the pit was not absorbing the water. A friend told me maybe I should poke a hole at both ends of the pit. AH HA! The pit was finally absorbing the water!

A month or so went by. Then little roots started to appear. I was ecstatic! When do I finally transplant my pit into a new home? I planted the pit into some soil and kept it under a light because now the weather was colder. The roots started sprouting!

By Christmas that year I had to transplant my "Tropical Christmas Tree" into a bigger home! This year's gardening season, I repotted the tree by uprooting, washing off the roots, and there were A LOT of them by surprise! I placed my tree in new soil and a bigger bucket! The leaves were looking sad, so I pruned the tree right down to the stem! Within days a small leaf sprouted! I read it could take 5-7 years for this tree to possibly bear fruit.

I realized from the start that I was treating this tree the way I did when it came to my own progress and recovery. I grew up undiagnosed on the Spectrum with a host of learning difficulties. If I wasn't "progressing" or "learning" at others' "expectations", people got frustrated with me and either did what they thought was "best for me" or gave up. I never want to get too complacent in my Recovery. Sometimes, I have to uproot and take my progress and lessons with me to start new. It is never too late to start over!

~KRISTA CORMIER ~ 11 YEARS IN RECOVERY IN AUGUST

Alan from Quincy RCC

Meditation & Me

Creative Writing at the SERLC

Part of my journey with meditation occurred with everyday things, like having a routine blood pressure test. I've been meditating daily for about six weeks now. In that process, I've realized how powerful calming thoughts can be. By going through a guided process, I take my mind out of its current space and give it a break from chaos. The wonderful paradox is that by taking my mind to more calming places, I'm actually MORE in tune with my real space when I return.

Understanding what meditation is — and isn't.

When I mention meditation, so many people say they can't do it. They don't have patience, they say, or their mind races. I used to think the same thing. There are many types. It is not all chanting mantras — though if that's your thing, there are many for that.

And for those who say that they don't have time, there are meditations that last a grand total of 10 minutes. Or probably even shorter than that.

Personally, I like ***Insight Timer*** and ***Headspace*** on my phone, and ***The Daily Calm*** on YouTube. But if you don't believe me, try exploring for yourself. All this brings me back to that blood pressure check. If you can think calm thoughts while your arm's being squeezed, then you can think calm thoughts while meditating.

Meditating may help reduce blood pressure.

Several studies have shown that regularly practicing meditation may help to significantly reduce systolic and diastolic blood pressure. No doubt, there are many factors that contribute to high blood pressure, and if meditation alone was an answer, I'm sure more people would be doing it. Or, to make it simple, meditation certainly can't hurt if you need to reduce your blood pressure. For what it's worth, my blood pressure was slightly high a few years ago, and I was able to get it back down to normal with a combination of meds plus lifestyle changes such as better eating habits and more exercise. This was before I even started meditating. Chances are that I'll like the results the next time a nurse squeezes my arm.

That alone is a nice, calming thought.

READ MORE ON ALAN'S SUBSTACK
"I KNOW I'M A FREAK. BUT STILL..."
HTTPS://IKNOWIMAFREAK.SUBSTACK.COM/

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

CONNECTING WITH MARQUEE

AHA! NIGHT NEW BEDFORD



Our SERLC Peer Community Facilitators continue to strengthen connections throughout Southeastern Massachusetts by building partnerships and increasing access to peer support and community resources.

Marquee, our Peer Community Facilitator, has established a meaningful partnership with AHA! New Bedford and 3rd EyE Youth Empowerment. On the second Thursday of each month, she hosts a SERLC resource table during AHA! Night, connecting community members with support, resources, and recovery services.





AHA! Night is a free monthly celebration of arts, culture, and community in downtown New Bedford. When not at outreach events on AHA! Nights, you can find Marquee at 3rd EyE Youth Empowerment, 230 Union Street, New Bedford, MA, engaging visitors with activities, resources, peer support, and SERLC swag.

Learn more about 3rd Eye Youth Empowerment Center: 3rdeyeunlimited.org.

Upcoming Learning Opportunities

The SERLC offers learning opportunities for anyone looking to build confidence, learn new skills, or explore wellness in a supportive space. Our workshops are hands-on, trauma-informed, and rooted in lived experience.

New Workshops

Digital Resilience in the Age of Social Media



This virtual workshop explores how digital life shapes mood, identity, connection, and overall wellness. Participants look at common online stressors, including comparison, conflict, misinformation, safety concerns, and scams.

Participants learn practical ways to stay grounded and care for themselves in fast-moving digital spaces. This workshop offers tools for navigating social media with more awareness, balance, and compassion for ourselves and others. Coming in Autumn!



Brockton RCC Financial Wellness Workshop

The Brockton RCC is offering an in-person 6-session financial wellness program for older adults (ages 40–80), who identify as peers in mental health and/or addiction recovery. Topics include: understanding financial wellness, budgeting, spending habits & priorities, savings & goal setting, debt management, financial resources, self-care & long-term planning.

The workshop builds session-to-session, and participants are encouraged to attend all six sessions. Participants who complete all sessions receive a Certificate of Completion.

The workshop will be ***Wednesdays from October 14 – November 18, 2026 at 1:00 PM – 3:30 PM ET***. Enrollment is limited to 8 participants and opens ***August 4 – September 30,*** on a first come basis. To enroll contact: IyannaRivera@bamsi.org | 617-356-7357 or KristaCormier@bamsi.org | 774-465-0099

Upcoming Learning Opportunities

We're developing advanced trainings for peer supporters who want to deepen their practice and grow in their role. These sessions focus on real-world peer work, offering practical, trauma-informed tools for navigating complex situations, strengthening boundaries, and using lived experience with intention.

Trainings for Peer Supporters

Building Digital Resilience: A Trauma-Informed Peer Support Approach in the Age of Social Media



This virtual training will help peer supporters understand how digital life affects wellness, connection, identity, and recovery. It covers common online challenges and offers peer-aligned ways to support someone through them. Participants learn validate digital stress, explore someone's online world with curiosity, and support healthy boundaries, privacy, and digital wellness. Coming soon!

The Peer Recovery Bridger Role: Trauma-Informed Support for Life Transitions

This virtual training will teach peer supporters to walk with people through major life transitions with steadiness and compassion. Participants leave with practical tools and confidence to guide people through complex systems while staying grounded in trauma-informed peer support values. Coming in Winter 2026.



Building Peer Confidence in Presentation & Training Skills



This virtual training supports peer specialists in building the confidence and practical skills needed to step into trainer roles. Participants learn how to guide discussions, manage group dynamics, and use curriculum materials in ways that feel authentic and grounded in lived experience. The program prepares emerging trainers to create inclusive co-learning spaces, and lead training sessions with clarity, presence, and purpose.

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

Hyannis Recovery Connection Center

ZOOM ID: 615 803 2491







NAMI Connections is a free, peer-led support group hosted at the Hyannis RCC on ***Mondays at 5pm ET***. This group is for people who are concerned about their mental health. It can help peers find hope and develop relationships, build strength by sharing lived experience with one another, and work towards a better future in a way that best suits you.

Join our ***Dual Recovery Anonymous*** meetings for individuals living with both mental health challenges and in substance use recovery. These peer-led hybrid meetings create a supportive, judgment-free space to share experiences, build coping skills, and connect with others on a similar path. These hybrid meetings take place on ***Tuesdays from 11am-12pm ET at the Hyannis RCC and on Fridays from 11:30am-12:30pm ET at Pier Recovery Center.***





The Hyannis RCC is enjoying their ***community-tended window garden***, inviting participants to help care for the plants throughout the summer. This ongoing activity offers a gentle, grounding way to connect with others and nurture new growth throughout our RCC community. All are welcome to join in tending the shared garden at the Hyannis Recovery Connection Center.



Learn more about the Hyannis RCC at SoutheastRLC.org/Hyannis.



Brockton Recovery Connection Center



ZOOM ID# 867 2201 5742 | PASSCODE: BROCKTON
CALL IN NUMBER: 929-205-6099 | PASSCODE: 70005476



Dating With a Diagnosis (DWAD) is a peer-led initiative created to explore how mental health challenges, substance use recovery, trauma, chronic illness, disabilities, grief, and life experiences impact our relationships with ourselves and others. One of the core components of the DWAD Universe is the ***It's Complicated*** support group at ***5pm ET on Tuesdays*** over Zoom, where we discuss the complicated realities of relationships, recovery, communication, boundaries, dating, family dynamics, self-esteem, and more!

♡ ♡ ♡ ♡ ♡ ♡

Join us for ***Healing Together***, a supportive and confidential peer-led group on ***Tuesdays at 10am and Saturdays at 5pm ET*** on Zoom for individuals affected by eating disorders. This group provides a judgment-free environment grounded in peer support, shared experiences, encouragement, hope, and genuine connection.





WE ARE HIRING!

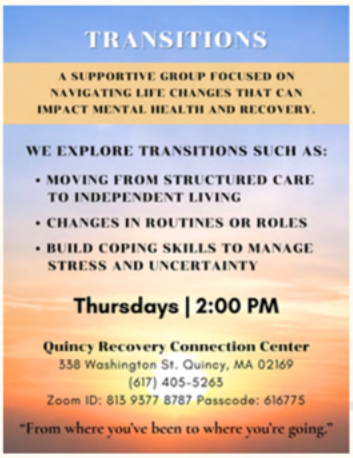
The Brockton RCC is excited to announce that we are now hiring a ***Peer Youth Leader*** to support and uplift young adults across the Greater Brockton and Taunton communities. Young adults are powerful agents of change and innovation, and this role is designed to celebrate their strengths, amplify their voices, and help shape meaningful community impact. If you or someone you know is interested in stepping into a peer role that centers young adult potential, applications are now open. **Apply at southeastrlc.org/careers.**



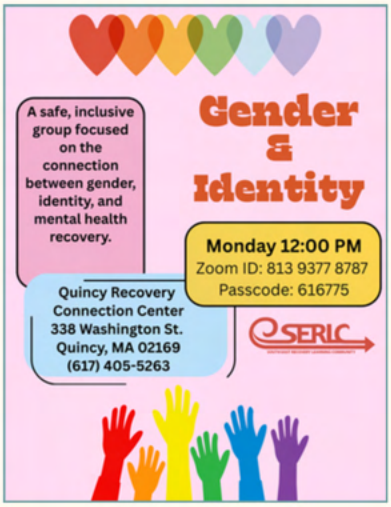
Quincy Recovery Connection Center



ZOOM ID: 813 9377 8787 | PASSCODE: 616775



Transitions is a supportive weekly group for anyone navigating life changes that can affect mental health and recovery. It explores shifts like moving from structured care into independent living, adjusting to new routines or roles, and building coping skills to manage stress and uncertainty. The group meets every ***Thursday at 2:00 PM ET*** at the Quincy RCC, and on Zoom.



Gender & Identity is a welcoming, peer-led space for anyone interested in exploring the connection between gender, identity, and mental health recovery. The group meets ***Mondays at 12:00 PM ET*** in a hybrid format, offering the option to join in person or through Zoom. Each session provides an inclusive environment for reflection, conversation, and connection among people with diverse identities and lived experiences.



Join Alan for a weekly peer-led space for men to connect, share, and grow. ***Men's Support Circle*** offers a grounded, judgment-free environment where men can talk openly about life, recovery, stress, relationships, and the everyday challenges that can feel heavy to carry alone. This hybrid group meets every ***Thursday at 11:00 AM ET***. Whether you're looking for community, a place to be heard, or a chance to build new skills and connections, this circle is designed to support you.

Highlighted Peer-facilitated Support Groups



Fall River Recovery Connection Center



ZOOM MEETING ID: 842 9744 7844 | PASSCODE: 107596

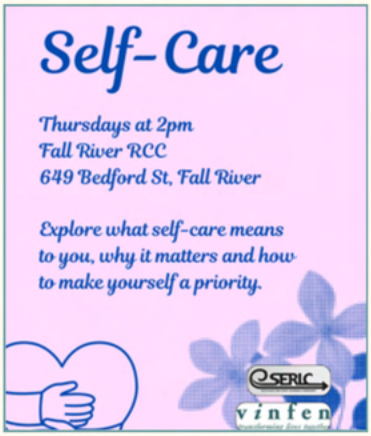


Empowering Women is a hybrid group on ***Mondays at 3pm ET*** that offers a safe, supportive space for women to heal, grow, and recognize their strength. Each week explores different parts of the journey, such as emotional and physical safety, relationships, and self-worth. Through honest conversation and shared experiences, we'll build trust while learning skills and practicing activities that strengthen communication, boundaries, and confidence.



Transitioning & Taking Charge meets ***Tuesdays from 3-4pm ET*** to offer peer support, practical tools, and connection. This free group welcomes anyone navigating discharge, change, or uncertainty. Together, we explore community resources, set goals, and build habits that support health and wellbeing. Join us to reflect, regroup, and move forward with support you can count on. Offered in person and on Zoom. No insurance or referrals needed!





The ***Self-Care group***, at the Fall River RCC invites you to explore what caring for your mind, body, and spirit truly means for you. Each ***Thursday at 2pm ET***, we come together to reflect on why self-care matters, discover practical ways to prioritize personal well-being, and build supportive connections with others. Offered on Zoom and in-person.

Learn more about the Fall River RCC at SoutheastRLC.org/Fall-River

Become a Member of our Community!

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

Hyannis Recovery Connection Center

Hours of Operation

106 Basset Ln. Unit 2 Hyannis, MA | (508) 815-5219

Monday 9am-2pm
Tuesday 9am-2pm
Thursday 9am-2pm
Friday 9am-2pm

SoutheastRLC.org/Hyannis

Hudsons@vinfen.org

Zoom ID: 615 803 2491



WEEKLY SUMMER CALENDAR
Hyannis RCC, 106 Bassett Ln., Unit 2, Hyannis, MA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10am - 10:45am Arts & Crafts In Person 11am - 11:50am Table Talk In Person & Zoom 12:15pm - 1pm Peer Support In Person 1:15pm - 2pm Feelings Are Facts In Person & Zoom 3pm - 4pm PHP Transition Group Closed Group Zoom 5pm - 6:30pm NAMI In Person	10am - 10:45am Arts & Crafts In Person 11am - 12pm Dual Recovery In Person & Zoom 12:15pm - 1pm Peer Support In Person 1:15pm - 2pm Health & Nutrition Taking Care of US In Person & Zoom 7pm - 9pm Narcotics Anonymous In Person	The Hyannis RCC IS CLOSED 11:30am - 12:30pm DRA In Person AT The Falmouth Recovery Center 729 E Falmouth Rd Falmouth, MA with Monica	10am - 10:45am Postivie Affirmations In Person & Zoom 11am - 12pm Games Group *Weekly Art Project Catch up** In Person 12:15pm - 1pm Peer Support In Person 1:15pm - 2pm Mindulness & Meditation In Person & Zoom	10am - 10:45am Fish Bowl In Person & Zoom 11:30am - 12:30pm DRA Facilitated at PIER Recovery Center 209 Main St., Rear Hyannis, MA & Hyannis RCC In Person & Zoom 1:15pm - 2pm Peer Support In Person

Join any Zoom meeting at https://zoom.us/j/6158032491
Meeting ID: 615 803 2491
If you need information, please call 508-815-5219

Fall River Recovery Connection Center

Hours of Operation

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

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

SoutheastRLC.org/Fall-River

KelleyTavaresC@vinfen.org

Zoom ID 842 9744 7844
Passcode: 107596



SERLC
Fall River Recovery Connection Center (RCC)
FALL RIVER RCC GROUPS *FREE, NO REFERRAL NEEDED, ALL ARE WELCOME!*

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
11am: Let's Start Fresh In Person and Zoom Getting Involved with the RCC (last Monday of month) In Person and Zoom 12pm: Life Skills Lab In Person and Zoom 1pm: Grounding and Reflection In Person and Zoom 2pm: DRA In person and Zoom 3pm: Empowering Women Not on Zoom	10am: (Closed)Grief Healing Group *Email Blanca at garcish@vinfen.org for more information* **RCC opens at 11:45am** 12pm: Boundaries that Heal In Person and Zoom 1pm: Self-Discovery After Loss In Person and Zoom 2pm: Our Voice Beyond Labels In Person and Zoom 3pm: Transitions and Taking Charge In Person and Zoom	RCC opens at 10:45am on Monday/Thursday/Friday. Open at 11:45am on Tuesdays. Closed on Wednesdays accept peer support. Fall River Site Closed for the Day *Peer Support Available Upon Request* mental health matters	11am: The Faces of Co-Dependency In Person and Zoom 12pm: Pathways to Clarity In Person and Zoom 1pm: Emotions Through Expression In Person and Zoom 2pm: Self-Care In Person and Zoom	11am: Coffee Chat In Person and Zoom 12pm: Positive Vibes Only In Person and Zoom Peer Support Bingo (Final Friday of Month Prizes Included!) Not on Zoom 1pm: Trivia and Games In Person and Zoom Not on Zoom 2pm: Rockin' Recovery Not on Zoom 3pm: Sound Healing Bingo Not on Zoom 3pm: Open Mic Spotlight (Last Friday of Month) Not on Zoom

CONTACT US:
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Blanca Garcia, Group Facilitator, Habla Espanol, garcish@vinfen.org
Jillian Andrade, Recovery Youth Leader, andradej@vinfen.org
Shannon Donnelly, Community Connector, donnellys@vinfen.org

649 Bedford Street, Fall River, MA 02720
Use Zoom ID: 842 9744 7844 (Passcode: 107596) OR All Groups are on Zoom unless noted Call In +929-205-6099
Visit us online @ https://www.southeastrlc.org/fall-river

SCAN ME

SOUTHEAST RECOVERY LEARNING COMMUNITY

Summer 2026 Newsletter

SERLC
SOUTH EAST RECOVERY LEARNING COMMUNITY

Become a Member of our Community!

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

Brockton Recovery Connection Center

Hours of Operation

Monday 10am-4pm
Tuesday 1pm-5:30pm
Thursday 1pm-4pm
Friday 12pm-4pm

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

SoutheastRLC.org/Brockton

BarbaraDeCunzo@Bamsi.org

Zoom ID 867 2201 5742
Passcode: brockton



Quincy Recovery Connection Center

Hours of Operation

Monday 9am-3pm
Wednesday 9am-3pm
Thursday 9am-3pm
Friday 9am-3pm

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

SoutheastRLC.org/Quincy

OrtegaJ@vinfen.org

Zoom ID: 813 9377 8787
Passcode: 616775

