

*Recovery is remembering who you are
and using your strengths to become all that you
were meant to be.*

The Hope Center . . .

. . . is a Recovery Learning Center dedicated to improving the lives of people living with mental health conditions. We provide support, advocacy, programs, and opportunities to assist community members (peers) who are working to attain and maintain the highest level of wellness they can achieve. The Center is staffed solely by peers, with all groups facilitated by peers. Every community member is invited to become directly involved in the leadership, planning, development and expansion of our programs.

What is your goal in life? Allow us to help you achieve it. We have educational groups to help you grow, social groups to provide you with connections, a focus on art to help stimulate your creativity, and a safe environment to learn. Our community of peer staff, volunteers, and members are interested in meeting you, sharing their thoughts of recovery, and talking about their lived experiences. Our model is that of equality.

Come for an hour, or stay for the day—it is up to you!

NAMI GB CAN

We also host offices for the NAMI Greater Boston Consumer Advocacy Network, an organization that provides support, education, advocacy, and social activities. For more information, call Howard Trachtman at (617) 626-8694, call their office line at (617) 626-8691, go to their website at www.namigbcan.org, or email them at info@namigbcan.org

Brochure date January 30, 2017

The Hope Center is located at
The DMH Erich Lindemann Mental
Health Center
25 Staniford Street
Plaza Level
Boston MA 02114

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Our Hours

Tuesday, Wednesday and Thursday
10:00 AM to 3:00 PM



The Hope Center is a proud partner of the
MBRLC.



The Hope Center

Recovery

Support

Education

Friendships

Dignity and Respect

Advocacy

Connection

No membership dues or fees of any
kind

Come in during our open hours —
All are welcome!

Tuesday	10:00 – 10:30 Social Time	10:30—11:00 Morning Community Meeting	11—11:45: Discussion Group	12—12:45 Creative Writing	1—2:30 NAMI Connection	2:30—3 Wrap-Up
Wednesday	10:00 – 10:30 Social Time	10:30—11:00 Morning Community Meeting	11—Noon Journaling Group	12:15—1:15 Recovery Is Real Support Group	1:30—2:30 Managing Connections	2:30—3 Wrap-Up (in the Hope Center)
Thursday	10:00 – 10:30 Social Time	10:30—11:00 Morning Community Meeting	11—12 Support/ Discussion Group	12—2 Movie	2:15—3:00 Art/Games and Social Time	

Morning Community Meeting

This is an opportunity for all to check in and provide input to improve the Hope Center.

Tuesday:

Discussion Group

This is a group which discusses a specific topic which changes weekly. Topics have ranged from stigma to symptom management.

Creative Writing

In this group, members express themselves through writing and reciting poetry and creative journaling.

NAMI Connection

A structured 90-minute recovery group.

Wednesday

Journaling Group

Creative journaling using lists, free-writing, sharing, and coloring inspirational messages.

Recovery Is Real Support Group

Recovery and positive transformation based on members’ own experiences.

Managing Connections

Dealing with loneliness and building social support is vital for all peers.

Thursday

Support/Discussion Group

A time to share how your week has gone, or just hang out and chat.

Movie

Just that.

Art

Color a mandala, draw or paint a picture, make a stretchy bracelet, work on a square of the Hope Center quilt, knit. It’s all good.