



The Optimists

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 Wednesday
2:30 – 3:30PM
The Friendship Club
66 Silsbee St.
Lynn**

- 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 facilitator:
Mary at 978-968-7135

For more information about the activities of the
North East Recovery Learning Community:
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.

This peer support group is being sponsored by: The Northeast Independent Living Program, Inc. (www.nilp.org) & The Independent Living Center of the North Shore & Cape Ann, Inc. (www.ilcnsc.org), and is one of the core activities of the **North East Recovery Learning Community**.

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