

## METRO SUBURBAN RLC –QUINCY AREA WEEKLY GROUPS

(Phone 617-472-3237)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Coffee Talk</b> 10:00 - 11:00</p> <p><b>Discover Recovery</b> 11:00-12:00</p> <p><b>Open Computers</b> 12:00 – 2:00</p>	<p><b>Coffee Talk</b> 10:00</p> <p><b>Discovering Recovery through Creativity</b> 10:30 – 12:00</p> <p><b>YMCA</b> 10:00 – 11:30</p> <p><b>Open Computers</b> 12:00 – 2:00</p> <p><b>Mindfulness in Recovery</b> 12:30 – 1:30</p> <p><b>Journal Writing For Wellness</b> 2:00 – 3:00</p>	<p><b>Coffee Talk</b> 10:00</p> <p><b>Discovering Recovery through Wellness and Advocacy</b> 10:30 – 12:00</p> <p><b>Open Computers</b> 12:00 – 2:00</p>	<p><b>Coffee Talk</b> 10:00</p> <p><b>Discovering Recovery through Learning / Skill Development</b> 10:30 – 12:00</p> <p><b>YMCA</b> 10:00 – 11:30</p> <p><b>Edit U E-mail Accounts</b> Open Computers if space available 12:00 – 2:00</p> <p><b>Peer Support</b> 1:00 – 2:00</p>	<p><b>Coffee Talk</b> 10:00 - 11:00</p> <p><b>Discover Recovery</b> 11:00-12:00</p> <p><b>Open Computers</b> 12:00 – 2:00</p> <p><b>Movie Night</b> 2:00 – 5:00</p>	<p><b>Peer Support</b> 10 am – 11 am</p> <p style="text-align: center;"><b>At Roche Brothers In the 2<sup>nd</sup> floor Community Room</b></p>
		<p><b>Peer Support</b> 7 pm – 8 pm</p>			



**Growing in Community  
Rooted In Recovery**





Metro Suburban Recovery Learning Community  
 Discovering Recovery Topics and Workshops/Community Events & Meetings  
 NOVEMBER 2011



Monday	Tuesday Creativity	Wednesday Wellness & Advocacy	Thursday Skill Development	Friday
Some Days There Are Two Topics or Workshops	1 <ul style="list-style-type: none"> <li>• Poetry Slam</li> <li>• Knitting</li> </ul>	2 <ul style="list-style-type: none"> <li>• Practical Confidence</li> </ul>	3 <ul style="list-style-type: none"> <li>• Personal Development Achievement Success</li> </ul>	4 <b>Discover Recovery</b> ..... RLC/ILC Meeting 1:30-4:00
7 Discover Recovery	8 <ul style="list-style-type: none"> <li>• Poetry Slam</li> <li>• Knitting</li> </ul>	9 <ul style="list-style-type: none"> <li>• Nature Walk</li> <li>• Personal Advocacy with Dan</li> </ul>	10 <ul style="list-style-type: none"> <li>• Personal Development Achievement Success</li> </ul>	11 Discover Recovery
14 Discover Recovery ..... Peer Facilitator Support Meeting 1 - 3	15 <ul style="list-style-type: none"> <li>• Holiday Cards</li> <li>• Knitting</li> </ul>	16 <ul style="list-style-type: none"> <li>• Goal Setting</li> <li>• Personal Advocacy with Dan</li> </ul> ..... Advisory Council Meeting 1-3	17 <ul style="list-style-type: none"> <li>• Recovering Work</li> </ul>	18 Discover Recovery
21 Discover Recovery	22 <ul style="list-style-type: none"> <li>• Music and Song</li> </ul>	23 <ul style="list-style-type: none"> <li>• De-stressing with Julia</li> <li>• Personal Advocacy with Dan</li> </ul>	24  <b>Happy Thanksgiving</b>	25  <b>C L O S E D</b>
28 Discover Recovery	29 <ul style="list-style-type: none"> <li>• Music with John and Friends</li> </ul>	30 <ul style="list-style-type: none"> <li>• Advocacy with Dan</li> </ul>		