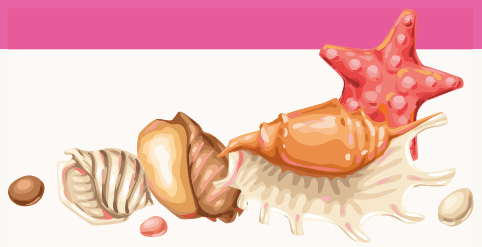
Quarterly Newsletter

SOUTHEAST RECOVERY LEARNING COMMUNITY
Summer 2025



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SCAN ME



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

SCAN ME

SOUTHEAST RECOVERY LEARNING COMMUNITY

Summer 2025 Newsletter

Welcome Summer!



Art by Barbara D - Brockton RCC

Summer is a time for fun and connection, a season to embrace warmth, creativity, and adventure. It's when long days ignite artistic inspiration and fiery creative energy flows freely.

As we step into the season, we're reflecting on the strength found in community and the importance of creating spaces where everyone feels seen, valued, and connected.

The SERLC is embracing fresh opportunities for connection, creativity, and collective healing. We're celebrating the vibrant spirit of recovery with guest speakers, community gatherings, social activities, local outings, and newly-designed peer-facilitated support groups. Keep an eye on our events page for upcoming activities and be sure to sign up for our newsletter on our website to stay informed about all the exciting opportunities available.

Whether you're participating in Pride events, supporting mental health awareness, or taking time to recharge, we honor the resilience it takes to show up for ourselves and for each other.







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

What's been happening at the SERLC?



Brockton RCC

This spring, the SERLC has blossomed with energy, growth, and renewal. Through vibrant community gatherings, guest speakers and new peer groups, our peer members have challenged stigma around mental health, and nurtured meaningful connections.

Our creative spaces have flourished, offering opportunities for self-expression and collaboration that fosters resilience, encourages healing, and strengthens the bonds of the community. This reminds us that healing is not only possible, but powerful when rooted in solidarity and purpose.

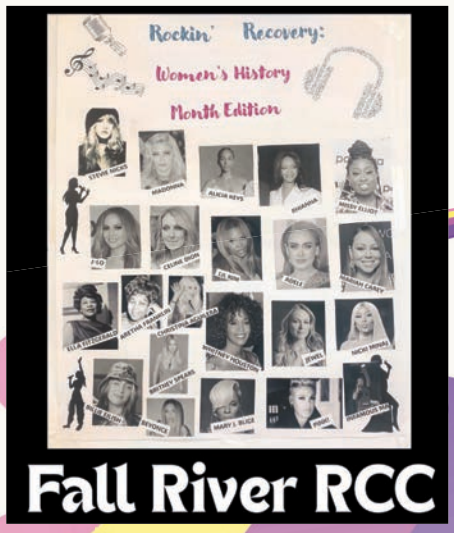


To keep up with our activities and events, follow us on Facebook @southeastrecoverylearningcommunity & Instagram at @southeastrlc or go to southeastrlc.orglevents.

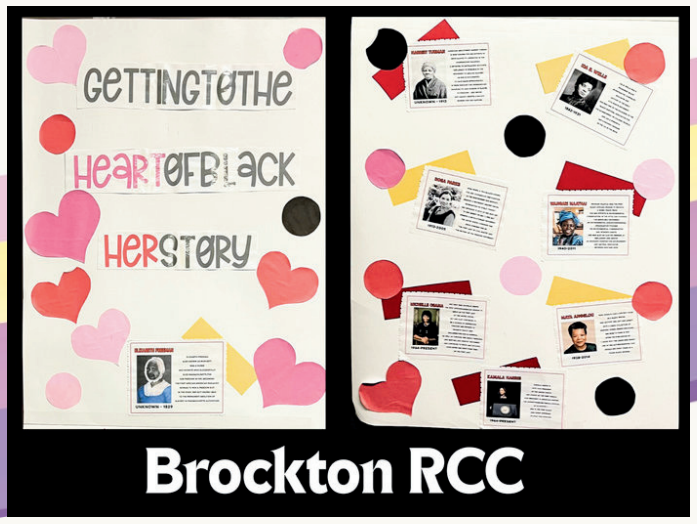
March is Women's History Month

In March we celebrated Women's History Month by honoring the strength, resilience, and contributions of women that have shaped our world in countless ways.

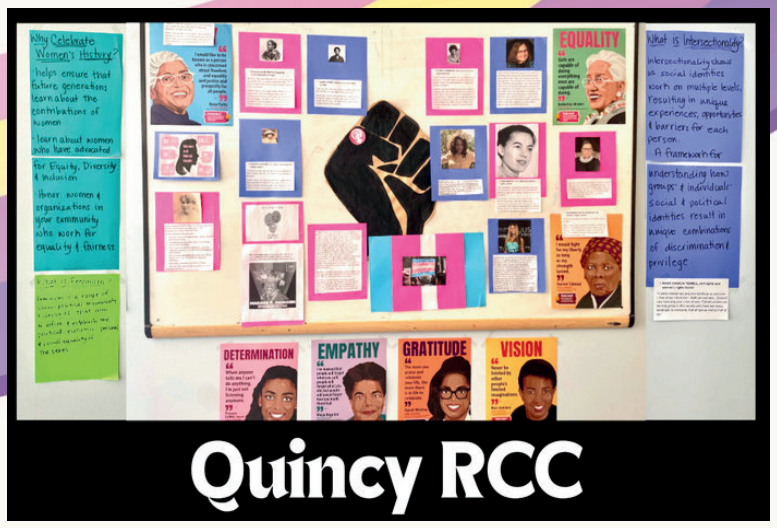
Our centers created collaborative art projects melding Black History and Women's History Months, celebrating and honoring the significant contributions of Black women throughout history, including music.



Fall River RCC



Brockton RCC



Quincy RCC

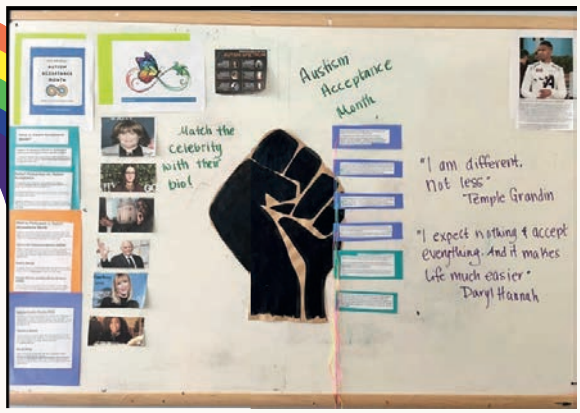
The displays brought together powerful imagery, music, stories and inspiring quotes to educate and engage the community.

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

April is Autism Acceptance Month

Autism Acceptance Month was founded by the autistic community to reshape the narrative around autism, moving beyond the stigmatizing language of “awareness” that frames autism as a challenge to be managed.





Quincy RCC Community Board for Autism Acceptance Month

Instead, "acceptance" emphasizes understanding, inclusion, and the recognition of autistic individuals as valued members of society.

By centering the voices of people with Autism, the movement fosters a more affirming approach that celebrates neurodiversity and advocates for meaningful support.

Connect with Kendra every Wednesday at 4 PM on Zoom for “SpectrumLife”, a supportive space where neurodivergent individuals can come together to share experiences, build connections, and grow in a welcoming community.

Whether you're looking for a safe space to discuss personal experiences, explore self-advocacy strategies, or simply meet others who understand your journey, this support network fosters meaningful connections and growth.

SpectrumLife
a supportive network for neurodivergent individuals to connect, share, and grow

ZOOM meeting ID# 867 2201 5742
passcode: brockton
The ZOOM Call-In Number is
(929) 205-6099
Enter ID Number: 867 2201 5742 # #
/passcode: 70005476

Wednesday, 4pm
ZOOM
Facilitated by Kendra

May is Mental Health Awareness Month

Mental Health Awareness Month is a time dedicated to raising awareness about mental health, reducing stigma, and encouraging open conversations about emotional well-being.



Throughout May, our community embraced this spirit. We held space for vulnerability, celebrated resilience, and uplifted voices that too often go unheard.

Together, we demonstrated that mental health advocacy isn't just about awareness, it's about action, empathy, collaboration, and building systems of care that center lived experienced voices.

Awareness
By Justin Coonan



As we gather here
We all stand together
In a fight we have always fought
Against a stigma and frustrations
Of overwhelming generalizations
Knowing sometimes we have taken a loss
When I stand with you, and
You stand with me
We stand together as friends
As peers in a world
That may not quite get us
At least we have each other until the end
Bonding from sharing lived experience, and
What we have found that helps us best
Is one thing that brings us close

The support from our peers
As we stand as a community
Is what truly means the most
Our hope gained through each other
Is what makes our movement clear
In every month, not just May
We need to continue
To fight, to love, and respect one another
Until we have said all we need to say

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

May is Mental Health Awareness Month

Mental Health Awareness Month Community Gathering

In celebration, the SERLC took the time to honor the strength it takes to speak openly about mental health and to support one another through shared experiences. All 4 of our Recovery Connection Centers came together for a meaningful day filled with connection, creativity, and learning.



The hybrid event kicked off with an engaging virtual Mental Health Awareness Jeopardy game, where participants tested their knowledge. Throughout the gathering, attendees also expressed themselves through art, storytelling, and other creative mediums. Poems were shared, artworks were admired, and personal reflections highlighted the diverse experiences that make our community strong.

This gathering was a powerful reminder of the importance of community, creativity, and shared mutual experiences.



Thank you to everyone who joined in and made it so special! We hope to do it again next year!

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NAMI Walks

NAMI Walk T-shirt Contest



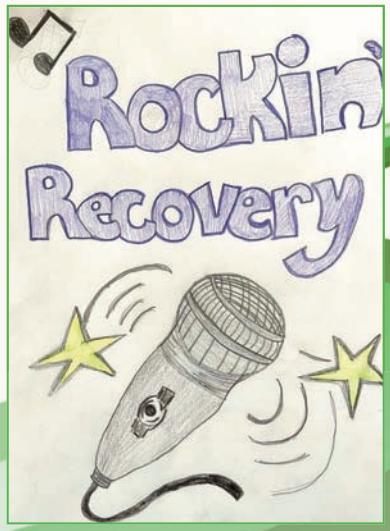
For Mental Health Awareness Month, the community came together to select the official T-shirt design for the 2025 NAMI Walk, choosing the one that best captured the spirit of the SERLC.

Out of 16 entrees, the winning design created by Shannon Donnelly of the Fall River RCC, became a powerful symbol of unity, worn proudly by participants to celebrate resilience, awareness, and the strength of coming together for a shared cause. *Congratulations Shannon!*



Our two finalists were Christine Kelley-Tavares from Quincy RCC, and Marquee Savoy from Fall River RCC. Congrats!





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SOUTHEAST RECOVERY LEARNING COMMUNITY

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NAMI Walks

The SERLC participates in the NAMI Walks each year, a nationwide event for Mental Health Awareness Month, organized by the National Alliance on Mental Illness (NAMI) to raise awareness for mental health and to support individuals and families affected by mental illness.

The SERLC team joined the 2025 NAMI Walk in Boston for Mental Health Awareness Month, coming together with advocates, peers, and supporters to amplify the message that mental health matters.



Justin of the Fall River RCC and Sam of the Quincy RCC



Shannon and Justin of the Fall River RCC and Barbara of the Brockton RCC

The event was a reminder that no one is alone in their journey. Our peer team celebrated resilience, shared resources, and reinforced the importance of accessible, compassionate mental health care for all.

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

Other Spring Events and Activities

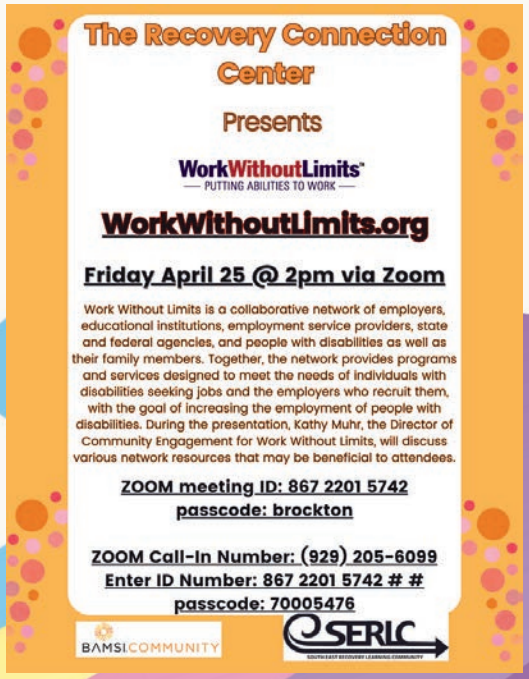


The Brockton RCC embraced Mental Health Awareness Month with a burst of creativity and community spirit! They showcased their commitment to ending the stigma by adorning their holiday tree with vibrant decorations that symbolize hope, resilience, and the importance of mental health. This festive display serves as a powerful reminder that mental health matters!

Brockton RCC Guest Speaker Series

The Brockton RCC hosted Work Without Limits as a guest speaker in April. The network provides programs and services designed to meet the needs of individuals with disabilities seeking jobs and the employers who recruit them, with the goal of increasing the employment of people with disabilities.

During the presentation, Kathy Muhr, Director of Community Engagement for Work Without Limits, shared various network resources with the attendees.



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

Brockton RCC Open House



The Brockton RCC hosted its annual Open House, welcoming attendees to explore its mission, programs, and the supportive community dedicated to recovery and well-being.

Guests had the chance to engage with staff, discover available resources, and connect with others who share a commitment to healing and empowerment.















Learn more about the Brockton RCC at southeastrlc.org/brockton

SCAN ME

SOUTHEAST RECOVERY LEARNING COMMUNITY
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SERLC
SOUTH EAST RECOVERY LEARNING COMMUNITY

SERLC Summer Events and Activities

Join us this summer at our RCCs for newly designed groups, themed art projects, social activities, outings in the community, enlightening guest speakers, and more!

Brockton RCC

Juneteenth Black Pride Panel 6/26

FREEDOM day

BBQ @ Watson Pond July 12th



wrap
WELLNESS RECOVERY ACTION PLAN
Your Wellness Your Way

WRAP class starts July 9th!



Nantasket Beach outing in August

Quincy RCC



Tie-dye party (Date TBD)

POPCANNIBAL

Guest Speaker, Ziba of PopCannibal Games, to discuss video games and online communities.



Make seed bombs for our flower garden!



New D&D Group coming soon!



Vision Action Board Workshop (Date TBD)



Fall River RCC



New Groups!

Boundaries **(Tuesdays at 12pm)**
Self-Image/Reconstructing From Shame **(Tuesdays at 1pm)**
Finding Clarity in a Noisy World **(Thursdays at 12pm)**



Tie-dye party (Date TBD)



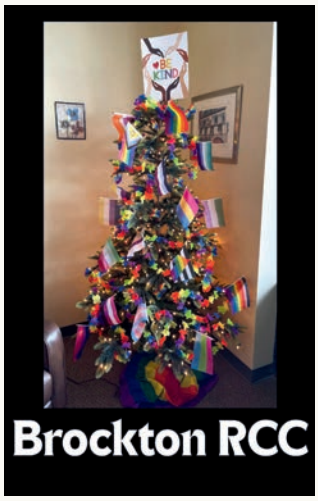
Hyannis RCC: Now open Wednesdays 9:30am - 12:30pm



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

Happy Pride from the SERLC!

Pride is a time for community, resilience, embracing authenticity and celebrating the beautiful diversity of identities. Whether through advocacy, peer support, or simply embracing joy, we honor the journeys of LGBTQIA2S+ individuals and the power of Community.



Our LGBTQIA+ focused, peer-facilitated groups provide a vital sense of belonging, offering support and solidarity in facing the barriers that queer individuals encounter every day.

In our community, every shared story and every moment of vulnerability weaves a tapestry of resilience and hope. We gather in safe spaces where judgment is left at the door, and only understanding, compassion, and genuine empathy are welcome. We invite you to join us in our LGBTQIA2S+ support spaces, where your voice matters, your experiences are honored, and your true self is celebrated.



Taunton Pride

The Brockton RCC celebrated Taunton Pride, sharing our dedication to LGBTQIA+ mental health awareness and advocacy. Their participation highlighted the power of hope and unity, showing that by standing together, we create spaces where every LGBTQIA+ individual is valued and uplifted.



Learn more about our LGBTQIA2S+ supports at southeastrlc.org/pride2025



Happy Pride from the SERLC!



BAMSI Pride



The Brockton RCC kicked off Pride Month by attending the 2nd Annual BAMSI Pride festival. The celebration brought together community members, allies, and organizations dedicated to fostering inclusivity and support for the LGBTQIA+ Community.



The event showcased an array of talented vendors, offering everything from handcrafted goods to informative materials that highlight LGBTQ+ priorities.

Quincy RCC Guest Speaker

The Quincy RCC held a hybrid event with a special guest from Greater Boston PFLAG, Colby Patrie. Participants engaged in thoughtful conversations around Pride history, reflecting on the ways that shared American history, stigma, sexuality, and gender influence our collective understanding and lived experience.



Learn more about our LGBTQIA2S+ supports at
southeastrlc.org/pride2025

SCAN ME

SOUTHEAST RECOVERY LEARNING COMMUNITY

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SERLC
SOUTH EAST RECOVERY LEARNING COMMUNITY

Happy Juneteenth from the SERLC!

Juneteenth, celebrated on June 19th, marks the day in 1865 when the last enslaved people in Galveston, Texas, learned they were free - over two years after the Emancipation Proclamation.



FREEDOM DAY



Juneteenth represents the true end of slavery in the U.S. and is a powerful celebration of Black freedom, resilience, and pride. We welcome you in joining our events and activities celebrating Juneteenth, both in-person and via Zoom.

Black Pride Panel

Thursday, June 26th, 2025
1:00PM - 3:00PM

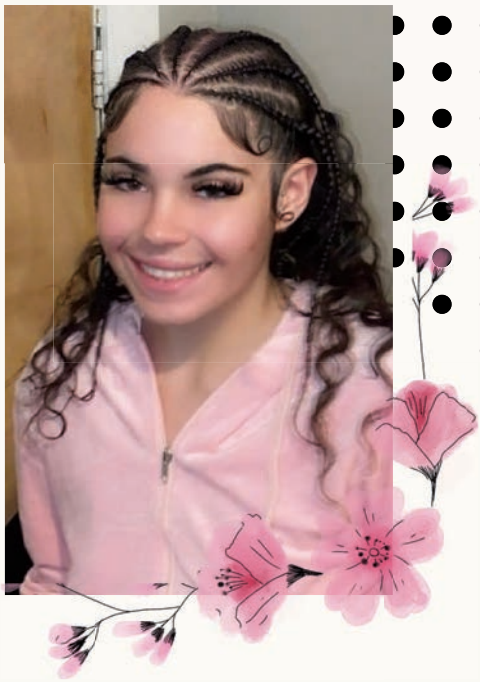
Please join us for this HYBRID event in person at the Brockton RCC, and on Zoom! The panel will be sharing and discussing the Black Pride Experience in honor of Juneteenth. All are welcome to explore the Black/A-A perspective of struggle and triumph!
ZOOM meeting ID# 867 2201 5742 passcode: brockton
For more information contact: iyannarivera@bamsi.org



Learn more about our Juneteenth activities at southeastrlc.org/juneteenth2025

Meet our Peer Supporters!

Jillian Andrade, CPS
(She/Her/Hers)
Recovery Youth Leader
Fall River RCC



Jillian is a peer in mental health recovery. She is the Recovery Youth Leader at the Fall River RCC, specializing in working with the transitional age youth. Jillian plans to bring tools from her own lived experience to connect with those in the Fall River community. She has also just completed her Certified Peer Specialist training through the Kiva Centers.

Jillian strives to be an advocate for the mental health movement. She is a member on the site board of the Corrigan Mental Health Center as well as a member of NAMI (National Alliance on Mental Illness).

Jillian has participated in the RCC and other programs. She has always wanted a role in peer support in her community. This guided her to her current role in Fall River, and she is excited to be a part of the RCC.

Jillian enjoys traveling the world and spending time with friends and family. One of her passions is attending NBA games since she is a huge fan of the Boston Celtics.

Learn more about Jillian's Young Adult supports and the Fall River RCC at southeastrlc.org/fall-river

Meet our Peer Supporters!

Peer Staff Childhood Pictures

Who knew the future peer support champions of resilience and advocacy once rocked adorable onesies and tiny sneakers? In this special newsletter section, we're celebrating our peer team's earliest days with a fun collection of childhood pictures. Can you tell who's who?

We asked our peer team: If you could go back in time, what advice would you give to your younger self? From words of resilience to messages of self-compassion, this collection showcases the wisdom we've gained along the way.

As you read through these reflections, take a moment to think about what YOU would say to your younger self. What would you remind them, reassure them, or inspire them to believe?



I know you love animals, but remember people need love too. We're all connected! (Sam)



Remember that 'no' is a full sentence. You are the most important person to you. Love yourself the most. (Christine)



Don't believe the professionals and gaslighters-the ones who think they are shaping your brain! (Krista)

Meet our Peer Supporters!

Peer Staff Childhood Pictures



It appears as though you are capable and confident. Those qualities will certainly be assets for you as you grow. Please try to care for yourself and make good decisions to protect your beautiful individuality. You are amazing! (Sandra)



I'd tell my younger self to stop trying to be perfect and enjoy the messy parts of life, they help you grow. Trust yourself more and don't stress so much, most of what you're worrying about won't even matter later. (Janine)



Believe in yourself and go fearlessly through life. (Barbara)



You are a go to bake some awesome goodies! (Liz)



Recovery Story Spotlight



Hello, I'm Sam and I recently started in the Group Facilitator position at Quincy RCC this past February! Getting and maintaining this job has been a huge milestone in my mental health journey. For many years I lived in groups homes or with my parents, and would spend all my days sleeping, staying up late playing videogames. The daytime was just too scary – too many people, noises, commitments. I'll also say my ADLs were not well maintained, and I was in the process of sabotaging all my friendships. Fast forward to just a couple years ago, I started meeting on Zoom based support group, and getting outreach from a peer specialist. That's when everything started changing.

Being able to socialize and get help with issues through telehealth, while still feeling the comfort zone of my home really made a big difference in my recovery. I soon began going on walks with outreach workers, then attending in-person groups, volunteering at the clubhouse as a role model, and next thing I know I've successfully applied to work at Quincy RCC.

"I think looking back on my experience, I can see that while our progress can be slow and difficult work, all our successes and failures pile on top of each other to bring us into who we need to be."

Another facet of my recovery has been gardening; whether my plants are showing little hints of color and life in the darkness of winter, or if I'm carefully cultivating my house greenery into happy little plants that will reward me with flowers.

One thing that I've found I've needed to balance carefully in my journey is my love of video games. They can be really useful for decompressing after a long day, playing with friends, or even experiencing something entirely new and different. But I've had to learn to limit my enjoyment so that I don't binge for countless hours. I've always found journaling to be a huge help for this issue, as it's a way to hold myself accountable while also tracking details that might be useful for my healthcare providers.

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

Recovery Story Spotlight

Hello, I'm Janine! It is an incredible honor to have the opportunity to share my story.



A few years ago, I was lost, searching for purpose and trying different paths, hoping to find something that truly lit a spark in me. Nothing ever seemed to fit quite right. I came from a family with a history of drug addiction and mental health conditions, and I had always promised myself I'd never go down that road, I thought I was taking care of myself. But what I didn't see was how alcohol, something I never considered a problem, was slowly taking control of my life. I was using it as a way to cope with my own mental health struggles. It wasn't until I hit a breaking point that I finally realized I needed help.

Throughout my struggles, one thing remained clear, I didn't want to settle for a life or a career that felt meaningless. I wanted to wake up every day excited about what I was doing, to be an example for my two daughters. I wanted to show them that their mommy could break the cycle we came from, that we don't have to be defined by our past or the environment we were born into.

Growing up, I was always the person my friends leaned on for advice, the one who was there for everyone else. At the time, I think I used helping others as a way to avoid facing my own struggles. But now, in recovery, I've learned that it's possible to face my own challenges while still being there for others. I've discovered that not only am I good at helping people, but I truly enjoy it.

Today, I'm proud to be the new Peer Bridger and Young Adult Leader at the Quincy Recovery Connection Center. This role allows me to turn my lived experience into something meaningful, to give back to the community, and to show others that recovery is possible.

They say if you love what you do, you'll never work a day in your life, and I finally feel like I'm on that path. I'm proud to be here today as someone who has made it out and who plans to stay on this journey, not just for myself, but for my daughters and for everyone I hope to support in the future.

"I'll leave you with this: No matter how far gone you feel, it's never too late to start over. Healing is not a straight line, but every step forward, no matter how small, is proof that change is possible. Keep showing up. Keep believing. And never forget that your story has the power to inspire someone else's healing."

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SOUTHEAST RECOVERY LEARNING COMMUNITY

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SOUTH EAST RECOVERY LEARNING COMMUNITY



SERLC Creative Artwork



Fall River RCC





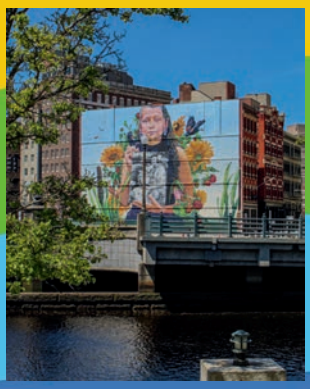


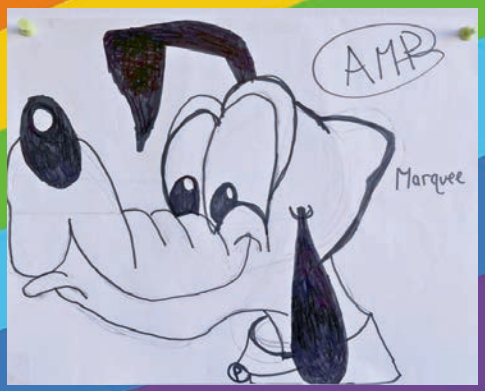


















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SERLC Creative Artwork

Hyannis RCC





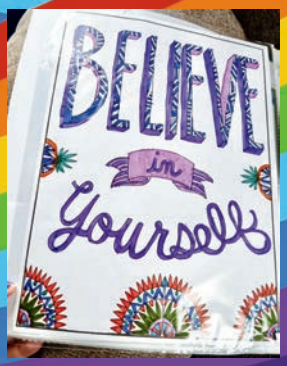


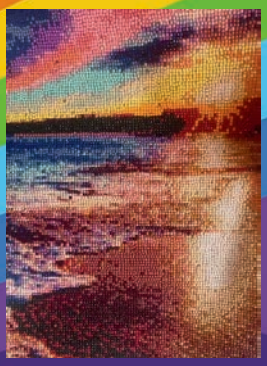
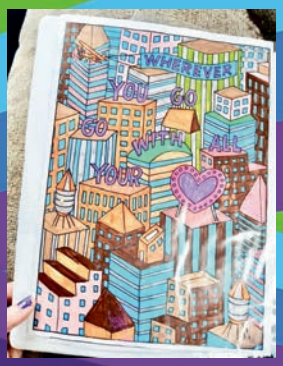
Brockton RCC









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SCAN ME

SOUTHEAST RECOVERY LEARNING COMMUNITY

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Creative Writing at the SERLC



I won't magnify my animosity, and I will control my frustration,
and pretty soon it will feel like we were never, ever acquainted,
acquainted with the turmoil and the struggles in our life,
hoping, and praying that it will soon be alright,
so allow me to take you to the sweet grapes on the vine,
where the breeze is perfect and the seasons intertwine,
so please stop ruminating on the things you can't or won't change,
because at the end of the day, unhealthy thoughts will still remain;
so enjoy the delicious grapes and don't consider them the grapes of wrath,
because you made it before, and conquered the tricky path;
so please save your energy, and consider yourself very blessed,
because you have always been determined, and you've always done your best,
so remember that life can change, as quick as you can drop a dime;
So stop having such a bad attitude, and stop wasting such precious time!!

Beverly T.
2/24/25

You've made it through so many trials,
so just stay focused on your future,
and don't dwell on your bad choices
'cuz they are only there to confuse you.
You were placed in this world for a definite reason,
so be careful what you pay attention to,
'cuz at times it can deceive you, and in the times,
when you begin to feel so empty,
just hang on in there,
and avoid things that are so tempting,
so, just clear your mind,
and continue to make good choices,
and please, please, just stop, trying to avoid this,
and now that you have listened
to the first part of this message,
I know that at the end, you will finally accept it,
So don't be deceived, when you are feeling so dreary,
open up your mind and you'll begin to see so clearly,
and become much more courageous, in any situation,
because if any more trials appear,
you know that you can face them,
and now that you have surpassed yet another test,
You'll never be confused again,
and you'll never settle for less!

Beverly T.
12/17/24

Awareness
By Justin Coonan



As we gather here
We all stand together
In a fight we have always fought
Against a stigma and frustrations
Of overwhelming generalizations
Knowing sometimes we have taken a loss
When I stand with you, and
You stand with me
We stand together as friends
As peers in a world
That may not quite get us
At least we have each other until the end
Bonding from sharing lived experience, and
What we have found that helps us best
Is one thing that brings us close

The support from our peers
As we stand as a community
Is what truly means the most
Our hope gained through each other
Is what makes our movement clear
In every month, not just May
We need to continue
To fight, to love, and respect one another
Until we have said all we need to say

"the little turtle that could"



I saw a little turtle
It seemed to walk away
It tried to cross the street
On this bright and sunny day
I prayed
it would reach the other side
without getting hurt
And guess what
It reached the other side
And played in the dirt.

Poem by Marlene Lolles & art by Barbara DeCunzo

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

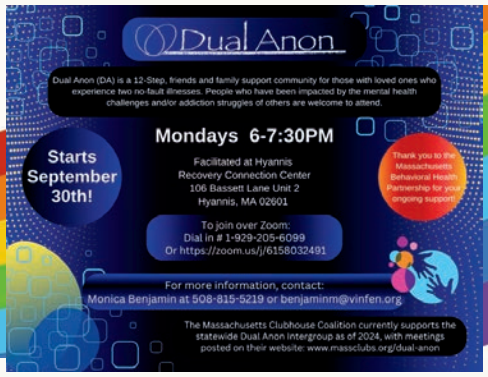


Highlighted Peer-facilitated Support Groups





Young Adult Support Groups (Ages 18-30) (Brockton RCC)



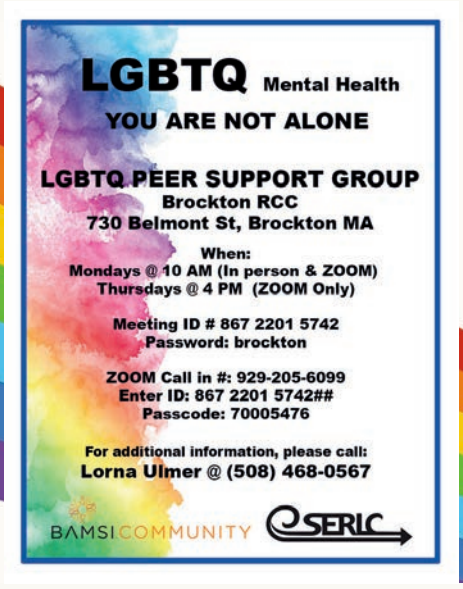
Dual-Anon (Hyannis RCC)



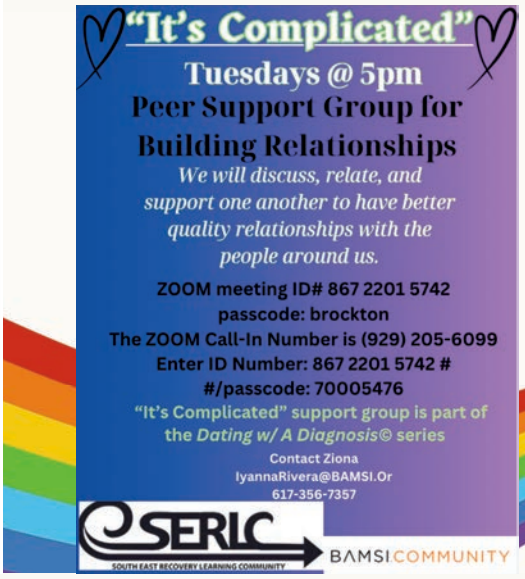
LGBTQIA2S+ & Allyship Support Group (Quincy RCC)



Rocking Recovery (Fall River RCC)



LGBTQIA+ Mental Health Support Group (Brockton RCC)



It's Complicated (Brockton RCC)

GIVE SUPPORT

Go to our virtual calendar at southeastrlc.org/virtual-groups

Need More Support?



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 safe, confidential, nonjudgmental, and trauma-informed space to share what you're going through.

Call us if you need to talk to someone with lived experience who gets it and can relate to what you're going through.

Peer Bridging

Are you in transition?

Our Peer Recovery Bridgers support people in making a transition from an inpatient or other restrictive setting to connect with resources in their communities of choice. Learn more at southeastrlc.org/peer-bridging



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. All lived experience roles are welcome!

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!

Let's Grow Together

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

Brockton RCC

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

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

BarbaraDeCunzo@Bamsi.org

southeastrlc.org/brockton

Zoom ID 867 2201 5742
Passcode: brockton

Quincy RCC

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

Hours of Operation
Monday 9am-3pm
Wednesday 9am-3pm
Thursday 9am-3pm
Friday 9am-3pm

KelleyTavaresC@vinfen.org

southeastrlc.org/quincy

Zoom ID: 813 9377 8787
Passcode: 616775

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

CoonanJ@vinfen.org

southeastrlc.org/fall-river

Zoom ID 842 9744 7844
Passcode: 107596

Hyannis RCC

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

Hours of Operation
Monday 9am-2pm
Tuesday 9am-2pm
Wednesday 9:30am-12:30pm
Thursday 9am-2pm
Friday 9am-2pm

southeastrlc.org/hyannis

Zoom ID: 615 803 2491