

April 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 APRIL HOLIDAY CLOSING

Monday, April 15th



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April 2024 Groups

Group Name	Day of the week	Time	Location
Coffee and Friends	M,T,W,Th	9am-12pm	Lowell Education Center
Coffee and Friends	M	10am-12pm	Lynn
Awareness meditation	M	12pm	Lowell Senior Center
Bienvenidos a la hora de charla	M	10am-11am	Lawrence Senior Center
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	Th	10am-11am	Woburn Public Library
Journaling Group	Th	12:30pm	Harbor Place Lynn
Social Hour	Th	2pm-3pm	Zoom
Hora Social	Th	3pm-4pm	Zoom
Adult Peer Support	F	12pm-1pm	Zoom
It's Never Too Late To Begin Again	F	10am-11am	Acton Council on Aging
Adult Wellness Coloring Session	Monday, April 22nd	12pm-1pm	Lawrence Public Library
Plants of Hope	Tuesday, April 23rd	1pm-2:30pm	Lawrence NILP office



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COFFEE & FRIENDS កាហ្វេមិត្តភាព



- * 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

Coffee & Friends



FREE



- **Meet new people**
- **Build community**
- **Social connection**
- **Promote health**
- **Well-being**

**Mondays
10am-12pm**

**1 Market St, Ste 203
Lynn, MA 01901**



**Paul Yin (978)-620-5384
Vincent Un (978)-291-5125**



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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

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



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AWARENESS MEDITATION



WELCOME!

FREE

**Mondays @12pm
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**



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



Peer2Peer Resources for
People with Disabilities



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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



*Peer2Peer Resources for
People with Disabilities*



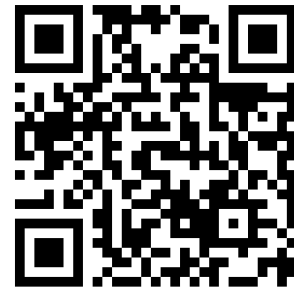
All Northeast Recovery Learning Community (NERLC) activities are conducted with support from the Commonwealth of Massachusetts' Department of Mental Health- Recovery Learning Community.

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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ADULT 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 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



[NortheastRecoveryL
earningCommunity.](#)

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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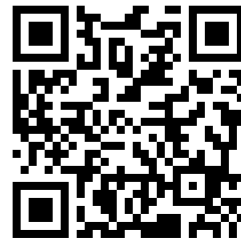
SOCIAL HOUR

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 isotoenilp.org or 978-245-8478



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HORA SOCIAL

EVERY WEDNESDAY
11:00 – 12:00 P.M.

Únete a este grupo seguro y libre de
prejuicios donde puedes socializar con
otras personas que disfrutan haciendo
amigos y teniendo conversaciones
saludables sobre su bienestar.

Cada Jueves 3 pm - 4 pm

escanear el código QR o
haga clic aquí
para unirse

Meeting ID: 871 5559 9169



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



Peer2Peer Resources for
People with Disabilities



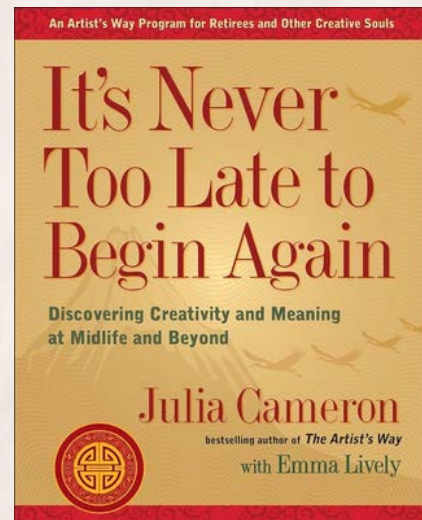
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NERLC presents

IT'S NEVER TOO LATE TO BEGIN AGAIN

Engage in inspiring discussions and connect with others on a journey of self-discovery. All are welcome to join!

We will be reading one chapter per week for 12 weeks.



**Fridays 10am-11am
at Acton Council on Aging**

30 Sudbury Rd Rear, Acton, MA 01720



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, April 22nd
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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NERLC presents

PLANTS OF HOPE

Come meet the RLC team
and pick a plant to repot
and take home.

Tuesday, April 23rd
1:00pm - 2:00pm
NILP Office, 20 Ballard Road,
Lawrence, MA

**RSVP with Rachely by Tuesday, April
16, 2024, at 5:00pm.**

Contact: rramos@nilp.org or 978-687-4288 ext. 201



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