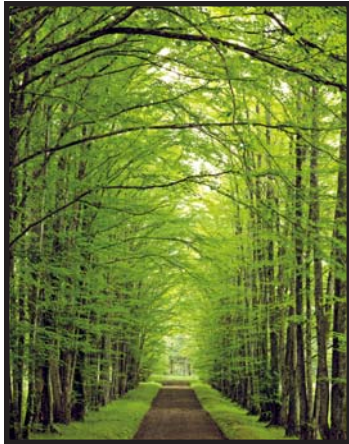


## Our Vision

The vision of the SEMA RLC is to create peer-driven community involvement and instill the message of hope through understanding, encouragement, and assistance for the mental health consumer. The RLC will develop affiliations within the community to provide resources and services to help navigate the path of recovery for those in need.



## Our Mission

Our purpose is to assist people in recovery through peer support. We work for full community and social integration with our peers. We will offer resources, guidance, training programs and outreach. Together we inspire each other with hope, encouragement, and empowerment.

## The RLC Offers:

### ■ Groups and Trainings -

Wellness  
Recovery  
Action  
Planning  
(WRAP),  
Pathways to



Recovery, Peer Facilitator and Peer Specialist Groups and Trainings, Advocacy Training and Support Groups, DRA, Yoga, Writing and Computer Groups, as well as Smoking Cessation, Art, Meditation and Mindfulness, Hearing Voices, and Grief Groups.

■ **Individual Supports** - Individual advocacy and peer support for Spanish and English speakers.

■ **Resource and Referral Information** - Information is given by phone or in person.

■ **Resource Connection Center (RCC)** - Downtown Taunton-based center offers a computer lab, library, classes, activities, and a wide range of resource information and support.

As we grow, we will be including a warm line and supports for individuals who are deaf or hard of hearing.

SOUTHEASTERN MASSACHUSETTS

RLC

71 MAIN STREET, TAUNTON, MASSACHUSETTS 02780 (508) 828-4537



## Southeastern Mass Recovery Learning Community

Promoting  
recovery  
as a journey  
of healing  
toward a more  
meaningful life



## What is an RLC?

The Southeastern Massachusetts Recovery Learning Community (SEMA RLC) is one of six RLC's funded by the Department of Mental Health in Massachusetts. We are a community of consumers/survivors in mental health and/or addictions recovery. The goal of the RLC is to maximize the availability of peer run programs, while collaborating with and expanding upon existing services throughout the southeast.

## Who We Are

The SEMA RLC is run by and for those who have lived experience and are dedicated to the path toward recovery and wellness. The RLC offers peer advocacy and peer support with goal-oriented programs providing community outreach and self-help activities.

## What We Do

The RLC creates a network of peer-run activities and offers information and referral resources. We provide access to peer support and self-help activities, peer advocacy, training opportunities, support to peer specialists, and other peers working in traditional mental health settings.

## Our Goal

The RLC's goal is to stimulate and participate in a cultural change that establishes a focus on promoting resilience, wellness, recovery, and empowerment.



## We believe...

- **Recovery is Real!**
- **Support from individuals with lived experience<sup>1</sup> is powerful, inspirational, and life changing.**
- **A great deal of wisdom is gained on the path of recovery.**

<sup>1</sup>Lived experience is defined as anyone who is receiving mental health and/or addictions recovery services, along with anyone who has been diagnosed and/or treated for a serious mental illness, or has experienced extreme psychological states. It is not meant to be exclusionary, but to convey common ground.

## Get Involved!

- **Visit our Resource Connection Center (RCC).**
- **Join the Southeast Guiding Council:** The Southeast Guiding Council is the Advisory Board of the SEMA RLC. Individuals with lived experience who have been appointed to serve on the Council provide ideas and feedback to the SERLC and report to CCBC's Board of Directors.
- **Contribute to the Newsletter.**
- **Join or start a Group.** Call to find out how the RLC can support you in starting a new group or to learn about what is already available in your area.
- **Become a volunteer.** Provide support and advocacy to your peers.
- **Show your support.** Donate funds or provide free space for groups. You can also contact us to see what other donations may be needed.
- **Check out our open events and trainings.** The RLC offers periodic open events and trainings on a variety of topics.

### RESOURCE CONNECTION CENTER (RCC)

71 Main Street, Taunton, MA 02780  
phone: (508) 828-4537  
fax: (508) 880-8976