

**Our daily work is guided by**

## **Our Vision Statement:**

Northeast Independent Living Program is known throughout the state for helping individuals regain and retain their independence and equality in the community through Information & Referral, Advocacy, Skills Training, Peer Counseling and Transitions.

We are a community of people who open doors to create an all-inclusive community free of communication, attitudinal, economic and architectural barriers for all people with disabilities.

## **Did You Know?**

**NILP offers many programs for the communities we serve.** Our programs

can be combined to offer the best possible range of services. Our services are free with the exception of our Education Division.

- **Community Support Services**
- **Long Term Services & Supports**
- **Nursing Home Transition Services**
- **Personal Care Assistance Program**
- **The Merrimack Valley Aging & Disability Resource Consortium—Options Counseling**
- **Youth Services Program**
- **Education Division**



## **Connect with us!**



[www.nilp.org/NERLC](http://www.nilp.org/NERLC)



[www.facebook.com/NERLC](https://www.facebook.com/NERLC)

Name: \_\_\_\_\_

Phone: \_\_\_\_\_



**You Are Not Alone.**



The  
Northeast Recovery  
Learning Community

A program of the Northeast Independent Living Program

## What is Our NERLC Program?

The Northeast Recovery Learning Community (NERLC) provides welcoming, safe, understanding, judgment-free spaces where individuals of diverse backgrounds can gather for healing and growth.

**We are a community of peers in recovery from mental health challenges, addiction and/or traumatic life experiences.**

The NERLC supports individuals on their journeys to obtaining and maintaining wellness and works to connect our members to the communities in which they live. We serve 69 cities and towns throughout the Northeast region.



## What is Peer Support?

*“Peer support is the process of giving and receiving encouragement and assistance to achieve long-term recovery.”*

*Peer supporters offer emotional support, share knowledge, teach skills, provide practical assistance, and connect people with resources, opportunities, communities of support, and other people.”*

(Mead, 2003; Solomon, 2004)



NERLC'S Peer Specialists and Recovery Coaches are state certified and use their own lived experience with mental health, addiction, and trauma recovery to provide support focused on advocacy, education, mentoring, and motivation.



The  
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Learning Community

## The NERLC Offers:

- 1:1 Peer Support
- Peer Support Groups
- Workshops & Training
- Peer Workforce Prep
- Social Events
- Groups & Activities for Young Adults (18+) to Older Adults
- LGBTQIA+ Support Groups
- Addiction Recovery Support Groups
- Information & Referrals
- Advocacy

## Please Visit Us

**Make an appointment at one of our hub offices:**



### Lawrence

20 Ballard Road, Lawrence, MA 01843  
978-687-4288 ext.131

### Lynn

1 Market Street, Ste 203, Lynn, MA 01901  
978-687-4288 ext.202