The Northeast Recovery Learning Community

March Calendar

Large Prints & Electronic Versions of this Calendar are Available

Request can be made through email: esoares@nilp.org

For inquiries on specific hub hours and information in Spanish please contact

Emily at esoares@nilp.org

www.facebook.com/nerlc

Peer2Peer Resources for People with Disabilities
Northeast Recovery Learning Community

Who We Are

NERLC provides welcoming, safe, understanding, judgement-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 in a variety of ways, including: 1:1 peer support, peer support groups, self-directed recovery-oriented trainings, advocacy and through an array of community events and activities. We serve 69 cities and towns throughout the Northeast region and have offices in the following locations: Lawrence, Lowell, Lynn and Malden.

What We Offer

- Peer Run Support Groups
- Workshops and Training
- Social Events
- Wellness Classes (WRAP)
- LGBTQIA Support Groups
- Activities for Young Adults
- Peer Workforce Prep Training
- Volunteer & Stipend Opportunities
- Hearing Voices Group
- Spanish Language Trainings
- Information & Referrals
- Addiction Recovery Support
- Community Bridging
- Advocacy
Housing Workshop!

DAY: Wednesday, March 25, 2020
TIME: 10am - 12pm
LOCATION: NILP A&B Conference Room
20 Ballard Rd, Lawrence, MA 01843

Affordable Housing Tips & Techniques

Come join us to learn about affordable housing options!

Our knowledgeable staff will answer your questions and put you on the path to finding housing that is right for you.

*For Reasonable Accommodation requests, contact Heidi at 978-687-4288 x160
Reasonable Accommodations cannot be guaranteed after Wed, March 11.

*To accommodate persons with chemical sensitivities, please refrain from wearing scented products
TUESDAY (3, 10, 17, 24, 31)

• Meditation 1-2

This activity is tailored to the individual always on the go. Breathing, repeating simple mantras, mindfulness and calming the always present mind are a part of this activity.

• No Days Off from 2-3

An open discussion about substance use recovery, the hardships and struggles, and the amazing gifts which come into our lives as a result. We will also discuss the ways in which we practice living in the moment and how we can maintain our lives.

WEDNESDAY (4, 11, 18, 25)

• Recovery Is Real from 10-11

Peer support is about developing skills for ourselves, but also harnessing abilities that will enable others to find peace and acceptance, as well as their own path.

• Cards & Coffee from 11-12

A laidback setting, a cup of coffee, a game of cards and easy discussion are the foundation of a good day.

Drop-In Hours on Wednesday’s from 12:30-3:00 – contact Lisa Rivard for more information at lrivard@nilp.org or 978-687-4288 ext.167
GREATER LOWELL LISTINGS FOR THE MONTH OF MARCH
Billerica, Chelmsford, Dracut, Dunstable, Lowell, Tewksbury, Tyngsboro, Westford

THURSDAY (5, 12, 19, 26)

• RLC Jam from 1-2

This activity is for novices or the musically inclined; join Dave to jam, learn and talk about music on Thursday afternoons.

• Coping Skills 2-3

This activity ties in the importance of knowing how to set boundaries, utilize quiet moments, self-awareness, and how to utilize mindfulness and be aware of how we feel.

SUNDAY (1, 8, 15, 22, 29)

• Learning to Endure from 11:30am-12:30pm

This group is for family members of individuals who experience Substance Use. The main facilitator, Dave C, has nearly 3 decades of experience with using opiates and 9 years of recovery. He possesses a LADC and is incredibly well versed in the world of opiate use and recovery. He is willing to answer any questions someone may have. This is a safe place for people to come and learn what their loved ones are dealing with.

• Sunday Movie from 1-4

Come hang out at the Lowell Hub and watch movies on Sunday afternoons. Football season is over, but we are still open, and you are welcome to join us.

The Lowell Hub is located at 35 John Street in downtown Lowell. For more information about this location, please contact Dave Carignan (dcarignan@nilp.org) or 978-687-4288 x200
ESSEX NORTH LISTINGS FOR THE MONTH OF MARCH
Amesbury, Andover, Boxford, Byfield, Georgetown, Groveland, Haverhill, Lawrence,
Merrimack, Methuen, Newbury, Newburyport, North Andover, Rowley, Salisbury, West
Newbury

THURSDAY (5, 12, 19, 26)

- General Peer Support from 1:00-2:00
  St. James Parish Community Building, 161 Winter Street, Haverhill, MA
  facilitated by Sam Chivers, contact: Lisa Rivard (lrivard@nilp.org) or
  978-687-4288 x167

The Lawrence office is located at 20 Ballard Road, Lawrence, MA. The RLC office hours are
from 10am-12pm on Thursdays.

For more information about this location, please contact Lisa Rivard (lrivard@nilp.org) or
call 978-687-4288 x167.
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LOWELL HUB
35 John St, Lowell, MA
Dave at dcarignan@nilp.org
or Lisa at lrivard@nilp.org
978-687-4288 ext. 200

“Come by for 1 on 1 support, discussion, or just to check out what the RLC may have to offer!”

Contact: Lisa Rivard at lrivard@nilp.org
or 978-687-4288 ext. 167

SERVING LOCATIONS:
Billerica, Chelmsford, Dracut, Dunstable, Lowell, Tewksbury, Tyngsboro, Westford

Drop-in hours are available every Wednesday from 12:30pm-3:00pm
### ESSEX NORTH HUB

20 Ballard Road, Lawrence, MA  
Contact: Lisa Rivard at lrivard@nilp.org  
978-687-4288 ext. 167

Office Hours are available every Thursday from 10:00am-12:00pm  
“Come by for 1 on 1 support, discussion, or just to check out what the RLC may have to offer!  
Contact: Lisa Rivard at lrivard@nilp.org or 978-687-4288 ext. 167

### SERVING LOCATIONS:

Amesbury, Andover, Boxford, Byfield, Georgetown, Groveland, Haverhill, Lawrence, Merrimack, Methuen, Newbury, Newburyport, North Andover, Rowley, Salisbury, West Newbury

### St. James Parish Community Building

161 Winter Street, Haverhill  
Contact: Lisa at lrivard@nilp.org  
978-687-4288 ext. 167

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**March 2020**

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Office Hours  
10-12  
*Peer Support @1

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Office Hours  
10-12  
*Peer Support @1

| 15     | 16     | 17      | 18        | 19       | 20     | 21       |

Office Hours  
10-12  
*Peer Support @1

| 22     | 23     | 24      | 25        | 26       | 27     | 28       |

Office Hours  
10-12  
*Peer Support @1

| 29     | 30     | 31      |           |          |        |          |
CULTURAL HUMILITY

A group to create a presence of diversity on the North Shore for young adults from 17 to 26 that come from all different cultures and identities, to come together and share their strengths in a safe space.

First Tuesday of the month
1:30-3:00pm
1 Market Street, Suite 203
Lynn, MA
Mandy at aorfanos@nilp.org
978-687-4288 ext. 203

Facilitated by:
Castel Ruiz
Email:
castelruiz@gmail.com

Bus 455 stops here at 1:21pm. We will be waiting for you with pizza!
LYNN LISTINGS FOR THE MONTH OF MARCH
Lynn, Lynnfield, Nahant, Saugus, Swampscott

TUESDAY (3/3)

• **Cultural Humility from 1:30-3:00**
This group aims to raise awareness and build community by celebrating our diverse backgrounds and beliefs.
Contact: Castel at castelruiz@gmail.com or Mandy at aorfanos@nilp.org or 978-687-4288 ext. 203

TUESDAY (10 & 24)

• **Hearing Voices from 10:15-11:00**
If you hear voices, see visions or have similar sensory experiences- you’re not alone. We support anyone who has had these experiences by providing opportunities to talk about them freely and without judgment amongst peers.

TUESDAY (17 & 24)

• **Movie & Pizza (3/17) Comedy Movie from the 80’s from 2-4**
  Lynn Shelter, 100 Willow Street
• **Movie & Pizza (3/24) Drama about the journey of life from 2-4**
  Lynn Hub, 1 Market Street, Suite 203, Lynn, MA

WEDNESDAY (4, 11, 18, 25)

• **Relaxation Group from 11-12**
A time to combat the winter blues using mindfulness, meditation, and other stress relief.

• **Coffee Talk from 1-2**
Join us at the Lynn Hub on Wednesday afternoons for a cup of coffee and a bit of discussion!
“Themes ranging from recovery to current events to music and beyond!”
LYNN LISTINGS FOR THE MONTH OF MARCH
Lynn, Lynnfield, Nahant, Saugus, Swampscott

THURSDAY (5, 12, 19, 26)

- **TED Talks from 1-2**

TED Talks videos prompt fantastic discussion. An open and honest format is set up so that everyone is welcome to share their experiences and feelings.

- **BINGO from 10-11**
  Lynn Shelter, 100 Willow Street, Lynn, MA

Recovery without fun is just boring, and we are far from boring people! Join in on the fun and infectious energy of playing BINGO!

The Lynn Hub is located at One Market Street Lynn, MA. For more information about this location, please contact Mandy Orfanos (aorfanos@nilp.org) or Gerry McManamy (gmcmanamy@nilp.org), or call 978-687-4288 x203

NORTH SHORE LISTINGS FOR THE MONTH OF MARCH
Beverly, Danvers, Essex, Gloucester, Hamilton, Ipswich, Manchester, Marblehead, Middleton, Peabody, Rockport, Salem, Topsfield, Wenham

We are currently working on creating community connections and strengthening our presence in the North Shore area. We are always looking for new partners and participants. If you or someone you know are interested in connecting with us, please contact: Mandy Orfanos at aorfanos@nilp.org or 978-687-4288 x203

All suggestions and feedback are welcomed.
## March 2020

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**LYNN HUB**  
1 Market Street, Suite 203, Lynn, MA  
Contacts: Mandy at aorfanos@nilp.org  
or Gerry at gmcmanamy@nilp.org  
978-687-4288 ext. 203

**OFFICE HOURS**  
**WEDNESDAY: 10-3**  
AND  
**THURSDAY: 10-3**

**SERVING LOCATIONS:**  
Lynn, Lynnfield, Nahant, Saugus, Swampscott

Happy St. Patrick’s Day!
Be Uniquely You!

Wednesdays
At the Malden Hub

Uniquely You

“Let’s come together to discover and learn how to appreciate what makes us unique.”

Wednesday from 12pm-1pm
40 Eastern Ave, Suite 318
Malden, MA

Contact: Rachely Ramos at 978-687-4288 ext. 201 or rramos@nilp.org
Join us as we learn to practice mindfulness, sprinkled with some curiosity, kindness, and non-judgement. We will incorporate creativity and explore different topics, while we meditate to guided meditations, soothing music and mantras. We have coffee, tea, light snacks, and friendly faces, all free!

Facilitated by Cheryl Harwood Bell (Certified Peer Facilitator)

Thursdays 1-2pm
NERLC Malden Hub
40 Eastern Ave, Suite 318
Malden, MA

Rachely Ramos at rramos@nilp.org or 978-687-4288 Ext.201

THE NERLC is a community of peers who have lived experiences with mental health challenges, substance use disorders, or who have experienced trauma. Our purpose is to connect with people in our community and let them know that they are not alone and that there is support for them. We provide that support via groups, 1 on 1 sessions, and through events. All our events are free and open to anyone interested. Please call us if you want to ask questions or learn more about us. All are welcome!

Rachely Ramos at rramos@nilp.org or 978-687-4288 Ext. 201
Come and express your creativity by creating a piece of art and crafts in our Evening Make and Take. Join us as we use our inner talents to create something unique and priceless. Afterwards, you can take your creations with you.

Meets every 2nd Wednesday of the Month
From 6-7pm
NERLC Malden Hub
40 Eastern Ave., Suite 318
Malden, MA 02148

THE NERLC is a community of peers who have lived experiences with mental health challenges, substance use disorders, or who have experienced trauma. Our purpose is to connect with people in our community and let them know that they are not alone and that there is support for them. We provide that support via groups, 1 on1 sessions, and through events. All our events are free and open to anyone interested. Please call us if you want to ask questions or learn more about us. All are welcome!

Rachely Ramos at rramos@nilp.org or 978-687-4288 Ext. 201
METRO NORTH LISTINGS FOR THE MONTH OF MARCH
Everett, Malden, Medford, Melrose, North Reading, Reading, Stoneham, Wakefield

OFFICE HOURS: TUESDAYS 1-3:30, WEDNESDAYS 11-4:30 & THURSDAYS – 1-5

WEDNESDAY (4, 11, 18, 25)

• **Uniquely You from 12-1**

Let’s come together to discover and learn how to appreciate what makes us unique.

New Group on the 2\textsuperscript{nd} Wednesday of the month in the evening 3/11

WEDNESDAY (3/11)

• **Evening Make & Take from 6-7**

Come and express your creativity by creating a piece of art and crafts in our Evening Make and Take. Join us as we use our inner talents to create something unique and priceless. Afterwards, you can take your creations with you.

THURSDAY (5, 12, 19, 26)

• **Mindfulness in Action from 1-2**

Join us as we learn to practice mindfulness, sprinkled with some curiosity, kindness, and non-judgement. We will incorporate creativity and explore different topics, while we meditate to guided meditations and soothing music/mantras.

• **Striving for Happiness from 12-1**
  Horizon House, 78 Water St, Wakefield, MA
  contact: Matt Aronstein (maronstein@nilp.org)

Come join us and discuss different topics about life and other things that lead to our happiness.
METRO NORTH LISTINGS FOR THE MONTH OF MARCH
Everett, Malden, Medford, Melrose, North Reading, Reading, Stoneham, Wakefield

OFFICE HOURS: TUESDAYS 1-3:30, WEDNESDAYS 11-4:30 & THURSDAYS – 1-5

FRIDAY (6, 13, 27)

- Friendship from 11:30-12:30
  Brother’s Deli, 404 Main St, Wakefield, MA
  contact: Rachely Ramos (rramos@nilp.org)

Get to know people and make lasting friendships, while we discuss various topics.

- Bowling (3/20) from 11:30-12:30
  Wakefield Bowladrome, 92 Water St, Wakefield
  contact: Rachely Ramos (rramos@nilp.org) or call 978-687-4288 X201

The Metro North Hub is located at 40 Eastern Ave Suite 318, Malden, MA. For more information about this location, please contact Rachely Ramos (rramos@nilp.org) or call 978-687-4288 x201.
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**Office Hours:**
- **Tuesday:** 1-3:30
- **Wednesday:** 11-4:30
- **Thursday:** 1-5

**SERVING LOCATIONS:**
- Everett, Malden, Medford, Melrose, North Reading, Reading, Stoneham, Wakefield

**METRO NORTH**
40 Eastern Avenue Suite 318
Contact: Rachely at rramos@nilp.org
978-687-4288 ext. 201
Women’s Group
March 17

Tuesdays from 2-3PM at
The Cole Resource Center at McLean Hospital
The Cole Resource Center is located near the cafeteria in the de Marneffe Building on the campus of McLean Hospital

Come join us to discuss the daily life issues that comes with being a woman, while we share hope and bond together. Some of the topics we will discuss will include relationships, women’s issues, and life in general.

Contact
Melissa T. at mtalal@nilp.org or 978-687-4288 ext. 161
Meg W. at megw@coleresourcecenter.org
**ACTON**
Acton, Arlington, Bedford, Belmont, Boxborough, Burlington, Carlisle, Concord, Lexington, Lincoln, Littleton, Maynard, Stow, Waltham, Watertown, Wilmington, Winchester, Woburn

**Bedford**

TUESDAY (3, 10, 17, 24, 31)

- **Peer Support from 10-11**
  Edinburg Center, 205 Burlington Road, Bedford, MA
  contact: Rachely Ramos (rramos@nilp.org)

  We will be exploring various topics and activities in this group.

**Belmont**

TUESDAY (3/17)

- **All Women from 2-3**
  The Cole Resource Center, 115 Mill Street, Belmont, MA
  contact: Melissa T. at mtalal@nilp.org or 978-687-4288 or/and
  Meg W. at megw@coleresourcecenter.org

  Come join us to discuss the daily life issues that comes with being a woman, while we share hope and bond together. Some of the topics we will discuss will include relationships, women's issues, and life in general.

**Lexington**

WEDNESDAY (4, 18, 25)

- **Recovery is Real from 3-4**
  Lexington Community Center, 39 Marrett Road, Lexington, MA
  The center is located behind the Scottish Rite Museum
  contact: Melissa at 978-687-4288 ext. 161

  Come join us as we discuss various topics related to recovery, while sharing with others and getting some peer support. Explore what recovery means to you and use what you learn to keep moving forward in your own recovery journey. Everyone is welcome.
## NERLC SERVICE AREAS

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