


# August \* Central Mass Recovery Learning Community \* August

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
<b>1</b>  <i>C L O S E D</i>	<b>2</b> Stress Reduction & Mindfulness 10:30-11:30 am  Knitting Circle 12:00-1:00 pm  Peer Support Meeting 1:00-2:00pm  Drum Circle 4:30-6:00 pm	<b>3</b> Coffee & Conv. 10:30-11:30 am  *Latino Circle 10:15 am-11:15 pm  Work Without Limits 12:00-1:00 pm	<b>4</b>  Wellness Wednesday 10:30-11:30am	<b>5</b> Peer Support Meeting 10:30-11:30 am  *Recovery through Creation 11:45-1:15 pm  Peer Worker Support Meeting 2:00-4:00 pm  Women's Discussion 2:00-3:00 pm  Young Adult Peer Support Meeting 6:00-8:00 pm	<b>6</b> Coffee & Conv. 10:30 to 11:30 am  Spanish Coffee & Conv. 10:15 to 11:15 am  Computer Training 11:30-1:00 pm  Friday Night Live 5:30-8:00 pm	<b>7</b>  *Spanish Karaoke 12:00 to 2:30pm		
<b>8</b>  <i>C L O S E D</i>	<b>9</b> Stress Reduction & Mindfulness 10:30-11:30 am  Knitting Circle 12:00-1:00 pm  Peer Support Meeting 1:00-2:00pm  Drum Circle 4:30-6:00 pm	<b>10</b> Coffee & Conv. 10:30-11:30 am  *Latino Circle 10:15 am-11:15 pm  Work Without Limits 12:00-1:00pm  Gallery Opening Artist Julio Ortiz 4:00pm- 6:00pm	<b>11</b>  Wellness Wednesday 10:30-11:30am  Chakra 1:00pm-2:00pm	<b>12</b> Peer Support Meeting 10:30-11:30 am  *Recovery through Creation 11:45-1:15 pm  Peer Worker Support Meeting 2:00-4:00 pm  Men's Discussion 2:00-3:00 pm  Young Adult Peer Support Meeting 6:00-8:00 pm	<b>13</b> Coffee & Conv. 10:30 to 11:30 am  Spanish Coffee & Conv. 10:15 to 11:15 am  Computer Training 11:30-1:00 pm	<b>14</b>  <i>C L O S E D</i>		
<b>15</b>  <i>C L O S E D</i>	<b>16</b> Stress Reduction & Mindfulness 10:30-11:30 am  Knitting Circle 12:00-1:00 pm  Peer Support Meeting 1:00-2:00pm  Drum Circle 4:30-6:00 pm	<b>17</b> Coffee & Conv. 10:30-11:30 am  *Latino Circle 10:15 am-11:15 am  Work Without Limits 12:00-1:00pm	<b>18</b>  Wellness Wednesday 10:30-11:30 am  Common Ground Workshop 1:00-2:00pm	<b>19</b> Peer Support Meeting 10:30-11:30 am  *Recovery through Creation 11:45-1:15 pm  G.B.L.T. Discussion 2:00-3:00 pm  Peer Worker Support Meeting 2:00-4:00pm  Young Adult Peer Support Meeting 6:00-8:00pm	<b>20</b> Coffee & Conv. 10:30 to 11:30 am  Spanish Coffee & Conv. 10:15 to 11:15am  Computer Training 11:30-1:00 pm  Welcome Lunch 1:00-2:30pm  Friday Night Live 5:30-8:00pm	<b>21</b>  *Spanish Karaoke 12:00 to 2:30 pm		
<b>22</b>  <i>C L O S E D</i>	<b>23</b> Stress Reduction & Mindfulness 10:30-11:30 am  Knitting Circle 12:00-1:00 pm  Peer Support Meeting 1:00-2:00 pm  Drum Circle 4:30-6:00 pm	<b>24</b>  Volunteer Collaboration including Potluck Lunch 9:30 to 4:00pm	<b>25</b>  Wellness Wednesday 10:30-11:30 am  Advocacy Forum 12:00-1:30pm  Chakra 1:00-2:00pm	<b>26</b> Peer Support Meeting 10:30-11:30 am  *Recovery through Creation 11:45-1:15 pm  Peer Worker Support Meeting 2:00 -4:00 pm  Young Adult Peer Support Meeting 6:00-8:00 pm	<b>27</b> Coffee & Conv. 10:30 to 11:30 am  Spanish Coffee & Conv. 10:15 to 11:15 am  Computer Training 11:30-1:00 pm	<b>28</b>  <i>C L O S E D</i>		
<b>29</b>  <i>C L O S E D</i>	<b>30</b> Stress Reduction & Mindfulness 10:30-11:30 am  Knitting Circle 12:00-1:00 pm  Peer Support Meeting 1:00-2:00 pm  Drum Circle 4:30-6:00 pm	<b>31</b> Coffee & Conv. 10:30-11:30am  *Latino Circle 10:15-11:15am  Work Without Limits 12:00-1:00pm	<p style="font-size: 1.2em;">Check out our website in the making.</p> <h2 style="margin: 0;">www.centralmassrlc.org</h2> 					

\*\* Events on calendar are subject to change\*\*  
 \*Indicates Spanish or Bilingual facilitated meetings



## **New in August!!**

**Gallery Opening  
With Artist  
Julio Ortiz  
Tuesday, August 10th  
From 4:00– 6:00pm**

**Common Ground Workshop  
  
Work Without Limits  
  
Advocacy Forum**

**Looking Forward  
Our September Gallery  
display With  
Artist  
Raven Ratkevich**

### **Mondays:**

- Knitting Circle-** Come and enjoy knitting or crocheting and talking with peers. **Weekly, 12:00-1:00pm.**
- Stress Reduction & Mindfulness** – This time will be focused on Mindfulness and Stress Reduction. We are grateful to have a renowned leader in the field, we call Ray, to instruct us. Let yourself experience the gift and reality of decreased stress and increased mindfulness. **Weekly 10:30-11:30am.**
- Peer Support Meeting-** This meeting is open to everyone who has some experience with extreme states or a mental health condition. **Weekly, 1:00-2:00pm.**
- Drum Circle-** Come find the rhythm master in yourself as you drum with other Peers! Open to all--you don't need experience and drums will be available. We'll have a blast creating freestyle rhythms as well as learning rhythms from African, Latin and Arabic cultures! **Weekly 4:30-6:00pm.**

### **Tuesdays:**

- Conversation and Coffee-** A time to spend with other people who want to share thoughts and to support each other. **Weekly, 10:30-11:30am.**
- Latino Circle-** Spanish speakers have the opportunity to share their lived experiences and therefore learn from one another. **Weekly 10:15-11:15 pm.**
- Volunteer Collaboration Day-** Work together as a community helping one another with our mailing project. Potluck Lunch—Bring in your favorite food. **August 24th from, 9:30-4:00pm.**
- Work Without Limits-** Are you thinking of going to work but unsure of where to start or how working may change your life? Please join us to discuss “Work Without Limits”! We will discuss topics such as looking for work, finding a job that works for you, finding work-related resources and supports, how working may affect your benefits, and more. **Weekly from 12:00-1:00pm.**
- Gallery Opening-** Catch a glimpse of the wonderful work hanging in the Gallery. Beginning on the 10th we will be displaying paintings by Artist Julio Ortiz. There will be an opportunity to meet the Artist at the Opening **On Tuesday, August 10th from 4:00-6:00pm**

### **Wednesdays:**

- Wellness Wednesday-** We will explore various physical and mental health topics such as diet, eating habits, exercise and peer support. **Weekly, 10:30-11:30am.**
- Chakra-** Come in and learn about energy centers within your body, how each is associated with a particular emotion, body part and how this knowledge can help on your healing journey. Also how essential oils, flower essences and gemstones can help. **August 11th and August 25th from 1:00-2:00pm.**
- Common Ground Workshop :** On June 1st the RLC introduced Common Ground, a web-based software application which generates reports that can be brought to your doctor during medication visits. This workshop will provide a walk through of the programs provide an opportunity for people to sign up for this service. The workshop will be held from **1:00-2:00pm on August 18.**
- Advocacy Forum:** This month we will have more informative and empowering discussions. How we can work together to help people become aware of their rights, prevent violations, and information on Committees to join to help our voices be heard! Peer Facilitators and Peer Support Workers are encouraged to attend. **Aug 25th 12:00-1:30**

### **Thursdays:**

- Peer Support Meeting-** This meeting is open to everyone who has some experience with extreme states or a mental health condition. **Weekly, 10:30-11:30am.**
- Recovery through Creation-** In this multilingual group we use creativity as a tool of relation and well being. All projects will fit all artistic levels, from beginner to advanced and including jewelry creation, collage, painting, and more. **Weekly, 11:45-1:15pm.**
- Women's Discussion-** Meet with other women in our community and talk about the positive ways they are dealing with mid-life issues and support one another. **August 5th from 2:00-3:00 pm.**
- Men's Discussion-** Join us to discuss topics of special interest to the men of our community. These are meant to be open discussions and may include subjects including sexuality, spirituality and the role of men in today's society. All discussions will be kept confidential. **August 12th from 2:00-3:00 pm.**
- Gay, Lesbian, Bisexual and Transgender Discussion-** Join us to discuss topics of special interest to the GLBT Peers of our community. These are meant to be open discussions and may include subjects including sexuality, spirituality and the role of GLBT Peers in today's society. All discussions will be kept confidential. **August 19th from 2:00-3:00 pm.**
- Young Adult Peer Support Meeting-** This meeting is open to everyone who has some experience with extreme states or a mental health condition. *Note: This meeting is exclusively for young adults ages 18-29.* **Weekly, 6-8 pm.**
- Peer Worker Support Meeting-** This meeting is for all Peers working in the field of mental health—specifically for the CBFS (Community Based Flexible Support) project. **Weekly 2:00-4:00 pm.**

### **Fridays:**

- Conversation and Coffee-** Come spend time with other peers who share thoughts and support each other. **Weekly, 10:30-11:30am.**
- Welcome Luncheon** - Designed for all peers and volunteers to get acquainted with the different programs, meetings, guidelines and goals of the Recovery Learning Community. We would like to establish a basis of understanding so we can all strive for recovery. Please come in—let's have some fun learning about what the RLC can do for you and what you can do for the RLC! Lunch will be provided for all participants **August 20th from 1:00 - 2:30 pm.**
- Spanish Coffee & Conv.-** This meeting is open to everyone who speaks Spanish and has some experience with extreme states or a mental health condition. **Weekly 10:15-11:15 am.**
- Computer Training-** Want to understand some of the basics of the personal computer? If your answer is yes, then this training is for you. Space is limited so we ask that you call the RLC and sign up. **Weekly, 11:30-1:00 pm.**
- Friday Night Live Karaoke-** Join your peers for a fun filled evening of conversation, Karaoke, singing and dancing. Pizza will be provided. **1st, and 3rd and 5th Friday of the month, 5:30-8:00pm.**

### **Saturday:**

- \*Spanish Karaoke:** Fun-filled day of conversation and Karaoke. **1st, 3rd, and 5th Saturday of the month from, 12:00—2:30pm.**

### **Peer to Peer Support Meetings out in the Community:**

**Peer Support Meeting on Thursdays from 1-2,  
@ Booklovers Gourmet 55 E Main St. Webster**

**Peer Support Meeting on Mondays from 10-11  
@ Sturbridge Coffee Roasters in Southbridge**

### **New Spanish Book Club!!**

**Eduardo Zavala  
Mr. Entusiasmo  
Sí se  
PUEDE**

*Nada es imposible para quien piensa positivamente*