



# Road to Recovery

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.

**Join Us Every Monday, Beginning February 6<sup>th</sup>  
3:00 – 4:00PM  
Bridgewell, 3<sup>rd</sup> Floor Conference Room  
35 Market 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 about this group, please contact the facilitators:  
**Susan at 978-873-8982 or Leo at 978-735-3611**

For more information about the activities of the  
North East Recovery Learning Community:  
**Pablo Leon at 978-687-4288 x 143**  
**[pleon@nilp.org](mailto: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.*

