

# Tuesday, Wednesday, Thursday, Saturday

## **TUESDAY Hours: 1-5 pm**

### **1– 5 pm Open Computer lab**

One-on- one computer instruction. Call for appointment. (Tuesday, Wednesday, Thursday, & Saturday.)

### **1-1:30 pm Community Meeting**

Open dialogue to share ideas, programing and events to be sponsored by PERC.

### **1:30-2:15 pm Job Issues for Peers**

Peer led group for peers to improve self-esteem in step-by-step manner. Learn how to become a more effective and efficient employee by mastering job issues.

### **2:15-3 pm Assertiveness for Peers**

Peer support group in which we discuss our communication styles. Topics will be read to stimulate conversation, encouraging development of our assertiveness.

### **3:15 –4:45 pm Whole Heath Action Management (WHAM) (Start date: June 12, 2018)**

Ten week class for peers where you set a goal from 10 Health Domains and get peer support to work on the goal. You will need to attend 8 out of 10 classes to get a certificate. Please RSVP Sarah Selkovits to register at 617-788-1034. or sselkovits@baycove.org.



## **WEDNESDAY Hours: 1-5 pm**

### **1– 5 pm Open Computer lab**

### **1-1:15 pm Community Meeting**

Come share your strengths, wit and wisdom with the community.

### **1:30-2:15 pm Recovery Is Real**

Peer Facilitated Group which focuses on support and uses inspirational quotes.

### **2:15-3 pm Creative Journaling**

Combining biographical lists, gratitude journaling, self-esteem mandala coloring, and journal prompts with peer discussion and support.

## **THURSDAY Hours: 1-5 pm**

### **1-5 pm Open Computer Lab**

Contact Center to register for one to one computer instructions.

### **1-1: 15 pm Community Meeting**

Share your thought and opinions in this tri-weekly setting.

### **1:15-2:15 WRAP for Work**

WRAP for work is a Peer Facilitated five week drop in group which covers Wellness and WRAP in the work place.

### **1:30–2:15 pm Self-esteem**

Peer led group for peers to improve self-esteem in step-by-step manner.

### **2:15-3pm Dual Recovery Anonymous**

This is for individuals recovering from substance and /or mental health issues. It can help you navigate challenges and take an active role in managing your recovery.

### **3:15-4:45 pm NAMI Connections.**

NAMI Connection Recovery Support Groups are a confidential support group for adults concerned about their mental health. Our goal is to encourage, support and empower you to share your stories and find strength in the experience and knowledge of others in the group.

## **SATURDAY Hours: 10 am-3 pm**

### **10:30 am –12 pm Recovery Story Workshop starting April 7, 2018**

It is a drop in group that runs for five weeks and ends May 5,

**On May 12th from 1-3 pm.** There will be a share a Story event . Key Note Robert Walker Director of Recovery DMH

### **10:30 am -12pm Wellness Recovery Action Plan (beginning June 16, 2018).**

WRAP is a 10-week plan that will cover the five key concepts of Recovery, the Wellness Toolbox, the six parts of WRAP, and recovery topics. The program is open to everyone, including people with lived experience of mental illness. You will need to attend 8 out of 10 classes to get a certificate. Please call Sarah Selkovits to register at 617-788-1034 or e-mail [sselkovits@baycove.org](mailto:sselkovits@baycove.org) for classes.

### **12:15-1:15 pm Recovery Is Real**

Feel better about yourself by participating in this peer discussion\_group.

### **1:15-2:45 pm Wellness Recovery Action Plan (beginning June 16, 2018).**

See above.

### **1:30-2:30 pm Creative Journaling (ends June 9, 2018)**

Combining biographical lists, gratitude journaling, self-esteem mandala coloring, and journal prompts with peer discussion and support.



## **MBRLC/PERC**

... is a MBRLC partner recovery center dedicated to improving the lives of people living with mental health challenges. We are open to community members, their families, friends, and other supports. The center is solely staffed by Peers, who live with the same challenges as community members.

**DO you have life goals? You are looking in the right place.**

Our Mission Statement is: To provide hope, self determination and honor to individuals through peer-to-peer relationships, as a way to achieve meaningful change.

Our focus is on Employment, Wellness, and Recovery. Come join us whether you want to use computers, job search or connect with the peer community.

## **Directions**

Our new location is very close to the Fields Corner T stop on the Ashmont Red Line Train. Metro PCS is opposite the Bay Cove MBRLC/ PERC building.

PERC is also close to the Fields Corner Branch of the Boston Public Library

Turn right out of the turnstiles at Fields Corner Station and walk to the left down the bus lane. Turn right on Dorchester Avenue. On the other side of the street, at the light, you will see the Bay Cove building at: 1500 Dorchester Ave. Dorchester. Enter through the door on the right. If the receptionist is not there, call 617-788-1034 to get into the building.

**Bay Cove Mental Health**  
1500 Dorchester Ave.  
Dorchester, MA 02122  
617-788-1034

[infoaboutperc@yahoo.com](mailto:infoaboutperc@yahoo.com)

Look for our webpage under the "Partners" tab at the MBRLC [www.MetroBostonRLC.org](http://www.MetroBostonRLC.org)

**Bay Cove Human Services/  
Metro Boston Recovery Learning Community/  
Peer Education Resource Center**  
**1500 Dorchester Ave.  
Dorchester, MA 02122**  
Hours:  
1-5 p.m. Tuesday/Wednesday/  
Thursday  
10 a.m.-3 pm Saturday



**Sarah Selkovits**  
Director of Recovery  
**Denise Clarke**  
Peer Support Worker  
**Mary Broderick**  
Peer Support Worker  
**Nancy Berger**  
Peer Support Worker

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