

**May & June
2023**

**Northeast Recovery Learning Community
(NERLC)
Flyers for Groups**

**20 Ballard Road, Lawrence, MA 01843
1 Market Street, Suite 203, Lynn, MA 01902
978-687-4288**

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All Northeast Recovery Learning Community (NERLC) activities are conducted with support from the Commonwealth of Massachusetts' Department of Mental Health- Recovery Learning Community.

NERLC Contacts

NERLC 20 Ballard Road, Lawrence, MA 01843
1 Market Street, Suite 203, Lynn, MA 01902

Contacts: 978-687-4288

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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 a 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.

May and June Holiday Closing

Monday, May 29th Memorial Day

Monday, June 19th Juneteenth



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WELCOME TO THE CHAT HOUR

This is a group for older adults to come together and talk with others, learn new things, make new friends, enjoy time with old friends and learn more about being healthy.



Mondays

10:00AM-11:00AM

Lawrence Senior Center
155 Haverhill Street
Lawrence, MA

Contact: Isabel at isoto@nilp.org or 978-245-8478



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BIENVENIDOS A LA HORA DE CHARLA

Este es un grupo para que los adultos mayores se reúnan y hablen con otros, aprendan cosas nuevas, hagan nuevos amigos, disfruten el tiempo con viejos amigos y aprendan más sobre la salud.



Lunes

10:00AM-11:00AM

Lawrence Senior Center
155 Haverhill Street
Lawrence, MA

Contacto: Isabel a isoto@nilp.org or 978-245-8478



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Men's Group

Join us for our men's group as we create a safe place for men to talk and share while connecting with one another on their lived experiences.



ALL ARE WELCOME

MONDAYS

11:00AM-12:00PM

<https://us02web.zoom.us/j/89478661998>

Contact: Matt at maronstein@nilp.org or 978-620-0204



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WELCOME TO THE CHAT HOUR

This is a group for older adults to come together and talk with others, learn new things, make new friends, enjoy time with old friends and learn more about being healthy.



Wednesdays
10:00AM-11:00AM

Lowell Senior Center
276 Broadway Street
Lowell, MA

Contact: Isabel at isoto@nilp.org or 978-245-8478



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**Wednesdays
11:00AM-12:00PM**

Lowell Senior Center
276 Broadway Street
Lowell, MA

Contacto: Isabel a isoto@nilp.org or 978-245-8478



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Young Adult Peer Support



A peer support group for young adults to connect and discuss their lived experiences.

Wednesdays
Starts on May 10
11:00AM-12:00PM

zoom link:
<https://us02web.zoom.us/j/81578574639>

Contact: Kristin at kromanski@nilp.org or 978-620-0558



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Ted Talks

Come join us as we watch Ted Talks about self-care and recovery. An open discussion will be held with light snacks and beverages.



**ALL WELCOME
WEDNESDAYS
11:00AM-12:00PM**

1 Market Street, Suite 203
Lynn, MA

Contact: Jennifer Boles at jboles@nilp.org or 978-620-0314



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Building Life Skills with a Cup of Jo

Do you love to talk while enjoying a relaxing cup of coffee? The perfect cup of coffee can help shape your day. Come join us as we combine our love for self-care tips and coping skills, while enjoying your favorite cup of jo. Coffee not your thing, we will have tea or water. See you then!



ALL WELCOME
THURSDAYS
11:00AM-12:00PM

1 Market Street, Suite 203
Lynn, MA

Contact: Lisa at lrvard@nilp.org or 978-245-8430

Journaling with Lisa

A group for peers to meet and write about life experiences. Come join us in a safe and quiet place to write your gratitude, thoughts, feelings, dreams etc.



ALL WELCOME
THURSDAYS
12:00PM-1:00PM

1 Market Street, Suite 203
Lynn, MA

Contact: Lisa at lrvard@nilp.org or 978-245-8430



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Healthy Habits

Come join us! We will be facilitating conversations about wellness.
Look for us at the Trustees Room in the Lawrence Public Library on the 3rd floor



**ALL WELCOME
FRIDAYS
10:00AM-11:00AM**



51 Lawrence Street, 3rd floor
Lawrence, MA

Contact: Gisell at gsuazo@nilp.org or 978-245-8459

Habitos Saludables

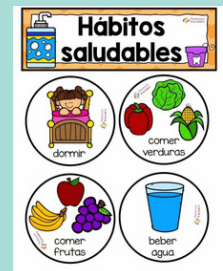
Ven y únete con nosotros; Vamos a facilitar conversaciones sobre el bienestar de nuestra salud. Búsquenos en el Trustees Room de la Biblioteca Pública de Lawrence en el 3er piso.



**TODOS BIENVENIDOS
VIERNES
11:00AM-12:00PM**

51 Lawrence Street, 3er piso
Lawrence, MA

Contact: Gisell at gsuazo@nilp.org or 978-245-8459



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LGBTQIA+ Peer Support



This group is a safe and affirming space for the LGBTQIA+ community and allies to join online and discuss their lived experiences. This group is for anyone 18+. This group is led by a peer specialist who identifies as a member of the LGBTQIA+ community.

ALL WELCOME

FRIDAYS

2:00PM-3:00PM

zoom link:

<https://us02web.zoom.us/j/86746642766>

Contact: Kristin at kromanski@nilp.org or 978-620-0558



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Weekly NERLC Groups

WEEKS OF MAY & JUNE

M

10am-11am **Good Morning Group** ([Virtual Zoom](#))
 10am-11am **Welcome to the chat hour** ([Lawrence Senior Center](#))
 10am-11am **Bienvenidos a la hora de charla** ([Lawrence Senior Center](#))
 11am-12pm **Men's Group with Matt** ([Virtual Zoom](#))
 2pm-3pm **A Group for Peer Video Gamers** ([Virtual Zoom](#))

T

10am-11am **Good Morning Group** ([Virtual Zoom](#))
 11am-12pm **Self-Care Together with Kristin** ([Virtual Zoom](#))
 2pm-3pm **Peer Support Group with Matt** ([Virtual Zoom](#))

W

10am-11am **Good Morning Group** ([Virtual Zoom](#))
 11am-12pm **Ted Talks with Jen** (In person [NILP Lynn](#))
 11am -12pm **Young Adult Peer Support with Kristin** ([Virtual Zoom](#))
 2pm-3pm **Peer Support Group with Matt** ([Virtual Zoom](#))

TH

10am-11am **Good Morning Group** ([Virtual zoom](#))
 8 Dimensions of Wellness Group with Jen (In person [Lynn Senior Center](#))
 10am-11am **Walking Group** (In person [Lowell Heritage Park](#))
 11am- 11:30am **Awareness Meditation** (In person [Lowell Heritage Park](#))
 11am-12pm **Building Skills with a Cup of Jo** (In person [NILP Lynn](#))
 The Artist's Way Book Club with Tracy (In person [Acton Senior Center](#))
 12pm-1pm **Journaling Group with Lisa** (In person [NILP Lynn](#))

F

10am-11am **Good Morning Group** ([Virtual zoom](#))
 Healthy Habits Group (In person [Lawrence Public Library](#))
 11am-12pm **Habitos Saludables Spanish Group** (In person [Lawrence Public Library](#))
 Midday Peer Meeting with Dave ([Virtual Zoom](#))
 12pm-1pm **Older Adult Peer Support Group with Tracy** ([Virtual Zoom](#))
 2pm-3pm **LGBTQIA+ Group with Kristin** ([Virtual Zoom](#))

NERLC SERVICE AREAS

Acton	Amesbury	Dunstable	Marblehead
Andover	Essex	Maynard	Saugus
Arlington	Everett	Medford	Stoneham
Bedford	Georgetown	Melrose	Stow
Belmont	Gloucester	Merrimac	Swampscott
Beverly	Groveland	Hamilton	Methuen
Billerica	Haverhill	Middleton	Tewksbury
Boxborough	Ipswich	Nahant	Topsfield
Boxford	Lawrence	North Andover	Tyngsborough
Bradford	Lexington	North Reading	Wakefield
Burlington	Lincoln	Newbury	Waltham
Byfield	Littleton	Newburyport	Watertown
Carlisle	Lowell	Peabody	Wenham
Chelmsford	Lynn	Reading	Westford
Concord	Lynnfield	Rockport	West Newbury
Danvers	Malden	Rowley	Wilmington
Dracut	Manchester	Salem	Winchester
		Salisbury	Woburn



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