

## SOUTHEAST RECOVERY LEARNING COMMUNITY Autumn 2025



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*This newsletter is available on our  
website at [southeastrlc.org/newsletter](https://southeastrlc.org/newsletter)*





## SOUTHEAST RECOVERY LEARNING COMMUNITY Autumn 2025 Newsletter



# Welcome Autumn!



**Brockton RCC Fall  
Crafts Project**

As summer's golden haze fades into crisp air and amber light, autumn arrives like an old friend - gentle, grounding, and full of quiet magic. The buzz of summer gives way to cozy evenings, warm drinks, and layered sweaters. Autumn is more than a shift in weather. It's a shift in rhythm. It's a season that invites us to slow down, take stock, and savor the richness of change. The trees, once lush and green, now blaze with fiery reds, burnt oranges, and golden yellows, reminding us that transformation can be breathtaking.

There's comfort in the crunch of leaves underfoot, the scent of cinnamon and woodsmoke, and the soft glow of early sunsets. It's a time to gather, share stories, and to reconnect with what nourishes us.

Autumn offers a powerful metaphor reminding us that change is not only inevitable; it's beautiful. Just as nature sheds what no longer serves her, we too can release outdated narratives, embrace vulnerability, and prepare the soil for new post-traumatic growth. It's a season that honors resilience: the kind that comes from letting go, from turning inward, and from celebrating the beauty of impermanence.

Head to our website to sign up to receive our monthly updates on the latest upcoming support groups, inspiring guest speakers, community meals, creative workshops, and fun local outings. Our events page is always growing! Come explore what's next and keep up with all our autumn celebrations! Stay tuned for upcoming Halloween parties, Friendsgiving, open houses, and holiday parties at [southeastrlc.org/events](https://southeastrlc.org/events).



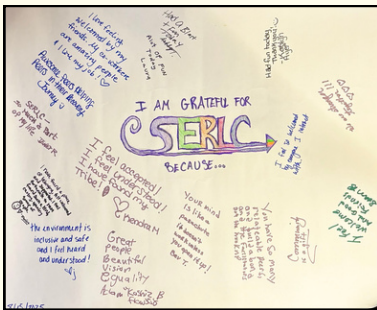
# SOUTHEAST RECOVERY LEARNING COMMUNITY Autumn 2025 Newsletter



## What's been happening at the SERLC?

This summer was filled with a rich variety of in-person events that brought our community together in powerful and joyful ways. From the energetic Annual SERLC Picnic to Pride Month and Juneteenth celebrations, summer outings, and overdose awareness events, each gathering fostered connection, reflection, and collective resilience. These summer gatherings weren't just events. They were affirmations of our shared values: inclusion, healing, and celebration of lived experience.

### Annual SERLC Community Picnic at Watson Pond



In August, our community came together for our annual picnic, a vibrant celebration of recovery, resilience, and community. Held under sunny skies at Watson Pond in Taunton surrounded by familiar faces, the event brought our 4 RCCs together and offered a joyful pause to reflect, reconnect, and recharge.





# SOUTHEAST RECOVERY LEARNING COMMUNITY Autumn 2025 Newsletter



## What's been happening at the SERLC?

### Annual SERLC Community Picnic

The RCC Annual Picnic was bursting with energy, creativity, and connection. And the activities were a huge part of what made the day so memorable! We held four exciting raffles: an Artist's Dream, Crafter's Dream, a black-light themed living room makeover, and a magic kit with crystals, oracle cards, and a light-changing crystal ball. The picnic tables buzzed with creativity as folks painted rocks with affirmations and symbols of recovery, hope, and resilience. Queer Bingo was a crowd favorite with affirming language and prizes that celebrated identity and joy. The game created space for laughter, learning, and visibility. Lawn games created lighthearted fun. These activities brought color, joy, and connection to a day of celebration.

### Picnic Raffle



### Rock Painting



### Queer Bingo





# SOUTHEAST RECOVERY LEARNING COMMUNITY Autumn 2025 Newsletter

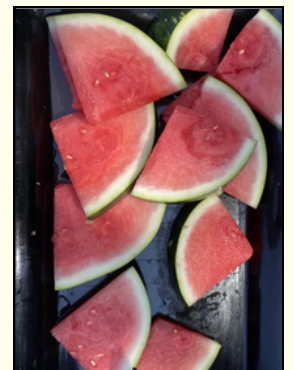


## What's been happening at the SERLC?

### Annual SERLC Community Picnic

The annual SERC picnic was more than a celebration. It embodied the resilience, unity, and vibrant spirit of the Southeast Recovery Learning Community. Every moment reflected the power of connection and the beauty of diverse voices coming together. It was a space where recovery wasn't just supported; it was honored, uplifted, and lived out loud. The picnic reminded us that healing thrives in community.

We hope you can join us again next year!





## What's been happening at the SERLC?



### Overdose Awareness Observances



Each year on August 31st, communities around the world observe International Overdose Awareness Day, a global campaign to raise awareness about overdose, reduce stigma surrounding substance use, and honor the lives lost to this preventable tragedy. This year's theme, *"One Big Family, Driven by Hope"*, reminds us that overdose doesn't just affect individuals, but ripples through families, neighborhoods, and entire communities. Let's continue to raise awareness and break the stigma. Together, we make a difference!

The RCC Fall River team showed up to the Overdose Awareness Day event at Battleship Park to host the table in style with custom designed t-shirts made in-house.



The Brockton RCC attended the Overdose Awareness Vigil in Taunton, joining community members in a heartfelt evening of remembrance and solidarity. The vigil honored lives lost to overdose and uplifted those in recovery through candle lighting, shared stories, and quiet reflection.

Brockton RCC and Fall River RCCs showed up with compassion and presence, offering support and resources while standing alongside others in the fight for healing, awareness, and change.

*To keep up with our activities and events, follow us on Facebook  
@[southeastrecoverylearningcommunity](https://www.facebook.com/southeastrecoverylearningcommunity) & Instagram at  
@[southeastrlc](https://www.instagram.com/southeastrlc) or go to [southeastrlc.org/events](https://southeastrlc.org/events).*



## SOUTHEAST RECOVERY LEARNING COMMUNITY Autumn 2025 Newsletter



### What's been happening at the Quincy Recovery Connection Center?

In August, Quincy RCC hosted guest speaker, Ziba, from Pop Cannibal on peer support through gaming. The discussion centered around 3 topics: building supportive online spaces, navigating gaming with wellness in mind, and using creativity and connection as tools for healing.

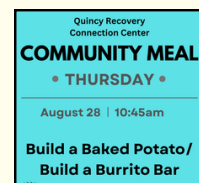


The Quincy RCC came alive with color during the recent tie-dye party, where community members gathered to create vibrant t-shirts and celebrated connection and recovery.

Throughout the summer, Quincy RCC served up delicious community meals, creating space for connection, conversation, and mutual support.



The Quincy RCC held a heart-centered workshop creating vision boards with Janine in a space where creativity meets intention. Participants mapped out hopes for recovery, visualized goals for personal growth, and gave those visions form and color.



**Welcome Sam, Janine & Alan!**

*We're excited to welcome three incredible new team members to the Quincy Recovery Connection Center! Please join us in welcoming:*

- ✨ Sam, our new Group Facilitator, bringing warmth, insight, and a passion for peer-led support and gaming.
- ✨ Janine, Peer Bridger, ready to build meaningful connections and walk alongside individuals in their recovery journeys.
- ✨ Alan, our new Community Connector, is here to strengthen outreach, and foster reciprocal relationships.

Their unique strengths and lived experience will help deepen the heart of the Quincy RCC, creating spaces of healing, belonging, and empowerment. Stop by to say hello and help us give them a warm welcome!



## SOUTHEAST RECOVERY LEARNING COMMUNITY Autumn 2025 Newsletter



### What's been happening at the Brockton Recovery Connection Center?



Brockton RCC's **Juneteenth Black Pride Panel** was centered around the Black experience in America, with a special focus on the richness and complexity of Black identity across generations and cultures. Panelists reflected on growing up Black-American with foreign roots, navigating identity crises, and embracing both cultural pride and the challenges of belonging. It was a meaningful celebration of Juneteenth, and we hope to continue this tradition in 2026 and beyond.

Wellness Recovery Action Planning (WRAP) was offered over the summer. Participants built personalized recovery strategies, and strengthened self-advocacy skills.



Karen R  
Brockton RCC

Fall Craft projects are already in full swing at the Brockton RCC! Members are embracing the season with creativity, connection, and cozy autumn vibes.



This summer, the Brockton RCC brought sunshine indoors with a radiant holiday tree adorned with sunflowers, sun charms, and bursts of colorful handmade decorations.

### Brockton RCC Summer Outings



BBQ @ Watson Pond in  
July



Nantasket Beach in  
September

*For more information about the Brockton Recovery Connection Center, go to [southeastrlc.org/brockton](https://southeastrlc.org/brockton).*



## SOUTHEAST RECOVERY LEARNING COMMUNITY Autumn 2025 Newsletter



### What's been happening at the Fall River Recovery Connection Center?



The Fall River RCC honored Overdose Awareness Week as community members came together to color dozens of purple awareness ribbons, transforming them into beautiful homemade decor. They added a special touch to their year-round holiday tree, making it a symbol of survivorship, support and remembrance. 💜✨

The Fall River RCC recently hosted a joyful and colorful tie-dye pizza party that brought community members together for creativity, connection, and a whole lot of fun. Check out our ***reel*** from the event! 📺



🎉 **Welcome Jillian, Shannon & Marc!** 🎉

We're excited to welcome three incredible team members to the Fall River Recovery Connection Center:

✨ Jillian, joining as the Young Adult Leader, bringing lived experience, creativity, and a deep commitment to supporting transitional-age youth.

✨ Shannon and Marc, stepping in as Community Connectors, ready to strengthen outreach, and build relationships.

Their energy and dedication will help expand our mission of connection, healing, and peer-led support. Be sure to stop by or join on Zoom and give them a warm welcome!

🎉 **Congratulations Marquee!** 🎉

We're excited to welcome Marquee Savoy to the SERLC BMC Peer Team! Marquee brings her experience as a Peer Bridger for the Fall River RCC and will work to deepen outreach with marginalized communities that remain underrepresented at the SERLC RCCs.

*For more information about the Fall River Recovery Connection Center, go to [southeastrlc.org/fall-river](https://southeastrlc.org/fall-river).*



## SOUTHEAST RECOVERY LEARNING COMMUNITY Autumn 2025 Newsletter



### What's been happening at the Hyannis Recovery Connection Center?



Hyannis RCC attended the 9th Annual Unity Day on August 2nd at the Hyannis Village Green. It was a beautiful celebration of community, connection, and inclusion. The Hyannis RCC peer team shared information about the SERLC and upcoming events at the Hyannis RCC.

Thank you to everyone who joined us for our annual Ice Cream Social! From scoops to smiles, the afternoon was filled with laughter, creativity, and connection. 🍦



We're excited to share that the Hyannis RCC is now hosting a Peer Support Group every Monday at 11AM at the Hyannis Public Library! This group is a welcoming space for anyone seeking connection, community, and support in their recovery journey. Led by peers with lived experience, it's a chance to share, listen, and grow together.

*We're hiring! Join our Hyannis RCC Peer Team!*

The Hyannis RCC is seeking a Program Director and Young Adult Leader! To find more information and apply, go to [southeastrlc.org/careers](https://southeastrlc.org/careers)

*Welcome Lana!* ❤️🧡💛💚💙💜

We're thrilled to welcome Lana Dankese, Community Connector at the Hyannis RCC, and Peer Community Facilitator on the SERLC/BMC peer team! Lana is passionate about creating safe, affirming spaces where everyone feels seen and supported. As a young adult with lived experience and a proud member of the LGBTQIA+ community, Lana brings a powerful voice to our peer support work, one rooted in authenticity, resilience, and connection.



*For more information about the Hyannis Recovery Connection Center, go to [southeastrlc.org/hyannis](https://southeastrlc.org/hyannis).*



## SOUTHEAST RECOVERY LEARNING COMMUNITY Autumn 2025 Newsletter



### New Peer Facilitated Support Groups at Quincy Recovery Connection Center

The Quincy RCC is excited to launch several new peer-led groups designed to deepen connection, support recovery, and celebrate shared experience. From creative expression and wellness-focused groups, to identity-affirming spaces and skill-building sessions, these groups offer fresh opportunities for members to engage, reflect, and grow together. Each group is shaped by lived experience and community input, creating welcoming environments to show up authentically and find strength in solidarity. Whether you're looking to explore new interests or build deeper relationships, there's something meaningful waiting for you at Quincy RCC.



In Quincy RCC's new "Roll For Healing" Dungeons and Dragons group, the most crucial element members need to bring to the table is to see from others' perspectives. This will be an awesome opportunity for people to practice socializing, problem solving, and roleplaying outside the box while in a safe space. Join Sam for a fantastical experience on Thursdays at 12pm, in person at Quincy RCC or on Zoom.

### Other New Quincy RCC Groups:

**Men's Support Circle**  
Thursdays  
11:00am-11:45am  
(Hybrid)

**StrongHer Minds  
Women's Group**  
Wednesdays  
10:00am-10:45am  
(Hybrid)

**Present Hearts:  
The Power of Now**  
Wednesdays  
1:00pm-1:45pm  
(Hybrid)

**Read to Recover**  
1st book:  
The Four Agreements  
Mondays  
11:00am-11:45am  
(Hybrid)

**Laugh  
Club**  
Fridays  
1:00pm-1:45pm  
(In-person)

**Brain  
Games**  
Thursdays  
2:00pm-2:45pm  
(In-person)

**Planning for  
Wellness**  
Fridays  
10:00am-10:45am  
(Hybrid)

**Gender &  
Identity**  
Fridays  
11:00am-11:45am  
(Hybrid)

**The Good  
Life**  
Fridays  
12:00pm-12:45pm  
(In-person)



## SOUTHEAST RECOVERY LEARNING COMMUNITY Autumn 2025 Newsletter



### Upcoming Events & Activities at the Brockton Recovery Connection Center

Brockton RCC is planning an outing to Starland Sportsplex & Fun Park in Hanover, where peers will gather for a day of shared fun. Activities like mini golf, arcade games, and go-karts offer a playful way to build relationships and enjoy recovery in action.



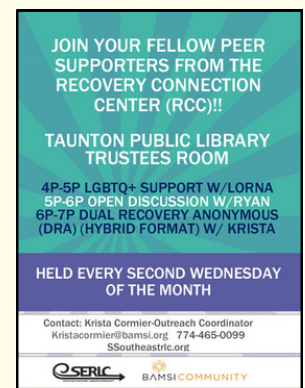
As part of Recovery Month, Brockton RCC invites you to a powerful presentation with Mathematics, hip-hop artist and author of ***That P.A.R.T.***, on Friday, September 26 at 1:45 PM. Through his lived experience, Mathematics will share reflections on accountability, healing, and the power of storytelling. His book offers raw truth, practical tools, and a message of hope that resonates across communities. Join us for inspiration, insight, and connection!

Looking for connection, community, and support? Join us at the Taunton Public Library (Trustees Room) 4pm-7pm on the second Wednesdays of the month for an evening of healing, empowerment, and meaningful conversation with your fellow peer supporters from the Brockton RCC!

🏳️‍🌈 4PM–5PM LGBTQ+ Peer Support w/ Lorna (in-person only)

💬 5PM–6PM Open Discussion w/ Ryan (in-person only)

🌟 6PM–7PM Dual Recovery Anonymous (Hybrid format) w/ Krista



👻 Join us for a spooktacular Halloween potluck on October 29<sup>th</sup>! Bring your favorite dish, wear your most creative costume, and celebrate with friends! 🎃

🐦 Gather with gratitude at our Friendsgiving potluck on November 19<sup>th</sup>! Bring a dish, share a story, and celebrate the joy of peer support!

*For more information about the Brockton Recovery Connection Center, go to [southeastrlc.org/brockton](https://southeastrlc.org/brockton).*



## SOUTHEAST RECOVERY LEARNING COMMUNITY Autumn 2025 Newsletter



### Fall Groups & Activities at Fall River Recovery Connection Center



Join us on the last Friday of every month in person for Fall River RCC **TGIF**: A celebration of connection, creativity, and community healing.

#### 12:00 PM – **Peer Support Bingo**

Come for the camaraderie, stay for the prizes! Bingo with a twist, centered on peer support, laughter, and shared experience.

#### 3:00 PM – **Open Mic Spotlight**

Whether you're a poet, musician, storyteller, or just want to cheer others on, our open mic is a space to shine and be seen.

#### **Let's Start Fresh – Mondays at 11am**

Begin your week with intention, connection, and a clean slate. **Let's Start Fresh** is a new peer-led group meeting Monday mornings at 11am to build momentum for the week ahead. Whether you're navigating recovery, seeking community, or simply want a space to reset, this group offers grounding, encouragement, and a fresh start. Together.

#### **Fall River RCC Ice Cream Social is coming soon—date TBD!**

Join us for a fun, free, peer-led gathering with sweet treats and good company. Whether you're new to the RCC or a longtime participant, the social promises laughter, conversation, and a celebration of recovery and resilience. Stay tuned on our [events page](#) for updates on the official date and details.

♥ We're excited to host a resource table in New Bedford for Recovery Month at the First Steps Recovery Event. Fall River RCC employees will be sharing about our supports and services for families navigating recovery. It's a chance to engage with the community, highlight our inclusive services, and celebrate recovery in all its forms.

*For more information about the Fall River Recovery Connection Center, go to [southeastrlc.org/fall-river](https://southeastrlc.org/fall-river).*



# RCC Spaces Update

We've refreshed our centers with visuals that reflect who we are and what we stand for. On our front doors, we've placed small Progress Pride decals. Step inside, and you'll find pronoun pins available for our members and staff, along with beautiful full-sized Pride flags displayed proudly, celebrating LGBTQIA+ identities and affirming our commitment to visibility and inclusive peer support.

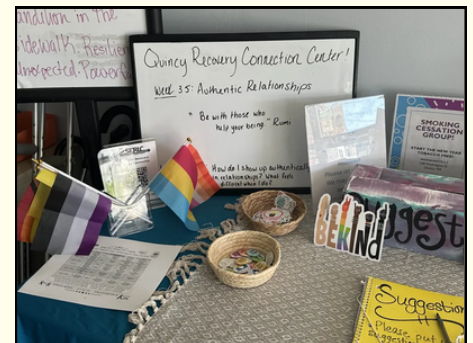


**Brockton RCC Front Window**



**Hyannis RCC**

These symbols may be small in size, but they carry a big message: our spaces are built with intention, care, and a commitment to showing up for every part of our community.



**Quincy RCC**

They're not just decorations, they're declarations of solidarity and belonging. Whether you're arriving for a support group, a fun event, or just stopping by, know: You are seen. You are valued. You are welcome here.



**Fall River RCC**



## SOUTHEAST RECOVERY LEARNING COMMUNITY Autumn 2025 Newsletter



# September is Suicide Prevention Month



Suicide Prevention Month is a vital time to center compassion, connection, and collective action. It reminds us that mental health is a community responsibility—and that every conversation, resource, and moment of support can make a life-saving difference.

By breaking silence and stigma, we create space for healing and hope, especially for those who feel unseen or overwhelmed. This month invites us to honor lived experience, uplift resilience, and ensure that no one has to navigate crisis alone. It's not just about awareness. It's about showing up, listening deeply, and building a culture where support is always within reach.



## Suicide Prevention Crisis WarmLines



The **National Suicide Prevention Lifeline** is a network of local crisis centers that are available 24/7/365 to provide support for youth and adults who are in any kind of emotional crisis. Go to [988Lifeline.org](https://988lifeline.org) or call or text 988.

The **Trevor Project** is the leading suicide prevention and crisis intervention nonprofit organization for LGBTQ+ young people. They provide information & support to LGBTQ+ young people 24/7, all year round. Get support at [thetrevorproject.org](https://thetrevorproject.org) or call (866) 488-7386 or text *START* to 687-687.

**Call BlackLine** provides a safe space for BIPOC peer support, counseling, reporting of mistreatment, witnessing and affirming the lived experiences for folxs who are most impacted by systematic oppression with an LGBTQ+ Black Femme Lens. Go to [callblackline.com](https://callblackline.com), call or text (800) 604-5841 or download the app.

**SERLC/MBRLC** Peer Support line is a compassionate and confidential community warmline, staffed by Certified Peer Specialists and Recovery Coaches who have who have their own first-hand lived experience. Call [877-733-7563](tel:877-733-7563) (877 PEER LNE) (no "i"), 7 Days a week from 4pm-8pm EST. Go to [mbrlc.org/peer-support-line](https://mbrlc.org/peer-support-line) for more info.

**Crisis Text Line** serves anyone facing mental health challenges, providing access to free, 24/7, confidential support. Text 741741 or go to [crisistextline.org](https://crisistextline.org).



## September is Recovery Month



Recovery Month is a powerful reminder that healing is possible and worth celebrating. Each September, communities across the country uplift the voices of those in recovery from substance use and mental health challenges, honoring their strength, resilience, and journeys. It's a time to challenge stigma, expand access to support, and recognize that recovery looks different for everyone. Recovery isn't just about surviving; it's about thriving. Whether through storytelling, resource sharing, or community events, we stand with those reclaiming their lives and building futures filled with hope.

### Substance use & Overdose Awareness Resources

***Never Use Alone*** is a free national overdose prevention, detection, life-saving crisis response service for people who use substances while alone. Peer operators are available 24/7, 365 days a year. Go to [neverusealone.com](https://neverusealone.com) or call [877-696-1996](tel:877-696-1996).

The ***Massachusetts Overdose Prevention/SafeSpot Helpline*** connects people who are using substances with a trained operator who can call for help in case of overdose. Available 24/7, confidential, stigma-free. Go to [www.safe-spot.me](https://www.safe-spot.me) or call [800-972-0590](tel:800-972-0590).

The ***Massachusetts Substance Use Helpline*** is a statewide, free, public resource for finding substance use and harm reduction treatment. Calls are confidential, and operators are available 24/7. Go to [www.helplinema.org](https://www.helplinema.org), call [800-327-5050](tel:800-327-5050), or text HOPE to 800327.

The ***Massachusetts Behavioral Health Help Line (BHHL)*** is a free, confidential service to connect directly to clinical support, and is available by phone, online chat, or text, 24/7, 365 days a year. Go to [masshelpline.com](https://masshelpline.com) or call or text [833-773-2445](tel:833-773-2445).

**KNOW THE SIGNS OF OVERDOSE: SLOWED BREATHING, UNRESPONSIVENESS, PALE OR BLUE LIPS/FINGERTIPS, GURGLING OR CHOKING SOUNDS, PINPOINT PUPILS. CARRY NALOXONE (NARCAN): A LIFE-SAVING OPIOID OVERDOSE REVERSAL MEDICATION AVAILABLE OVER THE COUNTER. LEARN RESCUE BREATHING AND RESPONSE TECHNIQUES FOR OVERDOSE.**



## Meet our Peer Supporters!

**Marquee Savoy, CPS  
(She/Her/Hers)  
Recovery Bridger, Fall River RCC &  
Peer Community Facilitator, BMC Peer Team**

Marquee began her journey as a Peer Bridger at the Fall River Recovery Connection Center (RCC) in November 2021. Deeply passionate about the power of peer support, Marquee understands how isolating life can feel when navigating mental health challenges, trauma, grief, and the complexities of the mental health system.

Having faced these struggles including the profound loss of her mother at age 14, multiple hospitalizations, and major life transitions, Marquee is committed to walking alongside others on their recovery journeys.

Music has played a vital role in Marquee's healing process. A dedicated fan of Hip-Hop, as well as a writer, producer, performer, and emcee, she brings her passion to the RCC through groups like Rocking Recovery and Open Mic Spotlight, creating spaces for expression, connection, and community through creativity.

Marquee's educational journey is another testament to her resilience. After leaving college several times in her youth, she got a second chance when she enrolled at Bristol Community College in 2014. Despite the challenges of an inpatient hospitalization in 2015 and becoming a mother in 2016, she graduated with an associate degree that same year. Raising two children as a single mother, she went on to earn a Bachelor of Science in Criminal Justice in 2020, a path inspired by her own lived experience and desire to create systemic change.

When the opportunity arose to join the RCC in a peer support role, Marquee knew it was her calling. She trained with the Kiva Centers, became Trauma-Informed Peer Support (TIPS) certified in 2023, and earned her Certified Peer Specialist (CPS) certification in the winter of 2024. In August 2025, she stepped into a new dual role as a Community Group Facilitator with the Southeast Recovery Learning Community (RLC) as part of the BMC Peer Team. Marquee is excited to grow in this expanded role connecting with more individuals, strengthening community ties in Fall River and beyond, and continuing to advocate for the transformative power of peer support and the mission of the Southeast RLC.





# Recovery Story Spotlight

**Jillian Andrade, CPS   Fall River RCC Youth Leader**



Back in 2020 someone I loved was shot and killed in front of my eyes as we were in the car driving home. The pain was unfathomable and this severe trauma I experienced consumed me. I started to withdraw from my family and my responsibilities. The thoughts of “why him and not me?” and “what could I have done differently?” ruminated in my head. I turned to drugs to distract myself from these thoughts and numb my pain. I suffered from nightmares so badly I went weeks without sleeping, which led to paranoia. I lost touch with reality and was not in my right state of mind to take care of myself. This resulted in multiple involuntary hospitalizations where I was labeled non-compliant, where my environment was not clean, and I was forced to take medications that altered my personality.

My freedom was taken. I felt trapped, misunderstood and I felt hopeless.

However, there was still an overwhelming pain in my heart, and I found myself searching for structure and stability. This led me to join a voluntary day program which focused on therapeutic groups with peers who suffer from similar struggles. These groups were a safe space and consisted of so much support. I felt comfortable being vulnerable and participating in groups. I learned I was not alone. I learned how powerful it is to relate with others, and I found some of the coping skills they shared helpful to me like practicing positive self-talk, taking deep breaths, and watching a funny movie to relieve stress. While attending this day program I had the freedom to make my own decisions, I had a say in my treatment plan and was informed of great resources I still utilize to this day in my community.

***“This sense of belonging and community impacted my potential to want to be the best version of myself. I finally started to believe I could do whatever I put my mind to. I soon started achieving the goals I set for myself I never thought could be possible.”***

These included being comfortable living alone, getting my license and feeling safe to drive despite my anxiety. I am grateful to have this opportunity and very eager to use my unique experiences to support others.

Even today I still practice maintaining my wellness by having a consistent routine to give myself structure. I apply my coping skills like talking to God, exercising at the gym, and utilizing positive self-talk and deep breathing techniques when I am experiencing feelings of distress.

***I hope by sharing my story others can see that there is light despite of all the darkness.***

***Would you like to share your recovery story in future newsletter publications? Email us at [info@southeastrlc.org](mailto:info@southeastrlc.org)***



## Recovery Story Spotlight



**Kendra Morana  
(She/Her/Hers)  
Volunteer Group Facilitator  
Brockton RCC**



When I was 7 and 8 years old, I went through traumas that left deep scars—sexual abuse, a terrifying cat attack and losing my great grandmother. Those wounds followed me into adulthood, and the chaos of alcoholism only made them heavier. By 2010, I had reached my rock bottom. I was exhausted, broken, and didn't know where to turn. That's when I walked into my first Al-Anon meeting. It was the beginning of a new life for me. In that room, I found people who truly understood. I learned that I didn't cause alcoholism, I couldn't control it, and I couldn't cure it—but I could begin to heal. Al-Anon became the foundation of my recovery.

Learning Self Respect, Self Awareness, Self-esteem and most of all, Boundaries.

In 2014, I had my first major meltdown that led me to a mental hospital. While I was there, I met someone. On January 9, 2015, I found out I was pregnant, and later that year I welcomed my daughter, Jasmine. She became my greatest blessing. But when Jasmine was only a year old, her father—an alcoholic and addict—physically abused me while under the influence. In that terrifying moment, my Al-Anon program kicked in, I knew I deserved better. I called the police, and he was arrested.

***“Ever since becoming a member of Al-Anon, I’ve fought hard to never go back to those dark days again. I learned to focus on myself, to understand what I do and don’t deserve from others, and my confidence grew.”***

Over time, I also joined other support groups, including The RCC (Recovery Connection Center) in January 2024. All this recovery gave me the fight within myself to Keep Swimming not to give up and having the willingness to become a better person and most importantly become a better mother for my daughter. Still, Al-Anon remains the foundation of my healing and the guide for my recovery—one day at a time.

*Would you like to share your recovery story in future newsletter publications? Email us at [info@southeastrlc.org](mailto:info@southeastrlc.org)*



SOUTHEAST RECOVERY  
LEARNING COMMUNITY  
Autumn 2025 Newsletter



## SERLC Creative Artwork



**Marquee S.**  
**Fall River RCC**



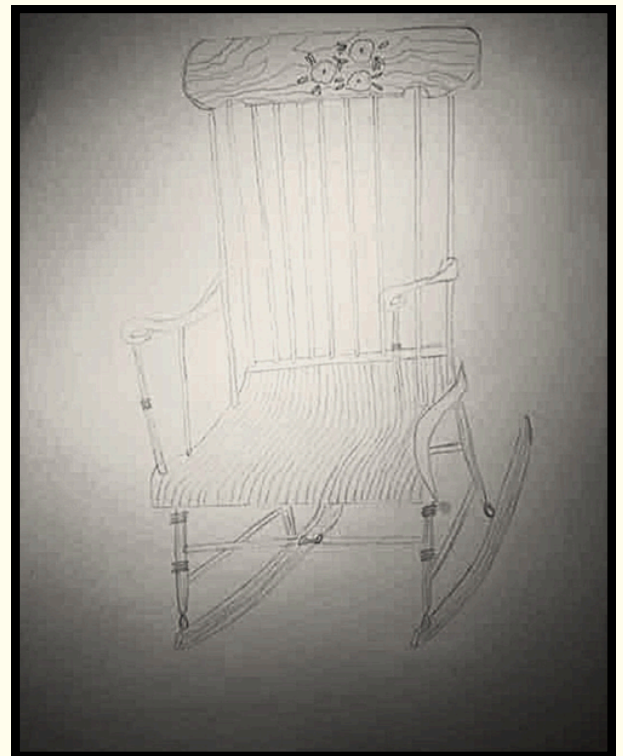
**Christine**  
**Brockton RCC**



**Anthony K.**  
**Quincy RCC**



**Krista C.**  
**Brockton RCC**



**Janine O.**  
**Quincy RCC**



SOUTHEAST RECOVERY  
LEARNING COMMUNITY  
Autumn 2025 Newsletter



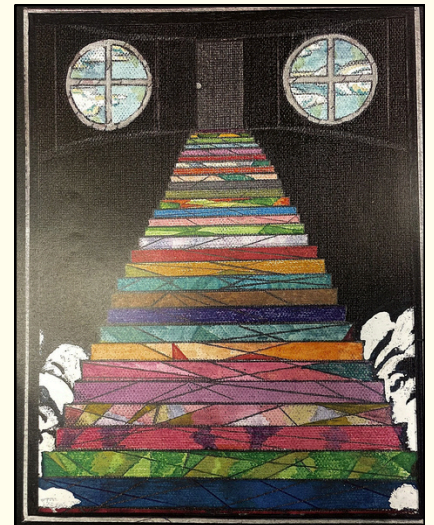
## SERLC Creative Artwork



**Janet R.  
Quincy RCC**



**Christine K.  
Quincy RCC**



**Sean C.  
Quincy RCC**



**Janet R.  
Quincy RCC**



**Jason M.  
Quincy RCC**



*Would you like to share your art or photography in future newsletter publications? Email us at [info@southeastrlc.org](mailto:info@southeastrlc.org).*



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## Highlighted Peer-facilitated Support Groups



### Dual Recovery & Substance Use Meetings



#### Monday

**DRA 1-1:45pm (Hybrid)**  
*Quincy RCC*

**DRA 2pm (Hybrid)**  
*Fall River RCC*

**Dual Anon 6-7pm  
(Hybrid)**  
*Hyannis RCC*

#### Tuesday

**DRA 11am-12pm (Hybrid)**  
*Hyannis RCC*

**DRA 3pm (Hybrid)**  
*Brockton RCC*

**Narcotics Anonymous  
7:30-8:45pm  
(in person only)**  
*Hyannis RCC*



#### Wednesday

**DRA 6pm (Zoom only)**

**EXCEPT**

**2nd Wednesday  
at Taunton Library  
6-7pm (Hybrid)**  
*Brockton RCC*



#### Thursday

**DRA 1-1:45pm (Hybrid)**  
*Quincy RCC*

**Recovery Thursdays – Brockton RCC (Hybrid)**

**Pillars of  
Recovery  
1pm**

**Dimensions  
of Recovery  
2pm**



**W.I.R.E.D.  
Women in  
Recovery Everyday  
3pm**



#### Friday

**DRA 11:30am - 12:30pm  
(Hybrid)**

**Facilitated at:**  
**PIER Recovery Center**  
**209 Main St.**  
**Unit 1**  
**Hyannis, MA**



Go to our virtual calendar at [southeastrlc.org/virtual-groups](https://southeastrlc.org/virtual-groups)  
Read on for RCC Zoom information at the end of this newsletter.



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## Need More Support?

### Peer Support Line



*Call our Peer  
Support Line.*

877-733-7563

**(877 PEER LNE)** (no "i")

*7 days a week  
4pm-8pm daily*

We provide a safe, confidential, nonjudgmental, and trauma-informed space to connect with a peer and share whatever may be on the caller's mind. Call us if you need to talk to someone with lived experience who gets it and can relate to what you're going through.

### Peer Bridging

#### *Are you in transition?*

Our Peer Recovery Bridgers support people in making a transition from an inpatient or other restrictive setting to connect with resources in their communities of choice. Learn more at [southeastrlc.org/peer-bridging](https://southeastrlc.org/peer-bridging).



### Peer Support for Peer Supporters

Join the Peer Specialists from the Center of Excellence for Psychosocial and Systemic Research at Mass General Brigham for a monthly virtual support group for peer professionals. All lived experience roles are welcome!

***Every 3rd Thursday @ 6PM   Zoom ID   835 5047 0570   Passcode: 403865***

**For more information contact Ryan Markley  
at [ryan.markley@bmc.org](mailto:ryan.markley@bmc.org)**



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## Become a Member of our Community!

*It's free and no insurance or referral is needed!*

Our contacts, addresses, hours, and Zoom information for each SERLC Recovery Connection Center are below.



### Brockton RCC

#### Hours of Operation

730 Belmont St.  
Brockton, MA  
**(508) 857-0316**  
Monday 10am-4pm  
Tuesday 1pm-5:30pm  
Wednesday  
(Closed for in person support)  
Thursday 1pm-4pm  
Friday 1pm-4pm

**BarbaraDeCunzo@Bamsi.org**  
**southeastrlc.org/brockton**

Zoom ID 867 2201 5742  
Passcode: brockton

### Quincy RCC

#### Hours of Operation

338 Washington St.  
Quincy, MA  
**(617) 405-5263**  
Monday 9am-3pm  
(Tuesday Closed)  
Wednesday 9am-3pm  
Thursday 9am-3pm  
Friday 9am-3pm

**KelleyTavaresC@vinfen.org**  
**southeastrlc.org/quincy**

Zoom ID: 813 9377 8787  
Passcode: 616775

### Fall River RCC

#### Hours of Operation

649 Bedford St.  
Fall River, MA  
**(508) 675-3137**  
Monday 10:45am-4pm  
Tuesday 11:45am-4pm  
Thursday 10:45am-3pm  
Friday 10:45am-4pm

**CoonanJ@vinfen.org**  
**southeastrlc.org/fall-river**

Zoom ID 842 9744 7844  
Passcode: 107596

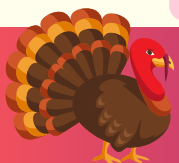
### Hyannis RCC

#### Hours of Operation

106 Basset Ln.  
Unit 2  
Hyannis, MA  
**(508) 815-5219**  
Monday 9am-2pm  
Tuesday 9am-2pm  
Wednesday  
9:30am-12:30pm  
Thursday 9am-2pm  
Friday 9am-2pm

**CoonanJ@vinfen.org**  
**southeastrlc.org/hyannis**

Zoom ID: 615 803 2491



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