

February 2024

Northeast Recovery Learning Community
(NERLC)

Flyers for Groups

20 Ballard Road, Lawrence, MA 01843

978-687-4288

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978-291-5610

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



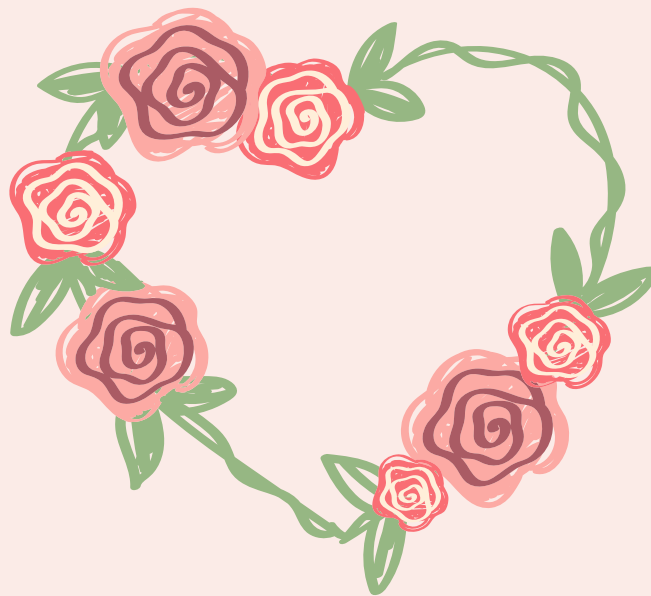
WHO WE ARE



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 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.

NILP/NERLC FEBRUARY HOLIDAY CLOSING

Monday, February 19th



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February 2024 Groups

Group Name	Day of the week	Time	Location
Coffee and Friends	M,T,W,Th	9am-11am	Lowell Education Center
Awareness meditation	M	1pm	Lowell Senior Center
Bienvenidos a la hora de charla	M	10am-11am	Lawrence Senior Center
Video Games	M	2pm-3pm	Zoom
Grateful Aspects	M	3pm-4pm	Zoom
Morning Check-Ins	T,W,Th	9:30am-10am	Zoom
Peer Support	T,W	2pm-3pm	Zoom
Mandala Mindfulness	W	11am-12pm	Winchester Public Library
Mandala Mindfulness	Th	10am-11am	Woburn Public Library
Journaling Group	Th	12:30pm	Harbor Place Lynn
Feel Alone? Want To Talk?	Th	2pm-3pm	Zoom
Eight Dimensions Of Wellness	F	10am-11am	Acton Council on Aging
Adult Peer Support	F	12pm-1pm	Zoom
Adult Wellness Coloring Session	M, Feb 26th	12pm-1pm	Lawrence Public Library



Peer2Peer Resources for
People with Disabilities



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COFFEE & FRIENDS កាហ្វេមិត្តភាព

សូមស្វាគមន៍

FREE



- * MEET NEW PEOPLE ជួបមិត្តភក្តិ
- * BUILD COMMUNITY កសាងសហគមន៍
- * SOCIAL CONNECTION ទំនាក់ទំនងសង្គម
- * PROMOTE HEALTH សុខភាព
- * WELLBEING សុខុមាលភាព

MONDAY TO THURSDAY
9AM - 11AM
325 CHELMSFORD ST. SUITE #1
LOWELL, MA 01851



SOTHI SISOWATH (978) 620 0297
VANDY SAVANN (978) 620 5382
PAUL YIN (978) 620 5384



ALL NORTHEAST RECOVERY LEARNING COMMUNITY (NERLC) ACTIVITIES ARE CONDUCTED WITH SUPPORT FROM THE COMMONWEALTH OF MASSACHUSETTS' DEPARTMENT OF MENTAL HEALTH- RECOVERY LEARNING COMMUNITY

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

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



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AWARENESS MEDITATION

WELCOME!

FREE

MONDAYS @1PM
LOWELL SENIOR CENTER

**SENIORS COME JOIN US
FOR RECOVERY,
AWARENESS,
RELAXATION AND
SELF-CARE. THIS WILL BE
A MEDITATION GROUP**



NARONG HUL
(978) 459 0953
NARONG.HUL@GMAIL.COM



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VIDEO GAME DISCUSSION GROUP

- Do you like video games?
Would you like to discuss updates, tips and tricks with other gamers?

Come join us weekly via Zoom,
as we share gaming experiences with each other and
build a gaming community.

It doesn't matter what platform you use.
(Nintendo, Xbox, PlayStation, and PC)
All are welcome.

MONDAYS 2:00PM - 3:00PM

Meeting ID: 814 7816 6542
Scan the QR code or

[Click here to join](#)



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NERLC presents

GRATEFUL ASPECTS

young adults peer support group

We aim to promote and encourage a more positive outlook on life through gratitude.

This group will have interactive activities and engaging topics of discussion that will make it enjoyable.

Mondays 3pm-4pm
on Zoom

Scan the QR code or

[Click here to join](#)

Meeting ID: 837 2981 8181



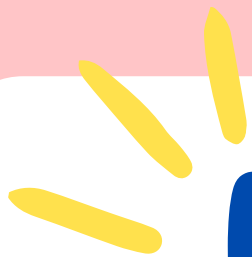
For questions contact Luis at: ldiaz@nilp.org



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MORNING CHECK-IN

Looking for some morning Peer Support?

**It's a great way to start your day with a friendly
chat and some support.
See you there!**

**Every Tuesday, Wednesday, and Thursday
on Zoom
9:30am-10am**

**Scan the QR code or
[Click here to join](#)
Meeting ID: 889 8880 2206**



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Peer support

You are not alone!

Come join us for a peer led support group.

**Every Tuesday and Wednesday
from 2 pm to 3 pm**

**Scan the QR code or
[Click here to join](#)**

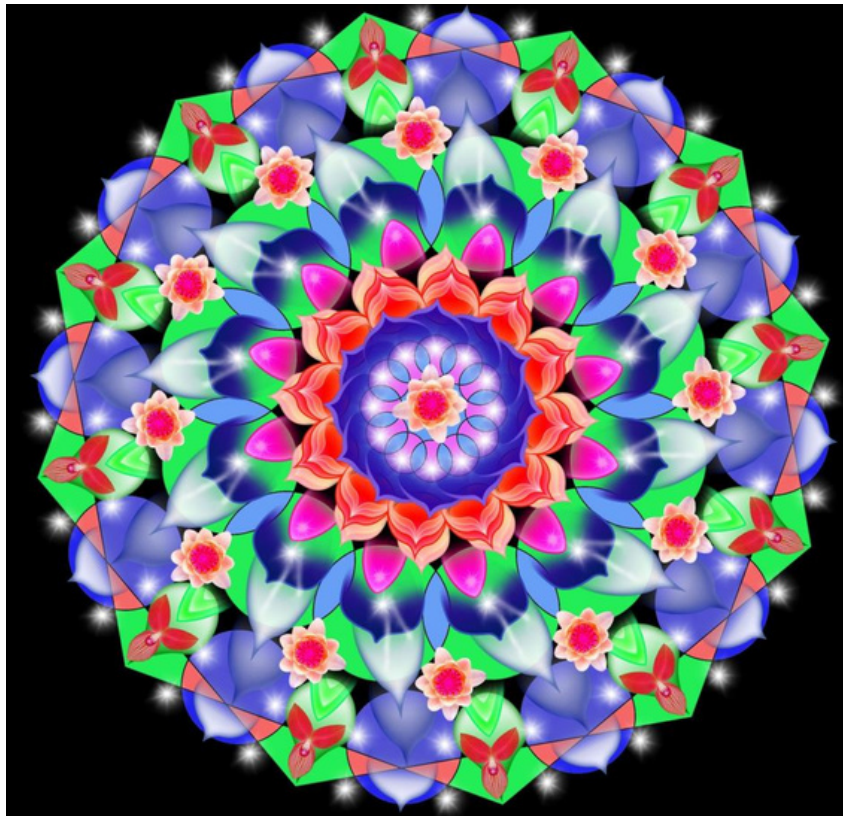
Meeting ID: : 860 0705 5909



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MANDALA MINDFULNESS

A PEER SUPPORT GROUP FOR CREATIVE COLORING AND CONNECTION

Many people find the drawing or coloring of a mandala to be meditative. The very nature of drawing or coloring a mandala is therapeutic and symbolic.



EVERY WEDNESDAY
11:00 – 12:00 P.M.

COME RELAX AND
LET YOUR
CREATIVITY FLOW

MEET PEERS AND
MAKE
CONNECTIONS

CONTACT
PRIYA SHARMA
PSHARMA@NILP.ORG

978-620-0210

Winchester Public Library

80 Washington Street,
Winchester, MA-01890

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MANDALA MINDFULNESS

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Many people find the drawing or coloring of a mandala to be meditative. The very nature of drawing or coloring a mandala is therapeutic and symbolic.



EVERY THURSDAY
10:00 – 11:00 A.M.

COME RELAX AND
LET YOUR
CREATIVITY FLOW

MEET PEERS AND
MAKE
CONNECTIONS

CONTACT
PRIYA SHARMA
PSHARMA@NILP.ORG

978-620-0210

Woburn Public
Library

45 Pleasant Street,
Woburn, MA-01801

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JOURNALING GROUP



Do you like to express yourself in words, colors, or drawings?

Join us in a safe and quiet space to write about whatever comes to your mind or you can doodle if you want.

**Thursdays at 12:30 PM
In Person @ Harbor Place
95 Pleasant Street, Lynn, MA**

All are welcome! No need to register, just show up.

For questions contact Alyssa: amello@nilp.org or 978-291-5610



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FEEL ALONE? WANT TO TALK?

Join this safe and judgement-free group where you can socialize with others who enjoy making friends and having healthy conversations about their wellbeing.

Every Thursday from 2 pm to 3 pm

scan the QR code or
click here to join

Meeting ID: 876 8554 3743



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



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Exploring the Eight Dimensions of Wellness with Older Adults



Come join an eight-week group into the Eight Dimensions of Wellness with Older Adults, as we explore how it can support your wellbeing.

Acton Council on Aging
30 Sudbury Rd Rear,
Acton, MA 01720
Fridays
10:00AM-11:00AM

Contact: Tracy at: twoods@nilp.org 978-687-4288 ex 172



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Peer support

*You are not alone!
Come join us for a peer led support group.*

**Every Friday from
12pm-1pm**

**Scan the QR code or
[click here to join](#)**

Meeting ID: 818 9823 1036



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Adult Wellness Coloring Session



Come participate in our wellness-focused adult coloring session. Unleash your creativity and experience the joy of mindfulness as you create a masterpiece.

**Monday, February 26th
12:00pm - 1:00pm**



**Lawrence Public Library,
51 Lawrence St.
Lawrence, MA 01840,
Board of Trustees Room**



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



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