



Quarterly Newsletter

SOUTHEAST RECOVERY LEARNING COMMUNITY

Winter 2025-2026

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SCAN ME



*This newsletter is available on our website at
southeastrlc.org/newsletter*



Happy Holidays from the SERLC!



As we enter December, we recognize that this season holds many meanings across cultures and traditions. Whether you celebrate Christmas, Hanukkah, Kwanzaa, Yule, or another holiday, each carries values that unite us all: kindness, gratitude, and togetherness.

The holidays invite us to pause and reflect on the year behind us, while also appreciating the richness of our diverse traditions. From lighting candles and sharing meals to singing songs and exchanging stories, these practices create spaces of warmth and belonging. Each tradition shines its own light in the winter season, reminding us of the importance of community and shared journeys.



This year, our community also carries the weight of grief as we mourn the loss of our Director, Sandra Whitney-Sarles. Sandi's leadership, creativity, and compassion shaped the SERLC in profound ways. Her kindness touched many lives, and her absence is deeply felt. As we gather in celebration of the holidays, we also hold space for remembrance, honoring the legacy she leaves behind.



As we step into the new year, may we carry forward both the lessons of the season and Sandi's example of kindness and dedication. Together, let's continue to uplift one another, celebrate our diverse traditions, and honor the memory of those who have guided us with compassion.

Head to our website to sign up to receive our Quarterly Newsletter and 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 happenings at southeastrlc.org/events.





SOUTHEAST RECOVERY LEARNING COMMUNITY Winter 2025-26 Newsletter



What's been happening at the SERLC?

This fall was filled with powerful moments of connection, gratitude, and reflection that strengthened our community's bonds and reminded us of the resilience we all share.

This October, our centers joined peer supporters around the world in honoring Global Peer Support Day, in a SERLC-wide virtual event recognizing the vital role peer support plays in recovery and resilience. We took time to honor our own peer supporters whose dedication, compassion, and lived experience continue to guide and strengthen our community. As part of the celebration, we created a *tribute video* of our peer supporters in action, offering a reminder of their impact and connections they have built over time. Their contributions remind us that peer support is not only a global movement, but also a daily practice that uplifts lives, strengthens hope, and builds lasting community at the SERLC.



SOUTHEAST RECOVERY
LEARNING COMMUNITY

GLOBAL
Peer Support Day

CELEBRATE PEER SUPPORT WITH US.
TOGETHER, WE MAKE A DIFFERENCE!

THURSDAY OCTOBER
16TH @ 1:30PM - 3PM

MEETING ID: 820 9668 2897
PASSCODE: GPSD



QUESTIONS?
EMAIL INFO@SOUTHEASTRLC.ORG

Fall River RCC completed the 14th and 15th cycles of the Grief Healing & Support Group. This 4-week, ongoing, closed, in-person group, offers a safe, private and supportive space for reflection, healing, and peer connection. Participants come together not to fix each other, but to listen, to support, and to heal. Stay tuned for new upcoming cycles of the group over the winter months! Interested in joining one of these cycles? Email garciab@vinfen.org for more information.

RESERVE YOUR SPACE

16th cycle of our CLOSED
Grief Healing and Support Group

Tuesday Mornings 10am-11:30am
11/18, 11/25, 12/2, 12/9
COMMITMENT REQUIRED FOR ALL FOUR

Space limited to 5-6 participants!
Register by email at: garciab@vinfen.org
Or contact Justin, Program Director, at: (857) 895-6503

Fall River Recovery Connection Center (RCC)
649 Bedford Street, Fall River, MA 02720

Facilitated by Blanca R. Garcia
& Shannon Donnelly



What's been happening at the SERLC?

The Hyannis RCC hosted a cheerful Ice Cream Social this fall, bringing together community members for a sweet afternoon of connection. With plenty of flavors to enjoy and conversations to share, the gathering offered a lighthearted way to celebrate the end of summer and strengthen the bonds of peer support.



Brockton RCC had an outing to Starland Sportsplex & Fun Park in Hanover, where the community gathered for a day of shared fun. Activities like mini golf, arcade games, and go-karts offered a playful way to build relationships and enjoy recovery in action.

This fall, each of our four RCCs hosted warm and welcoming Friendsgiving gatherings, creating space for gratitude, connection, and community. Folks came together to share meals, reflect on the season, and honor the bonds that sustain us. These celebrations offered moments to recognize the resilience of our members, the importance of mutual support, and the joy of building traditions that carry us forward.



All four SERLC Recovery Connection Centers embraced the spooky spirit this October with festive Halloween parties that brought together costumes, creativity, music, craft projects, and community fun. From pumpkin decorating and games to shared meals and laughter, each center offered a welcoming space to celebrate Halloween.



What's been happening at the SERLC?

SERLC Outreach

Our BMC Peer Community Facilitators (Marquee, Alexandra, and Lana) have been busy with outreach to communities that are underserved at the SERLC. They attended AHA! Night in New Bedford over the fall, hosting informational resource tables at their monthly event. They shared resources, networked, and solidified community partnerships. We look forward to more nights to come with AHA! New Bedford.



Our Response to the November SNAP Disruptions

The Southeast Recovery Learning Community responded to the recent SNAP disruptions with urgency and compassion, centering the voices of those most directly impacted. Most of our members rely on SNAP benefits, so these disruptions created immediate stress and uncertainty across our community. We worked to map local food resources, share clear updates, and create accessible guides that helped community members navigate sudden gaps in benefits. We acknowledged the challenges these disruptions caused and offered practical support through peer-led groups, resource referrals, and collaborative problem-solving. We also came together and created food pantries in our centers, ensuring that our community had immediate access to essential supplies. Our response highlighted resilience and solidarity, ensuring that our community was not left isolated during a critical moment of need. If you are facing food insecurity, reach out to your RCC Program Director for support in accessing our food pantries.



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What's been happening at the SERLC?

Monthly Guest Speakers

The SERLC welcomes guest speakers each month, creating opportunities to hear fresh voices and perspectives that enrich our community, bringing in leaders, advocates, and storytellers who share their experiences and insights. These gatherings spark meaningful conversations and reflection while highlighting the power of peer support, and the importance of learning from one another.



As part of Recovery Month in September, the Brockton RCC welcomed guest speaker, Mathematics, hip-hop artist and author. Mathematics brought a message of healing, resilience, and transformation, and the power of storytelling. The event was a celebration of creative resilience, where rhythm, poetry, and lived experience came together to uplift and empower.

In October, the Brockton RCC welcomed presenters from the Lewis D. Brown Institute for a powerful session on *Peace Play*. This healing technique invites individuals to reflect on their struggles and strengths without words, using miniature figures to create scenes that represent different parts of life. Much like a 3D vision board, *Peace Play* offers a creative and compassionate way to express emotions, conflicts, and resilience that might otherwise remain unspoken.



In November, the Brockton RCC welcomed guest speaker, Jenn Knight, Director of Outreach at OutstandingLife, a safe, diverse, and nurturing online community of LGBTQ+ older adults in Massachusetts (and beyond). Similar to a virtual senior center, their social networking platform is a welcoming space that creates meaningful social opportunities through cost-free online programming and peer support.



SOUTHEAST RECOVERY LEARNING COMMUNITY Winter 2025-26 Newsletter



Upcoming Events & Activities



RCC Holiday Parties

Mark your calendars! Holiday parties at our Recovery Connection Centers are coming soon, and you won't want to miss the fun!



Join us at the Fall River RCC on Friday, December 19 from 12–3 PM! Enjoy Chinese food, drinks, and peer support in a festive, welcoming space at 649 Bedford Street, Fall River. Whether you're reconnecting or joining us for the first time, we'd love to celebrate with you! All are welcome! Email coonanj@vinfen.org for more information.

Join us at the Quincy RCC for a gathering filled with joy, delicious food, and great music. Whether you're a regular or visiting for the first time, we welcome you to come share in the spirit of the season. Thursday December 22nd 11am–2pm, at 338 Washington St, Quincy. All are welcome!

Please RSVP to kelleytavaresc@vinfen.org



Celebrate the season with warmth, connection, and community at the Hyannis RCC Holiday Party on Monday, December 22 from 11 AM to 1 PM. Hosted at 106 Bassett Lane, Unit 2 in Hyannis, this festive gathering offers food, drinks, and peer support for all who attend. Whether you're coming to share stories, enjoy a hot drink, or simply be among friends, this event is a welcoming space to close out the year together.

To keep up with our activities and events, follow us on Facebook & Instagram or go to southeastrlc.org/events.



SOUTHEAST RECOVERY LEARNING COMMUNITY Winter 2025-26 Newsletter



Upcoming Events & Activities

RCC Holiday Parties



Join us for a festive evening filled with laughter, connection, and delicious Italian dishes! The Brockton RCC is hosting a Holiday Potluck on December 17th at 4pm, featuring games, sing-a-longs, and a \$5 Yankee Swap. Bring a dish to share, your holiday spirit, and get ready to celebrate with friends and community. Join us at 730 Belmont St, Brockton, MA. Sign up at the BRCC or contact Barbara at barbaradecunzo@bamsi.org to RSVP.

RCC Holiday Closings

Fall River RCC will be closed December 25th, 26th, and closed January 1st.
Hyannis RCC will be closed December 25th, 26th, and closed January 1st.
Quincy RCC will be closed December 25th, 26th, and closed January 1st and 2nd.
Brockton RCC will be closed December 25th, 26th, 31st & January 1st.
The Brockton RCC encourages members to join Zoom groups that are normally scheduled, but will not have a facilitator.



Peers in both the Fall River and Hyannis RCCs will be making **Gratitude Jars** in 2026 as a way to start the new year with reflection, hope, and connection. Each peer member will be invited to contribute a note expressing something they're grateful for as we enter the year ahead, whether it's a moment, a person, a feeling, or a milestone. These jars will remain open and accessible throughout the year, offering everyone the chance to continue adding new reflections as their journey unfolds.

*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.*



In Remembrance of our SERLC Director



Sandra Whitney-Sarles

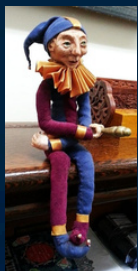
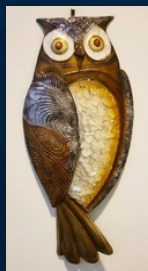


Our community is mourning the loss of Sandra “Sandi” Whitney-Sarles, our beloved SERLC Director, who passed away on November 4th. Sandi was the heart of the Southeast Recovery Learning Community, a compassionate leader and a radiant creative force. She believed in the power of peer support as a movement rooted in dignity, survivorship, and shared journeys. Her leadership transformed our community and uplifted voices too often left out. She didn’t just lead our community, she shaped it with her hands, her heart, and her unwavering belief in our work.

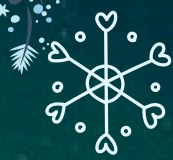
Sandi was a Certified Peer Specialist and had worked in the mental health field for over 30 years, starting as a direct care worker in a group residential program. Sandi had collaborative working relationships with NAMI affiliates, DMH site directors, and mental health providers in the Southeast area.

She previously worked as an educator at a university and an elementary school. In her role as a teacher, she worked with the Hyannis Fire Department and County of Barnstable to develop and teach a diversion program for court-mandated juvenile fire setters. She held a BA in philosophy, a BFA in sculpture, and an MS in education.

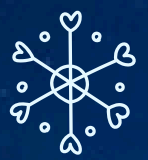
Sandi also worked as a Peer Researcher for the Center of Excellence for Psychosocial and Systemic Research at Mass General Brigham Hospital, where she contributed to research in the field of peer support. In this role, she worked to ensure peer specialists were supported in meeting their needs, furthering her lifelong commitment to strengthening the peer movement.



Sandi was a gifted artist whose creativity touched every aspect of her life. She excelled in painting, drawing, sculpting, woodworking, and architectural design. Each piece reflected her vibrant spirit and resilience.



In Remembrance of SERLC Director Sandra Whitney-Sarles



The tangible beauty Sandi crafted will continue to inspire those who knew her, serving as lasting reminders of her generosity and vision.

Sandi had been active in her own mental health recovery for over 40 years. Her varied background enabled her to offer support and understanding to the wide range of people with whom she worked.



Her warmth, humor, and genuine care created a sense of belonging that will be deeply missed. Sandi took time to listen, encourage, and empower each person in our community. Her legacy is woven not only through her artistic works and leadership, but also through the countless lives she touched with kindness and empathy.



Sandi was a dedicated mother and grandmother. She embodied resilience in every sense of the word. Even as she faced immense challenges, including a double lung transplant and breast cancer, she remained a steady, compassionate force for our community.

Her strength wasn't just in surviving; it was in how she continued to lead, create, and uplift others through it all. She showed us that healing is not linear, and that courage can look like showing up, offering support, and building community even in the face of uncertainty.

Our thoughts are with Sandi's family during this difficult time. We extend our deepest condolences and heartfelt support to all who knew and loved her. May we all find comfort in the memories, the community she built, and the lasting impact of her life. We will carry her light forward. Always. Rest in power, Sandra. ❤️

Please join us in January as we honor her in a virtual and in person celebration of life through the SERLC Recovery Connection Centers. Date and time TBD.



SOUTHEAST RECOVERY LEARNING COMMUNITY Winter 2025-26 Newsletter



In Remembrance of our SERLC Director Sandra Whitney-Sarles



Sandi made a lasting impact on those she mentored.
Here are some of their heartfelt quotes and memories, reflections of
the kindness, and strength she brought into our community.

One time, Sandi said to me that support does not always have to be grand or loud — sometimes it is about being there, showing up, and listening. Those words have resonated with me ever since. She reminded our community of just that when she was present. Sandi incorporated that support does not always need to be loud; it is sometimes found as a quiet presence, in a kind word, or by simply being there. It is found in the presence of others while peers sing, meditate or create together through arts and crafts. Her spirit continues to live in those moments — in every act of kindness, in every shared smile, and in every gentle voice that chooses compassion over noise. Through my eyes, she remains a light of calm strength, reminding us that even the quietest presence can touch many hearts.

-Blanca G. (Fall River RCC)

I started with the SERLC 8 years ago when the Fall River RCC was in the historic Quequechan Club at the time. I was taking care of my Father who was ill with liver and kidney disease at the same time. The Community Connector position was brand new to all 4 sites of the SERLC and was literally being built from the ground up. Sandi was eager to meet with the new staff including myself, so she drove up from the Cape to Fall River. Due to my situation at home, I was literally 10 minutes late to meeting her, and she up and left when I walked in and introduced myself! I was like "darn! I really blew it!" A couple months passed, and we had our Connectors meeting down at the old Hyannis RCC with Sandi. I was nervous because of the first impression I made on her, but it turned out to be more of a collaborative conversation with friends. It seemed like I knew her my whole life, and she ended up giving me praises for my contributions and team work in my area, and with the other Connectors. She praised the idea sharing to enhance how we do our work, which is how WE not Krista got our outreach efforts to where they are today! I always admired how humble of a leader and a peer collaborator she was, which I have emulated because of her. She never had power differentials and was a peer like the rest of us. A true team player and she will be truly missed. She is still leading us from up above and is rooting for EVERYONE'S progress, not perfection in the SERLC!

-Krista C. (Brockton RCC)



Recovery Story Spotlight



Cristine Kelley-Tavares, CPS

Quincy RCC Program Director

I am Christine, and I have been a Peer Specialist since 2019. I was led to become a Peer Specialist through tough times I experienced.

I grew up in a household of addiction, fear, coercion and abuse. In 1999, I lost my best friend to a heroin overdose. My ex-husband, was addicted to drugs and we had 2 children together. I was alone to apply for benefits, to take them to appointments and school, I struggled with depression and anxiety. The isolation of being a single parent and trauma from my past was overwhelming. At times I used drugs and alcohol to manage my feelings. I felt stuck in a cycle of hopelessness.

Even though times had been difficult for me, I knew I would be able to rise above it all. I had done well in school, and though I was unable to complete college due to mental health challenges, I was able to complete a year of voluntary community service with City Year, where I assisted with new team start-up and a program called Young Heroes.

I worked for many years as a nursing assistant, which led me to a job on a team that assisted people in the community living with mental health conditions. I learned I was able to use my lived experience with trauma and loss to help others.

*"My proudest achievement is raising my 2 wonderful kids.
I am proud that I continued to push through many difficult days."*

Today, I am the Program Director of the Quincy Recovery Connection Center. A role I love. It gives me the ability to use my experiences. I am committed to our work at the QRCC and do what it takes to help others rise to be their best selves.

Would you like to share your recovery story in future newsletter publications? Email us at info@southeastrlc.org.



Meet our Peer Supporters!

**Ryan Markley, CPS, COAPS
(She/They)
SERLC Program Coordinator**

Ryan has been with the SERLC for 2 years and is a trauma survivor, as well as a survivor of institutionalized psychiatric violence. She has over 45 years lived experience utilizing mental health services. Grounded in her personal wellness journey, Ryan brings a deep commitment to the peer movement and the advancement of lived experience professions.



Originally from Huntsville, Alabama, Ryan earned her bachelor's degree in psychology from the University of Alabama in Huntsville in 2001. The religious trauma she experienced growing up in the deep south has influenced her approach to spiritual wellness, and the many natural disasters she witnessed have deepened her awareness of community interdependence, and the importance of preparing for and healing from collective crises. Ryan is a single mother to a compassionate and empathetic 19-year-old daughter. In 2016, Ryan and her daughter relocated to Massachusetts.

Ryan began her peer specialist journey by facilitating groups for the Kiva Centers and received her Massachusetts Peer Specialist Certification in 2017. She is also certified in Older Adult Peer Support, Intentional Peer Support, Digital Peer Support, Hearing Voices, and Alternatives to Suicide, among others. She was in the first Certified Peer Trauma Guide Training cohort in Massachusetts in 2021. Ryan has five years' experience working on an ACCS Integrated Team, where she served on the peer training team, DEI Committee, and led the ACCS LGBTQIA+ activities in North Worcester County. Ryan is also a peer researcher, advancing inclusive models of peer support that honor resilience, creativity, and community belonging, and she frequently seeks out opportunities to mentor emerging peer supporters. As a small business owner since 2022 of Ryan Markley Intuitive Art, she is passionate about the arts and its ability to foster healing, resilience, and post-traumatic growth.

Today, as Program Coordinator for the SERLC, Ryan works remotely and is tasked with furthering the SERLC's CAIRE Initiative, maintaining the SERLC's online presence, facilitating the volunteer committees, administering the annual QI survey, and creating the quarterly newsletter. She also supports inclusive and collaborative activities, projects, and partnerships within the SERLC where learning, healing and connection can thrive for both community members and SERLC employees alike.



Meet our Peer Supporters!

Leondina "Lana" Dankese (She/Her/Hers) BMC Peer Community Facilitator

Hi! My name is Leondina 'Lana' Dankese, and I have always been passionate about mental health and recovery from as soon as I started walking. I grew up in a family with a long line of military history and saw the effects of Post-traumatic Stress Disorder first-hand with the trauma of others that surrounded me.



My parents worked for a VA Medical Center and that was basically my home away from home. I remember hours as a child spent playing board games with veterans who were in the nursing home unit my mother worked on, and having fun with them. However, as I got older, I saw more and more people afflicted with trauma. I would sit with dying veterans and watch over them when they needed comfort and felt their pain.

Instead of going to college, my mother needed my care since she was in the early stages of her vascular dementia. I took care of my mother for six years as well as working in the medical and mental health field. I have worked for MGH, Lahey Beth Israel, Tufts, and BMC as well as Vinfen. I planned on serving in the Air Force but then the Covid-19 Pandemic started and I remained in the medical field.

Seeing so many people need support with their mental health and recovery, I realized that while I could not serve my country one way, seeing the world around me I realized that what I truly want to do is help people. That I could serve the people around me instead. What makes me happiest is seeing other people happy. I feel so much empathy for others and feeling that has opened my eyes to my true calling; serving the people we serve.

It is with both sadness and hope that I share my transition from the Hyannis RCC to ACCS. Leaving the RCC brings me great sadness, as this community has been such a meaningful part of my journey. At the same time, I hold hope that this is not a goodbye, but rather a shift in how I may return to the RCC in a different capacity in the future. I will still be working with the SERLC in my role as a BMC Peer Community Facilitator, and I look forward to continuing to support and connect with our broader community in this way. Together, we have created something truly special, and I carry that spirit with me as I move forward. Thank you for the support, collaboration, and compassion that have defined my time here.



Celebrating the Holiday Season

We are celebrating the seasons at our RCCs with festive decorations and holiday cheer. Each center is filled with creativity, and spirit, showcasing the warmth of our community.



Brockton RCC



Hyannis RCC



Elizabeth K.

Our team filled their homes with imaginative and heartfelt holiday decorations. These festive touches reflect the warmth, joy, and individuality that make our staff shine as part of our community.



Ryan M.



Liz D.



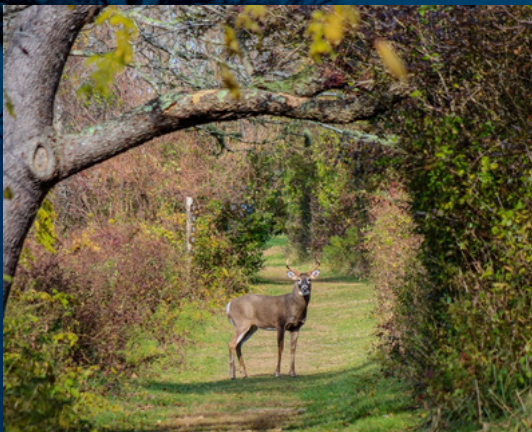
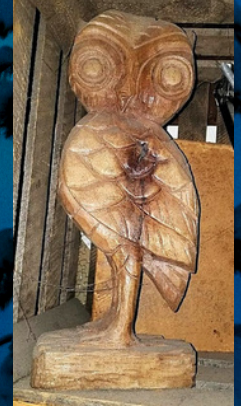
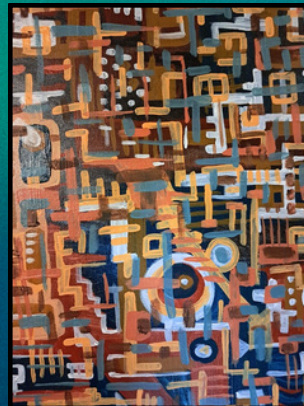
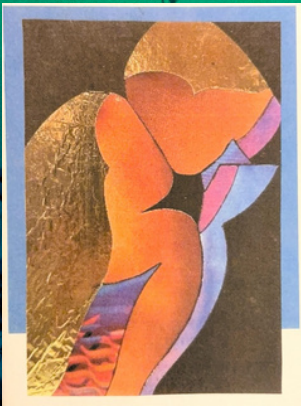
Krista C.

Would you like to share your pictures in future newsletter publications? Email us at info@southeastrlc.org.



Creativity at the SERLC

Creations of Sandra Whitney-Sarles



*Justin C.
Fall River RCC*



*Liz D.
BMC Peer Team*

Would you like to share your creative works in future newsletter publications? Email us at info@southeastrlc.org.

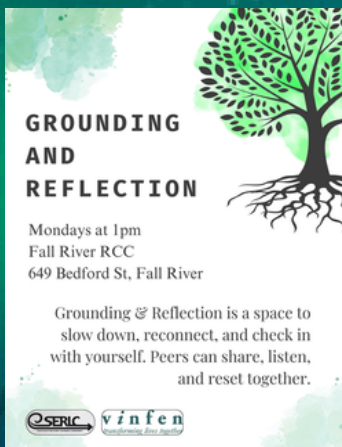


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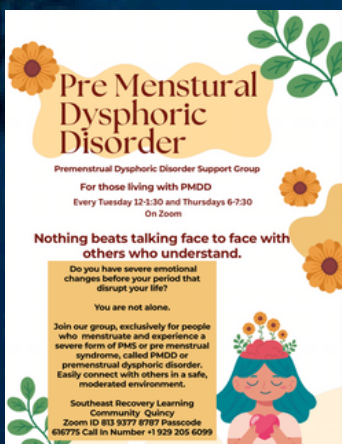
Highlighted Peer-facilitated Support Groups

New Groups at the SERLC!



Join Shannon on Mondays at 1pm for **Grounding & Reflection**. This group will focus on slowing ourselves down, checking in with self, and reconnecting with the present moment. We will use grounding and reflection to give peers the chance to share, listen, and reset emotionally in a safe and welcoming space. Offered via Zoom and in person at 649 Bedford St., Fall River.

Join Shannon at 2pm on Thursdays for **Self-Care**. This group will offer time to slow down and take care of yourself. Together, we explore self-care activities, coping skills, and habits that help us feel grounded, balanced, and supported- both individually and as a community. Offered via Zoom and in person at 649 Bedford St., Fall River, MA.



Join Christine on Zoom for the **Premenstrual Dysphoric Disorder (PMDD) Support Group**. Designed exclusively for people who menstruate and experience severe premenstrual symptoms, the group provides a validating environment where participants can share openly, connect deeply, and feel understood. Meetings are held twice weekly via Zoom on Tuesdays from 12:00 to 1:30 PM, and Thursdays from 6:00 to 7:30 PM. Zoom ID: 813 9377 8787 | Passcode: 616775

Go to our virtual calendar at southeastrlc.org/virtual-groups
Read on for RCC Zoom information at the end of this newsletter.



SOUTHEAST RECOVERY
LEARNING COMMUNITY
Winter 2025-26 Newsletter



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.

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





Become a Member of our Community!
It's free and no insurance or referral is needed!
Brockton Recovery Connection Center

730 Belmont St. Brockton, MA | (508) 857-0316

southeastrlc.org/brockton

BarbaraDeCunzo@Bamsi.org

Zoom ID 867 2201 5742
Passcode: brockton

[illegible]

Quincy Recovery Connection Center

338 Washington St. Quincy, MA | (617) 405-5263

southeastrlc.org/quincy

KelleyTavaresC@vinfen.org

Zoom ID: 813 9377 8787
Passcode: 616775

Quincy RCC Winter 2025-26 Calendar					
Quincy Recovery Connection Center 338 Washington St., Quincy, MA					
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00am-9:30am	Open Forum (in-person)	Tuesday 12pm-1:30 6-7:30pm	Open Forum (in-person)	Open Forum (in-person)	Open Forum (in-person)
9:30am-10:00am	Check-in Chat (in person)		Check-in Chat (in person)	Check-in Chat (in person)	Check-in Chat (in person)
10:00am-10:45am	Read to Recover (Hybrid)	Pre- Menstrual Dysphoric Disorder or Severe PMS Support Group (Zoom Only)	Stronger Minds Workshop (Hybrid)	Life Skills Lab (Hybrid)	Planning for Wellness (Hybrid)
11:00am-11:45am	Community Meeting Last Mondays (Hybrid - Different Zoom ID)		Young Adult Peer Support/ Peer Support (Hybrid)	Men's Support Circle (Hybrid)	The Power of Positivity (Hybrid)
12:00pm -12:45pm	Gender & Identity (Hybrid)	Art (in-person)	The Good Life (Hybrid)	Transitions (Hybrid)	
1:00pm-1:45pm	DRA (Hybrid)	Roll for Healing: A Fantasy for Real World Wellness Tuesday 5:00-6:30pm (Zoom only)	Present Hearts The Power of Now (Hybrid)	DRA (Hybrid)	Center Sing-A-long (in-person)
2:00pm - 2:45 pm	Healthy Lifestyles (in person)		Coping Skills & Stress Relief/ Smoking Cessation (in person)	Brain Games (in-person)	Trivia/Games/BINGO (in-person)
2:45pm - 3:00 pm	Clean Sweep! (in-person)		Clean Sweep! (in-person)	Clean Sweep! (in-person)	Clean Sweep! (in-person)
<p><i>Our hybrid and Zoom groups use the same id except the Community Meeting on last Mondays at 11am.</i></p> <p>Our regular groups have Zoom ID: 813 9377 8787 Passcode: 616775 Call in #: +1 929 205 6099</p> <p>Last Monday Community Meeting: Zoom ID: 875 4996 5657 Passcode: 149210 Call in #: +646 876 9923</p>					
Southeastrc.org/Quincy		(617) 405-5263		kellytavarecs@vinfen.org	

SCAN ME



SOUTHEAST RECOVERY LEARNING COMMUNITY Winter 2025-26 Newsletter



Become a Member of our Community!

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

Hyannis Recovery Connection Center

Hours of Operation

106 Basset Ln. Unit 2 Hyannis, MA | (508) 815-5219

Monday 9am-2pm
Tuesday 9am-2pm
Thursday 9am-2pm
Friday 9am-2pm

southeastrlc.org/hyannis

coonanj@vinfen.org

Zoom ID: 615 803 2491

Hyannis Recovery Connection Center (RCC) - 106 Basset Ln. Unit 2, Hyannis MA 02601
HYANNIS AREA'S IN PERSON AND ZOOM SCHEDULE

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
10:00-10:45am: Arts & Crafts In Person & Zoom	10:00-10:45am: Arts & Music In Person & Zoom	 The Hyannis RCC is closed on Wednesdays. WINTER	10:00-10:45am: Positive Affirmations In Person & Zoom	10:00-10:45am: Fish Bowl In Person & Zoom
11:00-11:50am: Growing Through Grief In Person & Zoom	11:00am-12:00pm: Dual Recovery Anonymous (DRA) In Person & Zoom		11:00-11:45am: Games Group In Person & Zoom	11:30-12:30pm: DRA In Person and Zoom Facilitated from PIER Recovery Center 209 Main St., Suite P1 Hyannis, MA
11:00am-12:00pm: Community Meeting (Last Mondays) In Person & Zoom Zoom ID: 875-4996-5857 Passcode: 149219	12:15-1:00pm: Peer Support In Person & Zoom		12:15-1:00pm: Peer Support In Person & Zoom	1:15-2:00pm: Peer Support In Person & Zoom
1:15-2:00pm: Recovery in Rhythm In Person & Zoom	1:15-2:00pm: Mindfulness & Grounding In Person & Zoom		1:15-2:00pm: Journaling Your Journey In Person & Zoom	3:00-4:00pm: A New Outlook: Young Adults & Growing In Person & Zoom
7:30-8:45 Narcotics Anonymous In Person Only			4:30-5:30pm: Learning to Love: The LGBTQIA2S+ Experience In Person & Zoom	

All our meetings are hybrid, both on Zoom and in person except the NA group on Tuesdays.
Join any of our Zoom Meetings at <https://zoom.us/j/6158032491>
One tap mobile phone dial in: +1-929-205-0099 Meeting ID: 615-803-2491**
Community Meeting on Last Mondays: Zoom ID 875 4996 5857 | Passcode: 149219 | Call in at +1-646-876-9923
If you need more information, please call 508-815-5219

KWANZAA HANUKKAH

Fall River Recovery Connection Center

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

southeastrlc.org/fall-river

coonanj@vinfen.org

Zoom ID 842 9744 7844

Passcode: 107596

Fall River Recovery Connection Center (RCC)
FALL RIVER RCC GROUPS *FREE, NO REFERRAL NEEDED, ALL ARE WELCOME!

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	CONTACT US:
11am: Let's Start Fresh In Person and Zoom Getting Involved with the RCC (Last Monday of month) In Person and Zoom	10am: Grief Healing and Support Group (Closed Group) *Email Bianca at bianca@vinfen.org for more information* 12pm: Boundaries In Person and Zoom	 Fall River Site Closed for the Day WINTER	11am: Café Chat In Person and Zoom 12pm: Finding Clarity In Person and Zoom 1pm: Emotional Dysregulation/ Cognitive Distortions In Person and Zoom	11am: Coffee Chat In Person and Zoom 12pm: Positive Vibes Only In Person and Zoom Peer Support Bingo (Final Friday of Month Prizes Included) Not on Zoom	Justin Coonan Program Director coonanj@vinfen.org 857-895-6503
12pm: Life Skills Lab In Person and Zoom	1pm: Self Image/ Reconstructing From Shame In Person and Zoom		2pm: Self Care In Person and Zoom	1pm: Trivia and Games In Person and Zoom Not on Zoom	Marquee Savoy Recovery Bridge marquee@vinfen.org 508-802-5461
1pm: Grounding and Reflection In Person and Zoom	2pm: Defining Myself on my Own In Person and Zoom		2pm: Rockin' Recovery In Person and Zoom Not on Zoom	3pm: Sound Healing Bingo (1st three Fridays of the Month) Not on Zoom	Bianca Garcia Group Facilitator Bobbie Espinal bianca@vinfen.org
2pm: DRA In Person and Zoom	3pm: Transitions and Taking Charge In Person and Zoom Not on Zoom			3pm: Open Mic Spotlight (Last Friday of Month) Not on Zoom	Jillian Andrade Recovery Youth Leader jandrade@vinfen.org
3pm: Creative Hour/ Open Discussion Not on Zoom					Shannon Donnelly Community Connector shannon@vinfen.org

649 Bedford Street, Fall River, MA 02720
Use Zoom ID: 842 9744 7844 (Passcode: 107596) OR All Groups are on Zoom unless noted
Call In +929-205-6099
Visit us online @ <https://www.southeastrlc.org/fall-river>