

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>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>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>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>
		<p>Peer Support 7 pm – 8 pm</p>			



**Growing in Community
Rooted In Recovery**





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



Monday	Tuesday Creativity	Wednesday Wellness & Advocacy	Thursday Skill Development	Friday
2 C L O S E D	3 <ul style="list-style-type: none"> • Poetry Slam • Knitting 	4 <ul style="list-style-type: none"> • Personal Advocacy with Dan • Advocacy and Legislation Committee (1-3) 	5 <ul style="list-style-type: none"> • Personal Development Achievement Success • Peer Support Group 1-2 	6 Discover Recovery - <u>Self Direction</u>
9 Discover Recovery - <u>Personal Needs</u> Peer Facilitator Support Meeting 1 - 3	10 <ul style="list-style-type: none"> • Poetry Slam • Knitting 	11 <ul style="list-style-type: none"> • Whole Body Wellness with Lynne (11:30-12:30) • Personal Advocacy with Dan • News Letter Committee (1-3) 	12 <ul style="list-style-type: none"> • Personal Development Achievement Success • Peer Support Group 1-2 	13 Discover Recovery - <u>Empowerment</u>
16 C L O S E D Martin Luther King	17 <ul style="list-style-type: none"> • Poetry Slam • Knitting 	18 <ul style="list-style-type: none"> • Goal Setting • Personal Advocacy with Dan • Advisory Council Meeting 1-3 	19 <ul style="list-style-type: none"> • Recovering Work • Peer Support Group 1-2 	20 Discover Recovery - <u>Body/Mind/Spirit</u>
23 Discover Recovery - <u>Step by Step</u>	24 <ul style="list-style-type: none"> • Music and Song • Knitting 	25 <ul style="list-style-type: none"> • Banking Fundamentals • Personal Advocacy with Dan • News Letter Committee (1-3) 	26 <ul style="list-style-type: none"> • Peer Support Group 1-2 	27 Discovery Recovery - <u>Cope</u>
30 Discovery Recovery - <u>Build Relationships</u>	31 <ul style="list-style-type: none"> • Music and Song • Knitting 			