

## Peer Support Line

877-733-7563 (877 PEER LNE)  
(no "i")

**Hours of Operation**  
**7 Days a Week from 4 pm-7:45 pm.**

We are a compassionate community phone service, staffed by Operators who have lived experience with mental health and substance use issues. We provide a supportive ear to callers who want to share their thoughts and feelings about life and its challenges with a person who also has lived experience.

Operators talk about the day-to-day experiences of living with mental health issues, and they focus on transformation and recovery possibilities from a place where many people feel disabled, isolated, and perhaps stuck. The message of hope is emphasized, strong and clear, based on the personal accomplishments and achievements of wellness by the Operators.

While we recognize that wellness fluctuates from day to day, and sometimes from hour to hour, this is something that our Peer Operators can talk about.

For more information, contact  
Yuka Gordon  
[yuka.gordon@bmc.org](mailto:yuka.gordon@bmc.org)

**THE BOSTON RESOURCE CENTER IS  
LOCATED ON THE BMC CAMPUS**

Open for one-on-one peer support and  
hybrid Zoom groups

**MONDAYS , WEDNESDAYS, THURSDAYS**  
**10AM — 2PM**

You don't have to be a DMH client.  
You don't need any particular affiliation.

**NO FEES!**

Just drop in during our open hours!  
No Appointment Needed!

All are welcome!

### **BOSTON RESOURCE CENTER**

85 E. Newton Street, Ground  
Floor  
Boston, MA 02118

Phone: (617) 305-9900  
Fax: (617) 305-9992  
For further information,  
contact Yuka Gordon,  
Director:  
E-mail:  
[yuka.gordon@bmc.org](mailto:yuka.gordon@bmc.org)  
(617) 875-4997

## WELCOME TO THE BOSTON RESOURCE CENTER



*Building Community One  
Relationship at a Time*

A Partner of the  
Metro Boston Recovery Learning  
Community  
[www.mbrlc.org](http://www.mbrlc.org)

A Peer-run Program of



EXCEPTIONAL CARE. WITHOUT EXCEPTION.

With Major Funding from  
the Department of Mental Health



## OUR SCHEDULE

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The Boston Resource Center is open three days a week for in-person peer support:

MONDAYS, WEDNESDAYS, AND THURSDAYS

10 A.M. — 2 P.M.

SUNDAY GROUPS (ZOOM ONLY)

12 P.M.— 3 P.M.

In addition, we have a rich and varied Zoom schedule for groups.

At times when the BRC is physically open, we will have hybrid groups, with both an online and in-person component.

### MONDAY:

#### 10:30 am-12 noon: NAMI Connection

Structured 90-minute support group run by peers trained by NAMI.

#### 12-12:50pm Dual Recovery Anonymous

A 12-Step fellowship for those with both substance use and mental health diagnoses issues

#### 1pm-2:00 pm: Men's Group

A group by men, for men. Come talk about guy stuff with other guys.

### WEDNESDAY:

#### 10am--10:50am: Our Best Supporter

Sometimes our best support is wordless. Do you love animals? Have one as a companion, thinking about getting one, or grieving a loss? (No explicit stories of animal cruelty, please.)

#### 11am-11:50am: LGBTQ

Lesbian, gay, bisexual, trans, and all queer folks and queer allies are welcome here! Represent some pride!

#### 12-12:50pm Dual Recovery Anonymous

A 12-Step fellowship for those with both substance use and mental health diagnoses issues

#### 1--1:50pm: Parenting

Kids + COVID + work + mental health challenges? Us too. Want to talk about it?

#### Our Zoom link:

<https://bostonmedicalcenter.zoom.us/j/5468153050>

#### One-touch local dialing:

[#+19294362866,5468153050](tel:+19294362866,5468153050)

### THURSDAY:

#### 10:00am-10:50am: 8 Dimensions of Wellness

#### 10:00 am—11:20: STAIR

**8 Dimensions:** The concept of the eight dimensions of wellness (physical, intellectual, spiritual, emotional, financial, environmental, social, and occupational) has been around for a while. We explore them in a course of 9 weeks . If you miss no more than two groups, you will receive a certificate of completion.

**STAIR:** Eight Dimensions alternates with the STAIR program, a 5-week course for survivors of trauma.

#### 12-12:50pm Dual Recovery Anonymous

A 12-Step fellowship for those with both substance use and mental health diagnoses issues

#### 1- 1:50pm Karaoke

Get your groove on!

### SUNDAY:

#### 12-12:50pm Dual Recovery Anonymous

A 12-Step fellowship for those with both substance use issues and mental health diagnoses in their lives.

#### 1pm—1:50pm Create!!

We spend an hour creating together and talking about our passions. Come draw, write, knit, bead, and color with us!

#### 2:00 pm--2:50pm: Making Connections

This is a different type of peer support; a nice way to network and get to know peers .