

June 2024

Northeast Recovery Learning Community
(NERLC)

Flyers for Groups

20 Ballard Road, Lawrence, MA 01843

978-687-4288

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978-245-8429

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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 JUNE HOLIDAY CLOSING

Wednesday, 19th



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June 2024 Groups

Group Name	Day of the week	Time	Location
Coffee and Friends	M,T,W,Th	9am-12pm	Lowell Education Center
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
Art Expressions	W	10am-11am	Woburn Public Library
Social Hour	Th	2pm-3pm	Zoom
Hora Social	Th	3pm-4pm	Zoom
Collaborative Voices	Th	6pm	Gloucester
Adult Peer Support	F	12pm-1pm	Zoom
Buried In Treasures	Th	10am-12pm	Billerica Access Television, Inc.
Finding Hope: Stories of Recovery	Thursday, June 20th	11am-1pm	Lowell Education Center
Adult Wellness Coloring Session	Monday, June 24th	12pm-1pm	Lawrence Public Library



Peer2Peer Resources for
People with Disabilities



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COFFEE & FRIENDS កាហ្វេមិត្តភាព



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

**Monday to Thursday
9am-12pm
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

AWARENESS MEDITATION

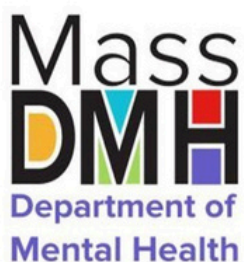


Mondays @12pm
Lowell Senior Center

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



Narong Hul
(978) 566-1926
nhul@nilp.org



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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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

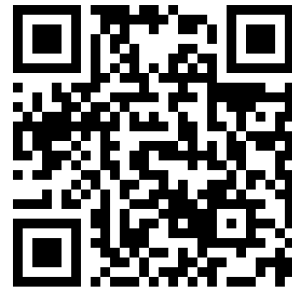
You are not alone!

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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NERLC presents

ART EXPRESSIONS GROUP

creative activities peer support group

Express yourself through different types of art, such as drawing, coloring, writing, or collaging. Our group offers a warm and welcoming space for everyone to grow and express themselves.

**Wednesdays 10am-11am
at Woburn Public Library**

45 Pleasant Street, Woburn, MA 01801

For questions contact Lisa at: LRivard@nilp.org



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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 isoto@nilp.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



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COLLABORATIVE VOICES



Peer group for parents of children with challenges

Thursdays at 6:00PM

43 Gloucester Ave.
2nd floor suite 2B
Gloucester, Ma. 01830

A weekly meet-up for parents of children who are experiencing various mental health conditions or may be differently abled.

This group provides a safe space for members to support one another with issues that concern the care of our loved ones using each other's lived experience.

Contact Anthony Russo:
arusso@nilp.org or
978-687-4288 x 109



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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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Co-sponsored by

**The Northeast Recovery Learning Community,
Billerica Council on Aging, and the
Billerica Community Services Coordinator**

Starting
June 20th

BURIED IN TREASURES

**A total of 8 weekly
workshops to help you
with letting go of items
that are important to you.**

Workbooks will be provided



Thursdays 10am-12pm

Billerica Access Television, Inc.
390 Boston Road
Billerica, MA 01821

Community Rooms North and South (adjoining)

Contact Mandy Orfanos: aorfanos@nilp.org
or (978) 687-4288 ext. 203



BILLERICA
COUNCIL ON AGING



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Finding Hope: Stories of Recovery

FREE LUNCH

Come to celebrate
and hear stories of
recovery from
immigrants who are
building a better life.

- Meet new people
- build community
- social connection
- promote health & wellbeing

**325 Chelmsford St. Suite #1
Lowell, MA 01851**

**June 20th
11am - 1pm**

 **Narong Hul (978) 566-1926 nhul@nilp.org**



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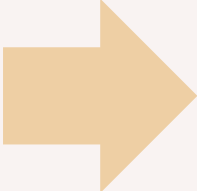
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Adult Wellness Coloring Session




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

**Monday, June 24th
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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