Established in 1977, Vinfen is a nonprofit, health and human services organization and a leading provider of community-based services to individuals with disabilities. Each year, Vinfen provides a comprehensive array of services to adolescents and adults with psychiatric conditions, intellectual and developmental disabilities, brain injuries, and behavioral health challenges. Vinfen's 2,700 dedicated employees are experienced, highly-trained professionals who provide a full range of supportive living, health, educational, and clinical services in more than 200 programs throughout eastern Massachusetts and Connecticut.

Vinfen transforms lives by building the capacity of individuals, families, organizations and communities to learn, thrive and achieve their goals. Our services promote the recovery, resiliency, habilitation, and self-determination of the people we serve. As a human services leader, we strive to be the provider, employer, and partner of choice.

For those of you considering a donation to Vinfen, we thank you. Learn more about how you can help support Vinfen at www.vinfen.org/donate-now.

Who We Are: Vinfen

How to Reach Us

For more information, please contact:

Cambridge/Somerville Recovery Learning Center (CSRLC)
35 Medford Street, 1st Floor, Suite 111
Somerville, MA 02143
Phone: 617-863-5388
Email: tanj@vinfen.org
Program Director: Janel Tan

For more information about Vinfen, contact our office.

Vinfen
950 Cambridge Street
Cambridge, MA 02141
Telephone: 617-441-1800
Fax: 617-441-1858
Toll Free: 877-284-6336
Email: info@vinfen.org
www.vinfen.org

Updated: 7/15

Cambridge/Somerville Recovery Learning Center (CSRLC)
A community of peers supporting mental health and wellness.

vinfen transforming lives together

www.vinfen.org
OVERVIEW:
Vinfen’s Cambridge/Somerville Recovery Learning Center’s (CSRLC) mission is to promote, support, and empower people to go back to school or work. It’s a peer-to-peer recovery and support program that instills and fosters hope and resilience for all members. CSRLC, funded by the Department of Mental Health, is a partner of the Metro Boston Recovery Learning Community and it’s where people with lived experience of psychiatric conditions join together to promote their recovery. You can learn more at: www.metrobostonrlc.org/csrlc.

WHO CAN ATTEND THE CSRLC?
CSRLC is open to any person who identifies with having a psychiatric condition.

CSRLC OFFERS AN ARRAY OF PEER-RUN SERVICES:
• National Alliance on Mental Illness (NAMI) Connections Groups: connect with and support others in recovery
• Pathways to Recovery Groups: discuss recovery, wellness, empowerment, self-esteem, self-confidence, and more
• Book Club: for beginners, members can practice their reading skills through short stories
• Health Adventures, including Diabetes Prevention Program: learn ways to make healthy behavior changes
• Wellness Recovery Action Plan (WRAP) Groups: learn how to make your own plan to empower your recovery
• Financial Literacy: gain skills on how to create and maintain a budget
• Cooking Group: learn how to make nutritious meals
• Employment Groups: develop skills for job seeking, resume building, and more
• Yoga: relax and de-stress with meditation and yoga poses
• Exercise Groups: walking and fun fitness activities, including the Wii
• Individual Music Instruction: for beginner piano or guitar
• Building Connections: discuss ways to overcome loneliness and plan for fun outings together!
• 1:1 Computer Tutoring time
• Specialty Groups: Creative Coping (Art) Group and LGBTQ Group
• 1:1 Computer Tutoring time

CSRLC PROVIDES ACCESS TO A WEALTH OF RESOURCES:
• Drop-in hours for 1:1 support in school, work, and general life issues
• Drop-in hours for 1:1 support and feedback on resumes or mock interviews
• Access to computers for learning basic computer skills, practicing essay writing, building resumes, or other school and job related purposes
• Access to a phone

DIRECTIONS TO CSRLC:
The CSRLC is located just a short distance from either Target on Somerville Avenue or Twin City Plaza across the train tracks. It’s also accessible through public transit with the #69 or the #87 bus.

For more detailed directions, please call 617-863-5388 or refer to www.metrobostonrlc.org/csrlc.