

## 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

**BOSTON  
MEDICAL**  
CENTER

EXCEPTIONAL CARE. WITHOUT EXCEPTION.

With Major Funding from  
the Department of Mental Health



## OUR SCHEDULE

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.— 4 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.

**Our main Zoom link, which is good for every group except the Women's Group**

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

**One-touch local dialing:**  
[+19294362866,,5468153050#](tel:+19294362866,5468153050)

### 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-1:50 pm: Men's Group

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

#### 1 pm-1:50 pm: Women's Group

A group by women, for women. Come talk about . . . whatever strikes your fancy! Please note the link is \*different\* for this group only: <https://bostonmedicalcenter.zoom.us/j/91290085189>

### 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: Outsiders' Club

A group for those of us who don't fit into the dominant culture. Non-white? Queer? Grew up feeling like a freak? Come say hi.

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

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

#### 1--1:50pm: Self-Esteem

We have found building self-esteem to be central to the recovery process. Although we have a workbook as a guide, we all learn a lot from our peers.

### 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. Please see Yuka Gordon for details: [yuka.gordon@bmc.org](mailto:yuka.gordon@bmc.org); (617) 875-4997

#### 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 .

#### 3:00 pm--3:50pm: Everybody Wins!

We play online party games (jackbox.tv) and we don't care about scores.