



You are invited to participate in a **peer-run self-help group** with other people who are managing problems of stress, trauma or mental health.

“Peer Support Group”

1st & 3rd Tuesdays of the Month

Time: 10:30AM–12:00PM

Membership Services Office

Renaissance Club

176 Walker St.

Lowell

- Meet new people with similar experiences
- Learn wellness strategies from others - and share your own, too
- Start or continue your recovery journey with your peers

For more information, please contact the facilitator:

Erica Alarise @ 978-454-7944

For more information about the activities of the Northeast Recovery Learning Community, contact:

Pablo Leon at 978-687-4288 x 143

pleon@nilp.org

If communication accommodations are needed, please call at least two weeks prior. To accommodate people with chemical sensitivities, please do not use perfume or scented clothing.

