Calendar of Peer Support Groups, Trainings And Upcoming Events – October 2013

- **Before attending any peer groups, please contact the NERLC Office at 978-687-4288, ext. 140, to confirm the details.**

- **No Peer Support Groups are run if the Lawrence Public Schools are closed due to inclement weather.**

- **The NERLC is closed on the following Holidays: New Year’s Day [early close on New Year’s Eve], Martin Luther King’s Birthday; President’s Day; Patriot’s Day; Memorial Day; Independence Day; Labor Day; Columbus Day; Veterans’ Day; Thanksgiving Day and following Friday; and Christmas Day [early close on Christmas Eve.]**

### Essex North Hub Groups

**Haverhill – Oscar Arzola, 978-687-4288, ext. 113**

- **NERLC/NAMI Connection Recovery Support Group** – 1st **Thursday of each month**, 7pm – 8:30pm, Merrimack Valley Hospital, 62 Brown St., contact persons Susan L., 978-257-1836 (crystalenergycreations@hotmail.com) or Elizabeth W., 978-372-7024 (ewwhippies30@gmail.com)

- **Dual Recovery** – Mondays, 5pm-6pm, Whittier Pavillion, 76 Summer St., contact person Oscar Arzola 978-687-4822, ext 113

- **Dual Recovery** – Sundays, 6:45pm-7:45pm, Whittier Pavillion, 76 Summer St., contact person Oscar Arzola 978-687-4822, ext 113

- **Young Adult Bipolar Depression** – Fridays, 3pm-4pm, Victor Emanuel Lodge, 124 Washington St., contact person Oscar Arzola 978-687-4822, ext 113

- **Young Adult Road to Recovery** – Thursdays, 3pm-4pm, Team Coordinating Agency, 76 Winter St., contact person Oscar Arzola 978-687-4822, ext 113

**Lawrence – Oscar Arzola, 978-687-4288, ext. 113**

- **Creative Recovery Arts and Crafts** – Wednesdays, 12pm-1pm, People’s Recovery, 11 S. Union St., contact person Rich and Larry, 978-596-6668
Creative Recovery Arts and Crafts – Fridays, 12pm-1pm, People’s Recovery, 11 S. Union St., contact person Rich and Larry, 978-596-6668

Dual Recovery, - Wednesdays, 12:30pm-1:30pm, Point After Club, 43 Jackson St., contact person Sam Chivers, 978-687-4288, ext. 150

Dual Recovery – Wednesdays, 2:30pm-3:30pm, People’s Recovery Center, 11 S. Union St., contact person Gregory, 978-828-9906

Expanding Your Knowledge – Tuesdays, 10am-11am, People’s Recovery, 11 S. Union St., contact person Tom, 978-794-4351

Expanding Your Knowledge – Thursdays, 10am-11am, People’s Recovery, 11 S. Union St., contact person Tom, 978-794-4351

Grupo de Apoyo – Todos los jueves, 10:45am-11:45 am, Biblioteca Publica de Lawrence, 51 Lawrence, contacte Oscar Arzola al 978-687-4288, ext.113

Entre Nosotras – Lunes y Miercoles, 11am-12pm, Heritage Common Learning Center, 45 Camela Teoli Way, contacte Oscar Arzola al 978-687-4288, ext 113

Hope & Recovery [Bi-Lingual] – Wednesdays, 1:30pm-2:30pm, People’s Recovery, 11 S. Union St, contact person Celeste H., 978-683-0410

Soundscape Music Group – Wednesdays, 11am-12pm, People’s Recovery Center, 11 S. Union St., contact person Danny, 508-982-6615

Soundscape Music Group – Fridays, 11am-12pm, People’s Recovery Center, 11 S. Union St., contact person Danny, 508-982-6615

Exercise, Dance, Yoga & Movement Group for Women – Mondays, 10am-11am, People’s Recovery Center, 11 S. Union St., contact person Oscar Arzola 978-687-4822, ext 113

Women for Sobriety – Mondays, 10am-11am, People’s Recovery Center, 11 S. Union St., contact person Norma 978-420-6426 or Oscar Arzola 978-687-4822, ext 113

Deaf & Hard of Hearing (DHIL) Group – Every Third Monday of the month [9/30, 10/21, 11/11, 12/2] 1pm-3pm, Lawrence Public Library, Robert Frost Room, 3rd Flr., 51 Lawrence St., (Across from the High School); contact per Lori Johnstone, 978-687-4288, ext. 132/V; 978-208-4538/VP; 978-665-2383/TTY; ljohnstone@nilp.org

Meditation & Relaxation – Saturdays, 10am-11am, People’s Recovery Center, 11 S. Union St., contact person Oscar Arzola 978-687-4822, ext 113

Grupo Latino de Recuperación - Saturdays, 11:15am-12:15pm, People’s Recovery Center, 11 S. Union St., contacte a Oscar Arzola al 978-687-4822, ext 113

Creative Expressions – Fridays, 2pm-3pm, Point After Club, 15 Union St., 4th Flr., contact person Oscar Arzola 978-687-4822, ext 113
Lowell Hub Groups – Oscar Arzola, 978-687-4288, ext. 113

- **Veteran’s Information Education Workshops (VIEW)** – **Fourth Tuesday** of every month, 10am-11am, CTI Resource Center, 17 Kirk St., contact person Roland C., 978-654-5613
- **Veteran’s Information Education Workshops (VIEW)** – **Second Wednesday** of every month, 11am-12pm, Lowell Housing Authority, 21 Salem St., contact person Roland C., 978-654-5613
- **Veteran’s Information Education Workshops (VIEW)** – **Fourth Thursday** of every month, 1pm-2pm, Pathfinder, 94 Rock St., contact person Roland C., 978-654-5613
- **Veteran’s Information Education Workshops (VIEW)** – **Fourth Thursday** of every month, 3:30pm-4:30pm, Lowell Transitional Living Center, 189 Middlesex St., contact person Roland C., 978-654-5613
- **Dual Recovery** – Wednesdays, 3:00pm-4:00pm, Bridgewell, 3rd Flr Conference Room, 35 Market St., contact person Bob D., 978-495-0685
- **Grief Group** – Mondays, 3:00pm-4:00pm, Bridgewell, 3rd Flr Conference Room, 35 Market St., contact person Bob D., 978-495-0685
- **Women’s Domestic Violence Group** – Tuesdays, 3pm-4pm, Bridgewell, 3rd Flr Conference Room, 35 Market St., contact person Mary Anne, 978-606-7341
- **Bipolar & Depression Dual Diagnosis Group** – Fridays, 3pm-4pm, Bridgewell, 35 Market St., Contact person Mary Jo Fortes, 987-687-44288, ext. 145

Lynn Hub Groups – Mary Jo Fortes, 978-687-4288, ext. 145; Oscar Arzola, 978-687-4288, ext. 113 and Rachely Ramos, 978-687-4288, ext. 131

- **I’m In Need** – Thursdays, 3pm-4pm, Eliot Community Human Services – Outpatient, 95 Pleasant St., contact Mary Jo Fortes, 987-687-4288, ext. 145

- **Senior Center Gamers Group [NEW DAY]** – Tuesdays, 2pm-3pm, Lynn Senior Center, Large Activity Room, 8 Silsbee St., Mary Jo Fortes, 987-687-4288, ext. 145
Metro North Hub Groups– Jeannie Bass, 978-687-4288, ext. 140
Wakefield

- **Friendship Group** – Fridays, 11am-12pm, DMH Office, 27 Water St., 3rd Flr., Suite 301, contact 781-606-2042
- **Working Through Our Fears** - Wednesdays, 10am-11am, DMH Office, 27 Water St., 3rd Flr., Suite 301, contact 781-606-2042
- **Dual Recovery** – Fridays, 12pm-1pm, Horizon House, 78 Water Street, contact person Nancy, 617-381-1982
- **Coping Skills** - Wednesdays, 12pm-1pm, Horizon House, 78 Water Street, contact person Nancy, 617-381-1982
- **Create Your Life Women’s Workshop** - Mondays, 12:30 pm-1:30pm, DMH Office, 27 Water St., 3rd Flr., Suite 301, contact 781-606-2042
- **Job Skills Group** - Thursdays, 1:30pm-2:30pm, Horizon House, 78 Water St., contact 781-606-2042

North Shore Hub Groups– Mary Jo Fortes, 978-687-4288, ext. 145

Salem

- **Anger Management Discussion Group** – Tuesdays, 6pm-7pm, Independent Living Center of the North Shore & Cape Ann, 27 Congress St., Suite 107, Salem, contact person Mary Jo Fortes, 978-687-4288, ext. 145
- **Anger Management Discussion Group** – Thursdays, 6pm-7pm, Independent Living Center of the North Shore & Cape Ann, 27 Congress St., Suite 107, Salem, contact person Mary Jo Fortes, 978-687-4288, ext. 145
Upcoming NERLC Trainings & Special Events

*WELLNESS RECOVERY ACTION PLAN TRAININGS (WRAP)*

- **Wellness Recovery Action Plan (WRAP) – English-Speaking**
  
  **Date/Time:** October, date TBD  
  **Location:** TBD  
  **Contact:** Vida Whitcomb, 978-687-4288, ext. 146, vwhitcomb@nilp.org

- **Plan de Acción para Recuperar el Bienestar (WRAP)**
  
  **Días:** Septiembre 3, 10, 17, 24, Octubre 1, 8, 15, 22, 29, Noviembre 5  
  **Todos los martes por la Mañana de 10am a 12(mediodía)**  
  **En la Biblioteca Publica, 51 Lawrence St. – 3er Piso en Lawrence**  
  **Communiquese con:** Vivian Nuñez, 978-687-4288, ext. 143, vnunez@nilp.org

* RECOVERY THROUGH COMMUNITY EVENT*

- **Hub-Wide Retreat**
  
  **Date/Time:** Wednesday, October 30th, 10:30am-12:00pm  
  **Location:** Lynn Housing Authority, 10 Church St., Lynn  
  **Contact:** PLEASE CALL TO REGISTER BY FRIDAY, OCTOBER 25TH with Maureen Cuscuna, 978-687-4288, ext. 140

*OTHER EVENTS*

- **Deaf Peer Meet-Up Halloween Party (Wear costume/Refreshments served)**
  
  **Date/Time:** Thursday, October 31, 10am-1pm  
  **Location:** DMH Office, 27 Water St., Wakefield  
  **Contact:** Lori Johnstone, 978-208-4538/VP; 978-687-4288/V/TTY or Justine Barros, 339-219-6119/V/VP; 781-224-7939/TTY