



CAMBRIDGE/SOMERVILLE RECOVERY LEARNING CENTER

Feeling lonely, depressed, or anxious? There is HOPE. A free, community of peers supporting mental health and wellness is available for you.

Vinfen's Cambridge/Somerville Recovery Learning Center (CSRLC) is a peer-to-peer recovery and support program that fosters hope and resilience for all participants.

At the CSRLC, you will be joining a group of staff and peers with lived experience where together, people work on their recovery and overall wellness in a friendly, supportive, and collaborative environment.

EXPERIENCE WHAT THE CSRLC CAN DO FOR YOU:



Build lasting connections with others



Engage in physical activities (walking, Wii games, movement)



Participate in mental health & wellness workshops



Experience fun social time (visits to the park, art activities, games)



Receive group support with life challenges

CONNECT WITH US:

For more information regarding in-person and virtual offerings, please call the CSRLC at 617-863-5388. You can also contact Vinfen Program Director Janel Tan at tanj@vinfen.org or visit www.mbrlc.org/csrlc.

**Cambridge/Somerville Recovery
Learning Center**
730 Cambridge Street
Cambridge MA, 02141

CSRLC supports and inspires people to more fully engage and participate in various aspects of their lives, such as going back to school, work, participating in their community, or pursuing life goals of their choice.

WHO CAN ATTEND

CSRLC is open to anyone who identifies as living with a mental health challenge. This program is free, open to the public, and there are no requirements regarding referrals or insurance.

EVENT & GROUP ACTIVITIES

CSRLC offers a variety of services such as peer support groups, educational groups on coping and wellness skills, art and creativity groups, and recreational/social groups. Some examples include:

- Happiness and Wellness
- Wellness/Health Behaviors
- Art and Creativity
- NAMI Connections (peer support groups, in partnership with NAMI)
- And more!

Groups may change from time to time based on the community's preferences, needs, and interests.

RESOURCES AVAILABLE INCLUDE ACCESS TO

- A phone
- A library of mental health and leisure books
- Computers for practicing basic computer skills, building resumes, or other purposes
- iPads for using zoom/video calls

PEER-RUN SERVICES

Vinfen runs four different peer-run centers. Various events and groups take place at each Recovery Learning Center and Recovery Connection Center. While specific offerings vary by location, all centers embrace a peer-run model and culture, where staff and participants empathize and relate to one another. Each center is an encouraging place where people can have a voice, share personal experiences, build connections, and support each other on their own individual paths to wellness. Each center fosters a safe space where respect, hope, and wellness thrive.

