



JANUARY 2012

Southeastern MA Recovery Learning Community

Taunton Resource Connection Center • 71 Main Street, Suite 1100, Taunton, MA 02780 • Phone (508) 828-4537



MONDAY 8-7	TUESDAY 8-7	WEDNESDAY 8-7	THURSDAY 8-7	FRIDAY 8-7	SATURDAY 10-3
2	3	4	5	6	7
TAUNTON RCC CLOSED	8 Peer Support R4 9 Conflict Resolution R4 10 Therapeutic Journaling R1 12 Peer Support R4 12 Dual Recovery Support R1 1-3 Tutoring Available R1 3 Critical Thinking R1 4 Nutrition & Fitness R4 4 Newsletter Committee R1 5 Jewelry Making R1 6 Peer Support R4	8 Peer Support R4 9 Everyday Gifts R1 12 Peer Support R4 12 AA-Based Support R1 1 Recovery Stories R1 2 Staff Meeting R3 4 Scrapbooking R1 5 Parenting Support R1 6 Peer Support R4 6 Dual Recovery Support R1	8 Peer Support R4 10 The Power of Positive Thinking R1 12 Peer Support R4 12 NA-Based Support R1 2 Calligraphy R1 2 Career Explorations R4 3 5 Stages of Recovery R4 4 Empowerment R1 6 Peer Support R4	8 Peer Support R4 11 Peer Specialist/Peer Recovery Worker Support Circle R4 12 Peer Support R4 1 Conflict Resolution R4 2 Writing Therapy R1 3 Yoga R4 4 YAC (18-25) R1 6 Peer Support R4 6 Dual Recovery Support R1	11 Women's Support R1 12 Peer Support R4 12:30 Jewelry Making R1 -2:00 1 Yoga R4 2 Peer Support R4
9	10	11	12	13	14
8 Peer Support R4 12 Peer Support R4 1 GLBT Dual Recovery Support R1 3 Recovery thru Working R1 4 Maximize Your Finances R1 4 Empowerment R1 6 Peer Support R4	8 Peer Support R4 9 Conflict Resolution R4 10 Therapeutic Journaling R1 12 Peer Support R4 12 Dual Recovery Support R1 1-3 Tutoring Available R1 3 Critical Thinking R1 4 Nutrition & Fitness R4 4 Newsletter Committee R1 5 Event Planning R4 5 Jewelry Making R1 6 Peer Support R4	8 Peer Support R4 9 Everyday Gifts R1 12 Peer Support R4 12 AA-Based Support R1 1 Recovery Stories R1 2 Staff Meeting R3 4 Scrapbooking R1 5 Parenting Support R1 6 Peer Support R4 6 Dual Recovery Support R1	8 Peer Support R4 10 The Power of Positive Thinking R1 12 Peer Support R4 12 NA-Based Support R1 2 Calligraphy R1 2 Career Explorations R4 3 5 Stages of Recovery R4 4 Empowerment R1 5 SE Guiding Council R1 6 Peer Support R4	8 Peer Support R4 11 Peer Facilitator Support Circle R4 12 Peer Support R4 1 Conflict Resolution R4 2 Writing Therapy R1 3 Yoga R4 4 YAC (18-25) R1 6 Peer Support R4 6 Dual Recovery Support R1	11 Women's Support R1 12 Peer Support R4 12:30 Jewelry Making R1 -2:00 1 Yoga R4 2 Peer Support R4
16	17	18	19	20	21
TAUNTON RCC CLOSED MARTIN LUTHER KING DAY	8 Peer Support R4 9 Conflict Resolution R4 10 Therapeutic Journaling R1 12 Peer Support R4 12 Dual Recovery Support R1 1-3 Tutoring Available R1 3 Critical Thinking R1 4 Nutrition & Fitness R4 4 Newsletter Committee R1 5 Jewelry Making R1 6 Peer Support R4	8 Peer Support R4 9 Everyday Gifts R1 12 Peer Support R4 12 AA-Based Support R1 1 Recovery Stories R1 2 Staff Meeting R3 4 Scrapbooking R1 5 Parenting Support R1 6 Peer Support R4 6 Dual Recovery Support R1	8 Peer Support R4 10 The Power of Positive Thinking R1 12 Peer Support R4 12 NA-Based Support R1 2 Calligraphy R1 2 Career Explorations R4 3 5 Stages of Recovery R4 4 Empowerment R1 6 Peer Support R4	8 Peer Support R4 12 Peer Support R4 1 Conflict Resolution R4 2 Writing Therapy R1 3 Yoga R4 4 YAC (18-25) R1 5 Peer Specialist/Peer Recovery Worker Support Circle R4 6 Peer Support R4 6 Dual Recovery Support R1	11 Women's Support R1 12 Peer Support R4 12:30 Jewelry Making R1 -2:00 1 Yoga R4 2 Peer Support R4
23/30	24/31	25	26	27	28
8 Peer Support R4 12 Peer Support R4 1 GLBT Dual Recovery Support R1 3 Recovery thru Working R1 4 Maximize Your Finances R1 4 Empowerment R1 6 Peer Support R4	8 Peer Support R4 9 Conflict Resolution R4 10 Therapeutic Journaling R1 12 Peer Support R4 12 Dual Recovery Support R1 1-3 Tutoring Available R1 3 Critical Thinking R1 4 Nutrition & Fitness R4 4 Newsletter Committee R1 5 Jewelry Making R1 6 Peer Support R4	8 Peer Support R4 9 Everyday Gifts R1 12 Peer Support R4 12 AA-Based Support R1 1 Recovery Stories R1 2 Staff Meeting R3 4 Scrapbooking R1 5 Parenting Support R1 6 Peer Support R4 6 Dual Recovery Support R1	8 Peer Support R4 10 The Power of Positive Thinking R1 12 Peer Support R4 12 NA-Based Support R1 2 Calligraphy R1 2 Career Explorations R4 3 5 Stages of Recovery R4 4 Empowerment R1 5 SE Guiding Council R1 6 Peer Support R4	8 Peer Support R4 12 Peer Support R4 1 Conflict Resolution R4 2 Writing Therapy R1 3 Yoga R4 4 YAC (18-25) R1 5 Peer Facilitator Support Circle R4 6 Peer Support R4 6 Dual Recovery Support R1	11 Women's Support R1 12 Peer Support R4 12:30 Jewelry Making R1 -2:00 1 Yoga R4 2 Peer Support R4

Room Assignments: R1= Resource Library, R2 = Computer Room, R3 = Conference Room, R4 = Relaxation Room

Note: Calendar events are subject to change.



JANUARY 2012



Southeastern MA Recovery Learning Community

Taunton Resource Connection Center • 71 Main Street, Suite 1100, Taunton, MA 02780 • Phone (508) 828-4537

Taunton RCC Hours: Open Monday through Friday 8am – 7pm and Saturday 10am – 3pm.

Individual Peer Support and WRAP assistance is available anytime during operating hours; by appointment or walk-in. For individual assistance with Social Security work incentives & benefits questions, contact Rick Ciaccio, Community Benefits Specialist, Ext. 110. Appointments are recommended.

GROUPS & ACTIVITIES

- 5 Stages of Recovery:** Explore the 5 stages in the recovery process.
- Calligraphy:** Learn the art of “fancy lettering” and create a framed artwork of your favorite wellness expression.
- Women’s Support:** A time to chat and get to know each other a little better.
- Conflict Resolution:** Learn skills necessary to respectfully resolve disagreements and disputes.
- Critical Thinking:** Use your mind to achieve your goals, make better decisions, and enhance your life.
- Dual Recovery Support:** A twelve-step support group for all who have a mental health diagnosis and alcohol/drug addiction.
- Empowerment:** Learn how to take the necessary steps to empower yourself and boost self esteem.
- Event Planning:** Learn how to create, plan and prepare the RLC events for the year. (2nd Tuesday of each month)
- Everyday Gifts:** Learn to utilize your talents to aid in your recovery.
- GLBT Dual Recovery Support:** Individuals who identify as GLBT participating a self-wellness and discovery group discussing current issues and concerns.
- Healthy Boundaries:** Understanding, creating and maintaining useful and healthy limits in relationships of any kind.
- Jewelry Making:** Express your recovery through creative jewelry making.
- Maximize Your Finances:** Learn to utilize your monthly funds to get the most of of them.
- Newsletter Committee:** Create the SE RLC’s monthly newsletter for peers and the community.
- Nutrition & Fitness:** Assistance with proper nutrition and fitness for a healthy, productive lifestyle.
- Parenting Support:** Get support with concerns about parenting.
- Peer Support:** Gather with your peers, exchange information, and get support.
- Power of Positive Thinking:** Learn how positive affirmations support your recovery day by day.
- Recovery thru “Working”:** Include employment in your recovery plan. Learn about SSA work incentives & benefit programs.
- Scrapbooking:** Create a recovery-themed scrapbook.
- Therapeutic Journaling:** Utilize personalized journaling to assist in the road to self-exploration and recovery.
- Women’s Support:** Women sharing and communicating useful tips for support and recovery.
- Writing Analysis:** Assist recovery process through remedy writing.
- Yoga:** Gentle stretching exercises encouraging flexibility, strength, stress reduction and mental calmness.
- YAC (Young Adult Circle):** For adults aged 18–25, talk about what’s important to you and your recovery.

OTHER SUPPORTS ALSO OFFERED BY THE SOUTHEASTERN MA RECOVERY LEARNING COMMUNITY

- Peer Facilitator Training:** Get trained to facilitate peer support groups.
- SE Guiding Council:** Open to all peers, the Council assists the RLC through suggestions, dialogue, and community outreach. (2nd & 4th Thursdays of each month)
- SE Peer Facilitator Support Circle:** This group, held twice monthly, supports trained Peer Facilitators through sharing experiences.
- SE Peer Specialist & Peer Recovery Worker Support Circle:** This group, held twice monthly, is to give and receive support from others working as Peer Specialists and Peer Workers.
- Tutoring:** Tutoring will be available Tuesdays beginning December 20th.
- WRAP Classes:** Learn how to put together your own Wellness Recovery Action Plan.

SOUTHEASTERN MA RECOVERY LEARNING COMMUNITY RESOURCE CONNECTION CENTER LOCATIONS

Taunton RCC 71 Main Street Taunton, MA 02302 (508) 828-4537	Attleboro RCC 5 Bank Street, 1 st Floor Attleboro, MA 02703 (508) 828-4537	Brockton RCC 4 Main Street Brockton, MA 02301 (508) 828-4537	New Bedford RCC 384 County Street New Bedford, MA 02740 (508) 828-4537	Plymouth RCC 5 Main Street Extension Plymouth, MA 02360 (508) 828-4537	Cape Cod RCC (To Be Announced)	Fall River RCC (To Be Announced)
---	---	--	--	--	--	--

Room Assignments: R1= Resource Library, R2 = Computer Room, R3 = Conference Room, R4 = Relaxation Room

Note: Calendar events are subject to change.