



## ***Text for Metro Suburban Section***

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### **WELCOME BACK KYLE!!!!**

We are pleased to announce that Kyle Coleman has returned to the RLC in her position as Program Coordinator! She will be working three days a week for now - Mondays, Wednesdays, and Fridays. Kyle can be reached by phone 617.472.3237x302 or by email: [kcoleman@metrosubrlc.org](mailto:kcoleman@metrosubrlc.org).

### **GUIDING COUNCIL MEETINGS**

The Guiding Council is an essential part of the Recovery Learning Community, serving as a working group/advisory board for the RLC. Beginning June 9 the Guiding Council will start meeting every week on Wednesday from 12 -1. We will be meeting more often in order to increase RLC members' involvement in leadership and decision making, develop deeper relations with core members, and to get to know each other more.

While participation in the Guiding Council is open to all members, at this time we are seeking individuals who are able to make a weekly commitment and assume responsibility for specific task and projects.

In addition to the weekly Guiding Council meetings, we will be having Community Wide Members Meetings every 6 weeks. If you have ideas and suggestions on how the RLC can continue to grow, are interested in becoming more actively involved, and/or want to keep up with what's happening - please come to the community wide meetings.

### **JOIN US FOR COFFEE TALK**

Join your friends, make new friends, and enjoy some coffee and snacks during our Coffee Talk time Monday through Friday from 10:30 – 12

Our space at 460 Quincy Ave has also recently been reorganized, refurbished, and redecorated. If you haven't seen our new look yet, a great time to drop in and get the tour is during Coffee Talk time.

### **GREAT GROUPS LOOKING FOR MEMBERS**

All these groups meet at the Metro Suburban Metro Suburban Recovery Learning Community 460 Quincy Ave, 2cnd floor, Activity Area B, Quincy, MA

#### **Mindfulness in Recovery**

Cultivate compassion and self-acceptance in a supportive environment.

Tuesday's 2-3pm

#### **101 Reasons Why We Smoke**

Maybe you want to quit, Maybe you don't.

Either way you're not alone-

Explore your relationship with smoking.

Monday's 1 - 2 pm

**What's Your Story?** Everyone has one. Make new friends and support each other by learning to share yours!

Thursday's 3:30 – 5 pm

**What is An RLC?** Join us for an informal introduction to the Recovery Learning Community.  
Learn about recovery and the value of peer support.  
Friday's 2-3 pm

For more information on these groups and/or to find out what other groups we offer  
Call 617-472-3237 or email [info@metrosubrlc.org](mailto:info@metrosubrlc.org)