



Recovery Connection Center (RCC)

HYANNIS AREA'S ONLINE ZOOM GROUPS

During the current Coronavirus pandemic, all RCC locations have been closed until further notice;

This is our current online schedule (July 2020)

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
12:30pm: Lunch Break w/ Tracy & Monica	12:30pm: Lunch Break w/Tracy & Monica	12:30pm: Lunch Break w/ Tracy	12:30pm: Lunch Break w/Tracy & Monica	12:30pm: Lunch Break w/ Josh
1pm: Bingo w/ Tracy & Monica	1pm: Build-a-Man w/ Tracy & Monica	1pm: Peers Choice w/ Tracy	1pm: Trivial Pursuit w/ Tracy/Monica	1pm: Peer Support w/ Josh/Eli
2pm: Peer Support w/ Tracy & Josh	2pm: Fish Bowl w/ Monica	2pm: Exercise w/ Josh	2pm: Music w/ Monica	2pm: Difficult Emotions w/ Monica
3pm: All Good News w/ Monica & Eli	3pm: Peer Support w/ Tracy & Josh	3pm: Peer Support w/ Josh/Tracy	3pm: Mental Health in Review w/ Monica	3pm: Relaxation w/ Monica
4pm: TAY Self-Advocacy (18- 30 years of age) w/ Josh/Eli	4pm: RCC Pride w/ Eli & Josh	4pm: TAY Expressive Arts (18-30 years of age) w/Eli	4pm: Peer Support W/ Tracy & Monica	4pm: TAY Fun Friday (18-30years of age) w/ Eli

Join any of our Zoom Meetings by clicking here or copying & pasting in browser: <https://zoom.us/j/6158032491>

One tap mobile phone dial in: +1-929-205-6099 Meeting ID: 615-803-2491

All meetings will last roughly 1 hour & will continue without any disruption or disconnection

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Calendars created by Liz D’Uva. Calendars can be viewed on our website @ www.southeastrlc.org



Lunch Break: Stop in and have a virtual lunch with RCC staff and other individuals before a day of groups begin!

Difficult Emotions: The group looks at the emotions of both anxiety and anger and shares coping skills.

Bingo: Peers choose from 5 subjects. They then share their thoughts with the group.

Build-a-man: Peers use pen and paper to track letters for words names and short phrases. Person who solves the puzzle first wins.

Exercise: Physical movements that are fun around the house.

Fish Bowl: Life statements pulled out of a fish bowl, by facilitator. Peers share their opinion as to pertains to them or their life.

Gratitude: Discussions about what we are grateful for in our lives today and throughout our lives. Is designed to promote open-mindedness.

Mental Health in Review: Discussions of what “Mental Health in Review” means to each individual, and discuss what would be helpful for them to know.

Music: Individuals choose a song to play on youtube. After the song the individual explains what that songs means to them.

Peers Choice: Peers have their choice of group topics based on what we have on the RCC schedule.

Peer Review: Wrapping up the day with feedback from peers, on any issues (positive or negative) or changes they would like to see happen.

Peer Support: Any subject or issue that an individual may have, that is shared with peers for possible feedback/coping skills.

Recovery: Motives and actions that promote or don't promote their personal views of recovery from mental health/addiction.

Some Good News: Good news throughout the local, national, or international community; and discussions on them.



Trivial Pursuit: Facilitator asks trivia questions and the individual with the most points at the end wins.

RCC Pride: A group made for members of the LGBTQ+ community to come together for peer support.

TAY Self-Advocacy: This is a group for young adults to learn their rights and how to advocate for themselves in various areas of life.

TAY Fun Friday: Come join us for a fun end-of-the-week group with games and activities.

TAY Expressive Arts: An opportunity for peers to get creative and express themselves through art.