SERLC
SOUTH EAST RECOVERY LEARNING COMMUNITY

Quarterly Newsletter

SOUTHEAST RECOVERY LEARNING COMMUNITY
Fall 2026

In this Issue

SCAN ME

1 Title Page

2 Happy Fall from the SERLC!

3-5 What's been happening at the SERLC?

6 Overdose Awareness and Recovery Month Community Events

7 Meet our new Quincy Program Director!

8 Recovery Story Spotlight

9 Connecting in Quincy with Alan

10 SERLC Outreach with Marquee

11-13 Creative Writing at the SERLC

14 Happy Retirement, Lorna!

15-18 Expressions of Recovery & Resilience

19 Voices of SERLC

20-23 Highlighted Groups from our Recovery Connection Centers

24 Become a Member! It's Free!
RCC Addresses, Contacts and Zoom Info

Happy Fall from the Southeast Recovery Learning Community!

As fall has swept in, we're excited to share what we've been growing, learning, and creating together. These autumn 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 started work on projects that advance our mission and better represent our community's voice. 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.







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 cool fall breeze that this season offers!

What's been happening at the SERLC?

This past Summer was filled with moments of connection, creativity, and resilience across our centers. From wellness events and button making workshops, to Overdose Awareness and Recovery Month events - each gathering reflected the strength and spirit of the people who make our spaces what they are.



















Quincy RCC - Me, Myself and Wellness Event

Fall River RCC

What's been happening at the SERLC?

























Button Making Workshop
Plushie Repair/ Sewing Workshop
with Rainbow Rabbit Wandering Wardrobe

What's been happening at the SERLC?





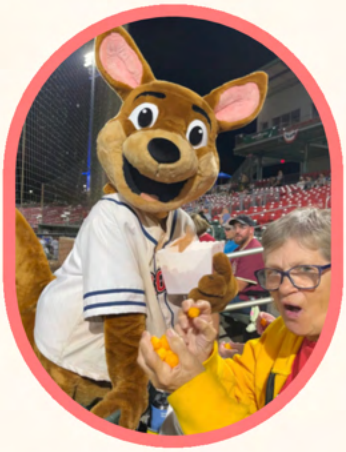




Fall River RCC Tie-Dye Event



Brockton RCC



Celebration of Life for long-time peer Sue M.







BROCKTON ROX GAME



SERLC Overdose Awareness & Recovery Month Events

Photos from our centers at Overdose Awareness and Recovery Month events in the community.

Fall River RCC/SERLC



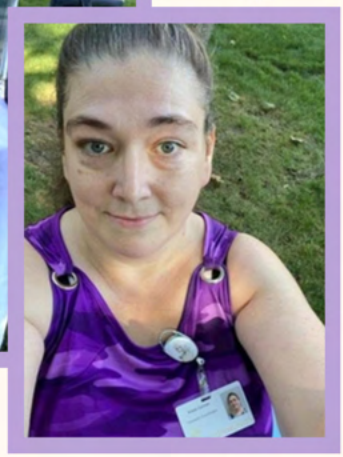




Brockton RCC

TOGETHER in RECOVERY





Hyannis RCC



"Grief is like the ocean; It comes in waves; ebbing and flowing. Sometimes the water is calm, and sometimes it is overwhelming. All we can do is learn to swim. " - Vicki Harrison

Meet Quincy's New Program Director!
Janine Ortega



Stepping into the role of Program Director at the Quincy Recovery Connection Center is more than a professional milestone for me; it is an opportunity to give back to a community that represents something deeply personal. My own journey through mental health challenges and substance use recovery has taught me that healing doesn't happen in isolation. It happens when we feel seen, heard, accepted, and connected to others who remind us that we are not alone.

When I reflect on the early stages of my own recovery, I often think about how much a resource like the Quincy Recovery Connection Center could have meant to me. Whether through an in-person group, a virtual meeting, or simply connecting with someone who understood, having a welcoming space to turn to could have made a meaningful difference in my journey.



My vision for the Quincy Recovery Connection Center is to create a place where everyone feels included, valued, and welcome exactly as they are. I want to continue expanding our reach throughout the community so more people know that this resource exists and understand that support is available without judgment, barriers, or the expectation that they have everything figured out. Recovery looks different for everyone, and that includes recovery from mental health challenges, substance use, and the many transitions life brings.

Above all, I believe connection is one of the most important parts of recovery. Sometimes, a conversation, a shared experience, or simply walking through the door for the first time can be the beginning of something life-changing. As I move forward in this role, my hope is to strengthen those connections, create opportunities for people to discover their strengths, and continue building a center where nobody has to navigate their journey alone.

I am excited for this next chapter and grateful for the opportunity to help make the Quincy Recovery Connection Center a place where hope is shared, relationships grow, and everyone has the opportunity to find their own path forward.

Want to connect with Janine?
Email her at ortegaj@vinfen.org.

Recovery Story Spotlight



KRIS
BROCKTON RCC

My recovery story begins at the worst time in my life. I suffer from major depression and anxiety but was undiagnosed for years. I used work and alcohol to keep my mind either too busy or too inebriated to think about it. Things changed for me around the time of Covid. I lost my job and I stopped abusing alcohol. With my only two coping mechanisms gone I slid down into a deep depression.

I attempted suicide and was rushed to the hospital. Upon waking up I was sectioned to a psychiatric hospital. There I learned some healthy coping skills, got on medication, and most importantly I bonded with my fellow peers who were in recovery like me. I found it easy to share my story and my feelings as these people had gone through similar experiences as I.

Upon release from the hospital I was in better shape mentally, but I missed the connection with my fellow peers. My social worker turned me on to the RCC in Brockton. There I found the same feeling I had with my fellow peers in the hospital. I was able to share quickly as I was made to feel safe and respected. I have found myself attending meetings there ever since.

Barbara, Krista, and the rest of the staff have helped me see that I too wanted to continue to help others in their recovery journeys. They allowed me to facilitate a couple of groups there which I loved doing. From there I was told about the Certified Peer Specialist training that I could take to further my career in peer-to-peer recovery. I am currently enrolled in the program and can't wait to graduate and continue to support other peers in need.

"There I found the same feeling I had with my fellow peers in the hospital. I was able to share quickly as I was made to feel safe and respected."

Alan from Quincy RCC



Most Wednesdays, Alan Kravitz, Group Facilitator and Community Connector at the Quincy RCC, visits Father Bill's & MainSpring in Quincy to support residents in planting and harvesting their community garden. The fresh vegetables are donated to Father Bill's kitchen, where they are used in meals for residents. This season's garden has produced tomatoes, peppers, beans, strawberries, squash, zucchini, cucumbers, radishes, and cilantro, along with colorful flowers that help attract pollinators and beneficial insects.

Connecting in Quincy



"This is one of the projects I really look forward to every week," Alan shared. "I learn more about outdoor gardening from the residents, while they get to grow vegetables and enjoy what they've grown. It's a win for everyone!" The garden is made possible through a partnership between Father Bill's and the Friends of Holy Hill Farm.

SERLC OUTREACH WITH MARQUEE

AHA! NIGHT NEW BEDFORD & RECOVERY MONTH EVENTS

Our SERLC Peer Community Facilitator, Marquee, and Program Manager, Justin, continue to strengthen connections throughout Southeastern Massachusetts by building partnerships and increasing access to peer support and community resources.

Marquee has continued her connection 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.

Our SERLC team also tabled at the Fall River and Taunton Overdose Awareness Days, Fall into Recovery in New Bedford hosted by PAACA, and Rock the Block which was a recovery month event in Taunton.











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

ALEXIS S.
BROCKTON RCC

CREATIVE WRITING AT THE SERLC

FROM WALLS TO BRIDGES

These rocks I've been collecting
My whole life.

Each have a reason:

Some for the pain,
Some for the secrets,
Some for the hurt feelings,
Some for the embarrassment,
Some for the shame,
Some for the neglect,
Some for the hate,
Lots for the abuse,
Lots for the trauma,
A thousand for the sadness & madness,
A million for the isolating anxiety...

I've collected them and used them to build mighty giant walls around me,
To protect me from the outside.
But the inside hurts now
And the only way for me to alleviate that pain
Is to take down these walls of rocks and
NOW build bridges with them.

Bridges of empathy to connect to others to know that I am not alone.

I want to:
Use some rocks for healing,
Some for kindness,
Some for trust,
Some for support,
Some for respect,
Some for honor,
Some for faith,
Some for courage,
Some for happiness again,
Lots for peace of mind,
Lots for connection,
Lots & lots for hope,
& most of all FOR THE LOVE!

And there are so many others with stories like mine & I really want to meet my peers.

Healing is in my hands now & I am connecting.

BEVERLY T.
BROCKTON RCC

CREATIVE WRITING AT THE SERLC

SLEEP WELL TONIGHT

I was so confused that I couldn't even sleep,
But now let me explain to you on how not to be deceived,
Believe that you are beautiful and that is the sky is the limit,
So stop holding yourself back,
And please just stop pretending,
Pretending that you want to move forward,
But since we're keeping it real,
This is something you never even thought of,
You're still running around in circles,
And winding up right back up in the middle,
Because you never knew any difference,
Especially when you were little,
But this is not a pity party,
Because that's what we're not going to do,
Because I am still standing,
And I know that you are too,
So at the end of the day,
I know that you will definitely have a plan,
And the next step is to believe,
Believe that you know you can,
That you can make it through any dilemma,
And not be afraid of any fight,
So keep making good choices,
And you'll sleep well tonight,
And now that you are not confused,
You can no longer be deceived,
And this can only happen for you,
If you just continue to believe.

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

The Yellow House

Babci's house was yellow
The kind of yellow that held the sun's brightness, even when Salem's skies were grey

Musky dust, dried tea welcomed you even before you ever opened the door.
Something simmering, something baking, the warm familiar language of a kitchen where there was always room.
Inside, no explanations were needed. Always a chair, always a plate. A cup of tea beckoned you in.

The house never asked you to be prettier, better, different.
I remember the rooms, cluttered, dusty, quiet.
But these were the sounds and scents of home that settled into my hair and onto my clothes.

Creative Writing at the SERLC

Christine
Fall River RCC



I remember my Babci at the center of it all. At the head of the table. She turned an ordinary house into a place you could breathe.

The yellow house now surrounds a different family. It's color now faded and changed by time, as all houses are.

But sometimes I catch the scent on the air of something cooking or a hot cup of tea steaming.
And for a moment, I am back in Salem.
The house is bright yellow again
There is food on the table
And my Babci is there
Making room for me, exactly as I am.

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



Thank you

You will always have a home within the SERLC. Thank you for everything, Lorna!

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

Expressions of Recovery & Resilience

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

Brockton Recovery Connection Center







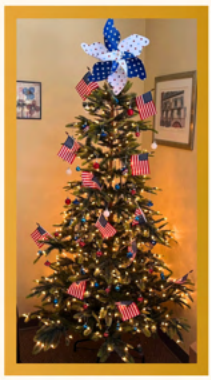












Would you like to share your art or photography in future newsletter publications? Email us at info@southeastrlc.org.

Expressions of Recovery & Resilience

Fall River Recovery Connection Center





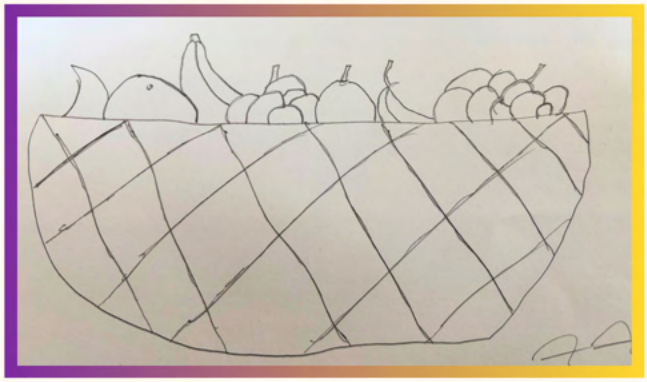
Sandi F



Felton

Christine







Marissa





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

I'm Not Afraid
By: Kari

The goblins and goons have come to scare you.
The goblins are creators of blood and gore.
The goons are creators of goonish behaviors and festive feast.
A snarl, a growl. That doesn't scare me. I'm not afraid.
A roar. A slamming door. I'm not afraid.
A goblin I am. A goon I can be.
But I'm not afraid of me.



Artwork by Niki

Expressions of Recovery & Resilience

Hyannis Recovery Connection Center



Sticker Art by Christine





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

VOICES OF SERLC

Voices of SERLC is a community storytelling project celebrating the peers and experiences that make our community special. We're inviting members and staff of the SERLC community to share their stories, perspectives, and experiences through video, photography, voice recordings, and personal reflections.

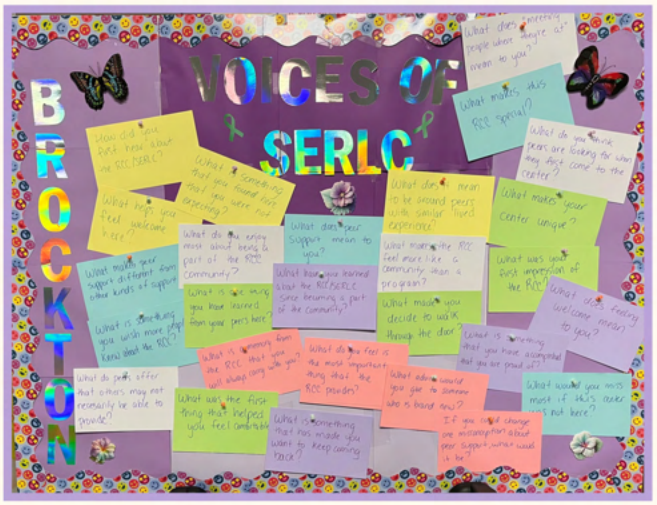
You might share what your RCC means to you, a meaningful moment in your recovery journey, something you've learned about yourself, or what you wish others understood about recovery and mental health. There is no wrong way to share.

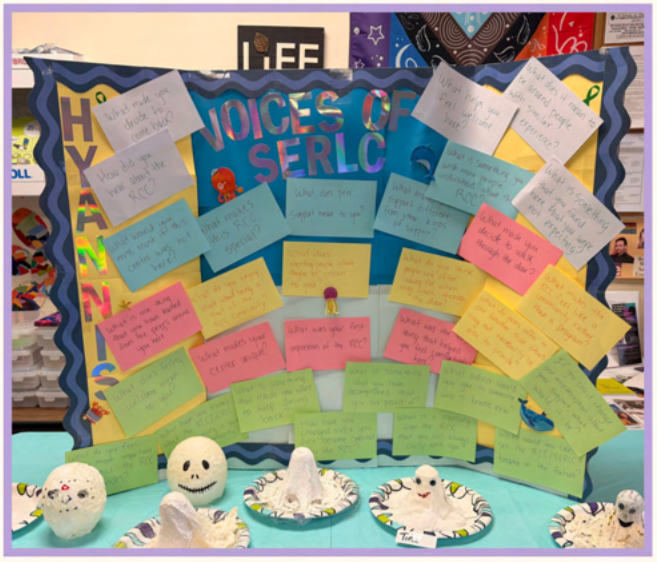
Your story. Your Voice. Your Community.

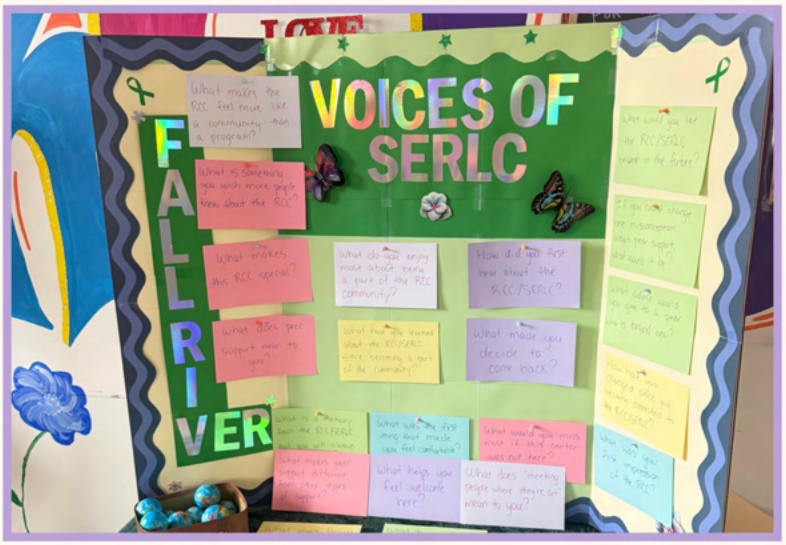
More information about sign-up, how it works, etc. is available

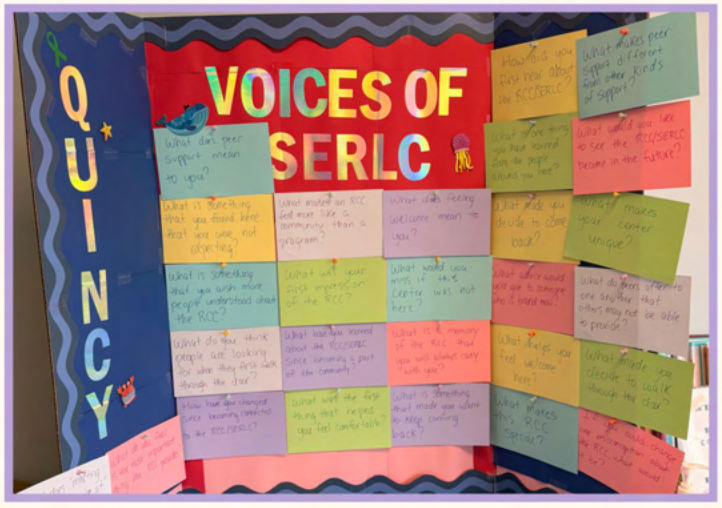
SERLC

Please ask RCC staff if you are interested!









Interested in sharing your voice?
Email us at info@southeastrlc.com or at justin.coonan@bmc.org.

Hyannis Recovery Connection Center



ZOOM ID: 615 803 2491





Join Jenny on ***Wednesdays from 10:30-11:30 AM*** for the ***Parent Connection***, a new peer-led space for parents, guardians and caregivers navigating real-life ups and downs of parenting-- especially when mental health, behavioral health, substance use and/or trauma recovery are part of your family's story. No judgement. No pressure. All support.





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.***

Brockton Recovery Connection Center



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





Life happens, and we're all learning how to get through it! ***Getting Through Life*** *is* an interactive, peer-led discussion group exploring everyday experiences, challenges, successes, and everything in between! Through fun activities, realistic scenarios, group discussions, and shared perspectives, we'll explore stress management, healthy coping skills, decision-making, emotional wellness, relationships, and personal growth. Join Iyanna on ***Mondays at 3pm.*** Offered both in person and via Zoom.

November is Men's Mental Health Awareness Month! Join Kris on ***Thursdays at 3pm*** for the ***Men's Support Group***, a supportive space where men can talk openly, share experiences, and connect without judgment. Each session focuses on real-life challenges, emotional wellbeing, and building healthier ways to cope and communicate. Expect honest conversation, peer support, and a place where showing up as yourself is enough. As we honor this group encourages men to break stigma, strengthen community, and take care of their mental health together. Offered in person and via Zoom.





Attention young adults ages 18–30! Let's be real - adulting is hard. This group is here to help you navigate "The Real World" while keeping things fun and stress-free! Drop by the Young Adult Section at the Taunton Library ***Every 3rd Monday at 5:30pm-7:30pm t***o chat, learn some life hacks, or just kick back with some games, coloring, and doodling. Got questions? Contact Krista Cormier at ***774-465-0099*** or ***kristacormier@bamsi.org***.



Quincy Recovery Connection Center

ZOOM ID: 754 944 4787 | PASSCODE: 393239





November is Men's Mental Health Awareness Month! 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.



Mindful Meditation is a space to slow down, breathe and reconnect with yourself. Through guided medication, breathing exercises, grounding techniques, and mindful practices, members can explore ways to reduce stress, increase self-awareness and find greater peace in the present moment. No mediation experience is necessary, just come as you are. ***Meets Fridays in-person only @ 1:00pm-1:45pm.***



Your voice matters. Join our weekly community meeting! This is a collaborative, member-driven gathering where participants help shape the future of our programming. Held on the ***1st Monday of the month at 11am***, we invite community members to bring ideas for new groups, activities, and events, discuss what's needed, and work together to build offerings that reflect shared interests and lived experience. This meeting supports empowerment, creativity, and collective decision-making in a supportive environment. Offered in-person only at the Quincy RCC.

Highlighted Peer-facilitated Support Groups



Fall River Recovery Connection Center

ZOOM MEETING ID: 862 0987 4451 | PASSCODE: 825306





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!





Grounding and Reflection meets every ***Monday at 1pm***, offering a calm, supportive space where you can slow down, check in, reconnect, and reset together. Each session invites participants to explore what grounding looks like for them. The group emphasizes mutual support, emotional awareness, and the kind of quiet connection that helps people feel more centered and capable as they move through their day. Offered in person and on Zoom.

SCAN ME

SOUTHEAST RECOVERY LEARNING COMMUNITY

Fall 2026 Newsletter

SERLC
SOUTH EAST RECOVERY LEARNING COMMUNITY

Become a Member of our Community!

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

Hyannis Recovery Connection Center

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

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

Hudsons@vinfen.org
SoutheastRLC.org/Hyannis
Zoom ID: 615 803 2491

Fall River Recovery Connection Center

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

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

KelleyTavaresC@vinfen.org
SoutheastRLC.org/Fall-River
Zoom ID 862 0987 4451
Passcode: 825306

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

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

SoutheastRLC.org/Quincy
OrtegaJ@vinfen.org
Zoom ID: 754 944 4787
Passcode: 393239

Please join us in-person or on Zoom!