

**Metro Suburban**



**Recovery Learning Community**

460 Quincy Ave.

Quincy, MA 02169

617.472.3237

[info@metrosubrlc.org](mailto:info@metrosubrlc.org)

**CurrentList of Groups**



460 Quincy Ave.  
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## **Meetings, Groups, Gatherings and Classes**

### **Recovery Story Outreach Project**

Every other Thursday, 11:00am to 1:00pm

- Learn how to share your recovery story with others!
- Hear the difference between an “illness” and a “recovery” story.
- Go with group members to do presentations in the community.
- Make new friends, give and get support.
- FREE PIZZA LUNCH and SOCIAL HOUR



### **MENTAL HEALTH PARENT PEER SUPPORT GROUP**



Thursday's, 10:00am to 11:00am  
St. Chrysostom's Church  
One Linden Street  
(On the Corner of Hancock Street)  
Quincy, MA, 02170

Parenting is challenging in the best of health, but can even be more difficult when you are living with a mental health condition. Talk to other parents who have been there and understand. Please join us at a free peer facilitated weekly meeting for support, networking, sharing resources and community.

### **Peer Worker Support and Feedback Group**

We meet the 2<sup>nd</sup> Saturday of each month from 11am to 1pm. The purpose of this group is for peers to provide feedback, brainstorm and give support to other peers working or interested in working as a peer. This can include Peer Facilitators, Certified Peer Specialists and other Peer Workers. Please bring a brown bag lunch! Location: Quincy Mental Health Center 460 Quincy Ave, Quincy, MA, 4<sup>th</sup> Floor, Large Conference Room.



### **MENTAL HEALTH PEER SUPPORT GROUP**

Meets every other Tuesday 4:30-5:30pm  
Location: Waltham, Clinic of the Edinburgh Center  
169 Elm Street  
Waltham, MA  
781.894.8440  
Second Floor

Please join us as we support each other in our recovery from a mental health condition. Anybody who is in need of support from others who have had similar life experiences are welcome to attend. Light refreshments provided.

**Note:** for more information on any of these groups please call: 617.472.3237 or  
E-mail: [info@metrosubrlc.org](mailto:info@metrosubrlc.org)



Dual Recovery meetings are self-help gatherings for individuals in mental health and addictions recovery.

**Dual Recovery Meeting**

St. Chrysostom's Church  
One Linden Street  
Quincy, MA 02170  
Davidson Room  
(ASL Interpreter Provided)  
OPEN DISCUSSION MEETING  
Thursdays 7:00 to 8:00pm

**MENTAL HEALTH PEER SUPPORT GROUP**

St. Chrysostom Church  
Davidson Room  
One Linden Street  
Quincy, MA 02170  
Thursdays 3:00-4:00PM  
ASL Interpreter Provided



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*You're invited to...*  
**"CRAFT & CROCHET YOUR CARES AWAY"**



*With Instructor Mary Flaherty*

Please join us for crafting and conversation!!!

**When:** 1<sup>st</sup> and 3<sup>rd</sup> Wednesdays of the month at 10:30am

**Where:** Metro Suburban Recovery Learning Community

460 Quincy Ave, Quincy MA 02169

2nd floor – Activity Area B

\*We can accommodate up to 5 people per class so *please* RSVP!  
Materials and light refreshments will be provided.

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**MENTAL HEALTH PEER SUPPORT GROUP**

Emmanuel Episcopal Church  
Rear Door Lower Level  
519 Washington Street  
Braintree, MA 02184

OPEN DISCUSSION MEETING  
Saturdays 10:30 to 11:30 am

Please join us as we support each other in our recovery from a mental health condition. Anybody who is in need of support from others who have had similar life experiences is welcome. People in mental health and addiction recovery are also welcome to attend.



**Music Trivia with Ralph Marple**

Every other Wednesday from 2:30 – 3:15pm  
Quincy Mental Health Center  
460 Quincy Ave  
2<sup>nd</sup> Floor- Activity Area B  
Quincy MA 02169



You are invited to join Ralph Marple the Metro Suburban Recovery Learning Community resident music expert for a game of music trivia. Prizes and snacks will be provided.



**GREAT NEWS!!!**

**THE METRO SUBURBAN RECOVERY LEARNING COMMUNITY**

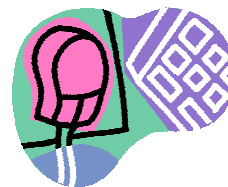
Invites you to share your thoughts, opinions and ideas on our newly created blog!!!

[www.metrosuburbanrlcblog.com](http://www.metrosuburbanrlcblog.com)

In addition, don't forget to visit our **NEW WEBSITE** still under construction!!!

[www.metrosubrlc.org](http://www.metrosubrlc.org)

The Metro Suburban Recovery Learning Community  
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2<sup>nd</sup> floor-Activity Area B  
Quincy MA 02169  
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Toll Free: 888.752.5510  
[info@metrosubrlc.org](mailto:info@metrosubrlc.org)



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