

METRO SUBURBAN RLC –QUINCY AREA WEEKLY GROUPS
(Phone 617-472-3237)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Coffee Talk 10:00 - 11:00</p> <p>Discover Recovery 11:00-12:00</p> <p>Meditation with Lauren 1-2</p> <p>Open Computers 12:00 - 2:00</p>	<p>Coffee Talk 10:00</p> <p>Discovering Recovery through Creativity 10:30 - 12:00</p> <p>YMCA 10:00 - 11:30</p> <p>Open Computers 12:00 - 2:00</p> <p>Mindfulness in Recovery 12:30 - 1:30</p> <p>Journal Writing For Wellness 2:00 - 3:00</p>	<p>Coffee Talk 10:00</p> <p>Discovering Recovery through Wellness and Advocacy 10:30 - 12:00</p> <p>Open Computers 12:00 - 2:00</p> <p>Peer Support 7 pm - 8 pm</p>	<p>Coffee Talk 10:00</p> <p>Discovering Recovery through Learning / Skill Development 10:30 - 12:00</p> <p>YMCA 10:00 - 11:30</p> <p>Edit U →</p> <p>E-mail Accounts Workshops Open Computers if space available 12:00 - 2:00</p> <p>Peer Support 1:00 - 2:00</p>	<p>Coffee Talk 10:00 - 11:00</p> <p>Discover Recovery 11:00-12:00</p> <p>Open Computers 12:00 - 2:00</p> <p>Movie Night 2:00 - 5:00</p>	<p>Peer Support 10 am - 11 am</p> <p align="center">At Roche Brothers In the 2nd floor Community Room</p> <p>Note: Please sign up for Edit U and Email Account Workshops - Space is limited to 3 people at a time</p>



**Growing in Community
Rooted In Recovery**





Metro Suburban Recovery Learning Community
 Discovering Recovery Topics and Workshops/Community Events & Meetings
 FEBRUARY 2012



Monday	Tuesday Creativity	Wednesday Wellness & Advocacy	Thursday Skill Development	Friday
		1 <ul style="list-style-type: none"> Personal Advocacy with Dan 12-1 Advocacy and Legislation Committee 1-3 	2 <ul style="list-style-type: none"> Personal Development Achievement Success Edit U (12:30-1:30) Peer Support Group 1-2 	3 Discover Recovery – <u>Build Relationships</u> 11:15-12:00
6 <ul style="list-style-type: none"> Discover Recovery-<u>Respect</u> 11:15-12:00 Meditation with Lauren 1-2 	7 <ul style="list-style-type: none"> Poetry Slam Knitting 	8 <ul style="list-style-type: none"> Whole Body Wellness with Lynne 11:45-12:30 Personal Advocacy with Dan 12-1 News Letter Committee 1-3 	9 <ul style="list-style-type: none"> Personal Development Achievement Success Peer Support Group 1-2 <u>Legislative Breakfast for the Metro Suburban Communities of the Northeast-Suburban Area 9-11 at the Great Hall of the State House</u> 	10 Discover Recovery– <u>Take Responsibility</u> 11:15-12:00
13 <ul style="list-style-type: none"> Discover Recovery - <u>Hope</u> 11:15-12:00 Meditation with Lauren 1-2 Peer Facilitator Support Meeting 1-3 	14 <ul style="list-style-type: none"> Poetry Slam Knitting <p style="text-align: center;"><i>All Day Valentine's Theme Please bring Cup-Cakes, Candy, Cake, etc.</i></p>	15 <ul style="list-style-type: none"> Goal Setting Personal Advocacy with Dan 12-1 Advisory Council Meeting 1-3 	16 <ul style="list-style-type: none"> Recovering Work Edit U 12:30 – 1:30 Peer Support Group 1-2 	17 Discover Recovery– <u>Empowerment</u> 11:15-12:00
20 C L O S E D	21 <ul style="list-style-type: none"> Poetry Slam Knitting 	22 <ul style="list-style-type: none"> Goal Setting Personal Advocacy with Dan 12-1 	23 <ul style="list-style-type: none"> Peer Support Group 1-2 	24 Discover Recovery– <u>Empowerment</u> 11:15-12:00
27 <ul style="list-style-type: none"> Discovery Recovery – <u>Body/Mind/Spirit</u> 11:15-12:00 Meditation with Lauren 1-2 	28 <ul style="list-style-type: none"> Music and Song Knitting 	29 <ul style="list-style-type: none"> Goal Setting Personal Advocacy with Dan 12-1 		

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