



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 Tuesday**  
**From 11:00AM – 12:00PM at the**  
**Independent Living Center of the**  
**North Shore & Cape Ann**  
**27 Congress St., Suite 107**  
**Salem**

- 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:  
**Sam at 978-687-4288 x 150**

For more information about the activities of the  
Northeast Recovery Learning Community, contact:  
**Kellianne O'Brien at 978-687-4288 x 130**  
**kobrien@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](http://www.nilp.org)) & The Independent Living Center of the North Shore & Cape Ann, Inc. ([www.ilcnsc.org](http://www.ilcnsc.org)), and is one of the core activities of the **North East Recovery Learning Community.**

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