

# August 2024

Northeast Recovery Learning Community  
(NERLC)

## Flyers for Groups

20 Ballard Road, Lawrence, MA 01843

978-687-4288

Director

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978-245-8456

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



# 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.*

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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](mailto:isoto@nilp.org) or 978-245-8478



Peer2Peer Resources for  
People with Disabilities



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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](mailto:isoto@nilp.org) or 978-245-8478



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# Peer support

*You are not alone!*

*Come join us for a peer led support group.*

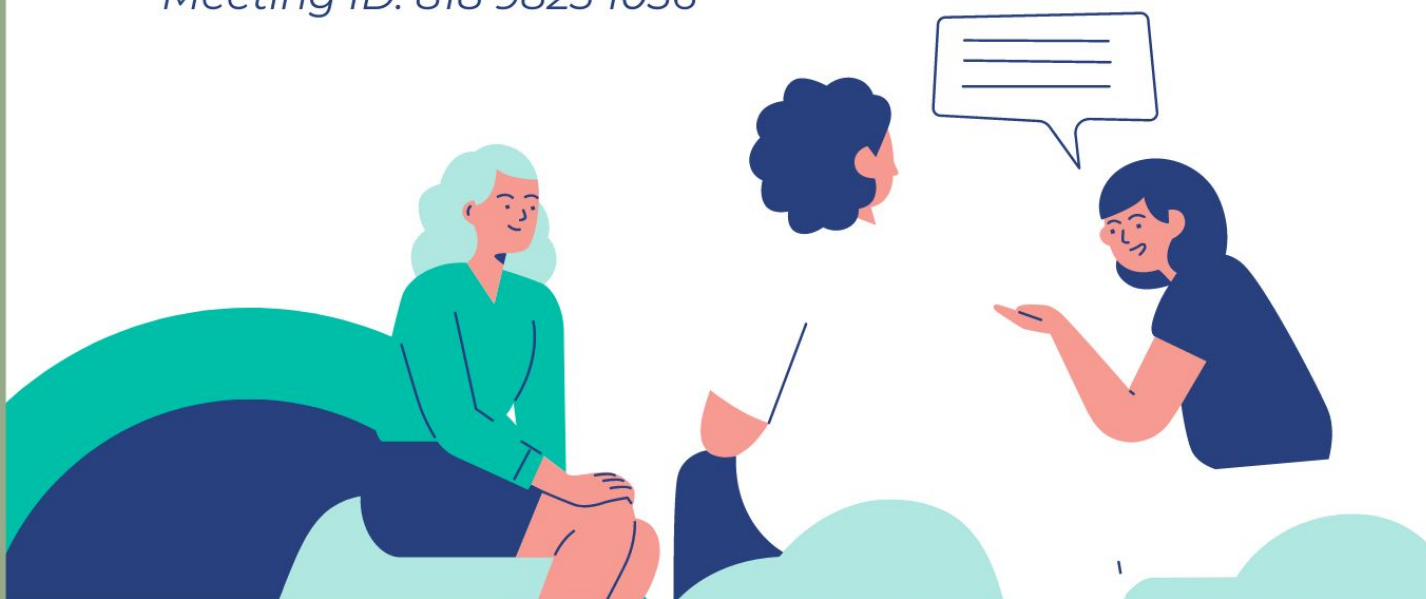
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**Every Friday from  
12pm-1pm**

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**Scan the QR code or  
click here to join**

*Meeting ID: 818 9823 1036*



*Peer2Peer Resources for  
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# Coffee Talk

*You are not alone!  
Come join us for  
peer to peer conversations  
with a cup of coffee.*

**Every Wednesday from 12pm-1pm  
Salem Department of Mental Health (DMH)  
Site Office  
45 Congress St.  
Salem, MA 01970  
For more information: Mandy 978-245-8456**



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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, August 26th 12:00pm - 1:00pm**



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



Contact: Isabel at [isoto@nilp.org](mailto:isoto@nilp.org) or 978-245-8478



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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.



# August 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
Peer Support	T,W	2pm-3pm	Zoom
Art Expressions	W	10am-11am	Woburn Public Library
Coffee Talk	W	12pm-1pm	Salem DMH Office
Social Hour	Th	2pm-3pm	Zoom
Hora Social	Th	3pm-4pm	Zoom
Adult Peer Support	F	12pm-1pm	Zoom
Adult Wellness Coloring Session	Monday, August 26	12pm-1pm	Lawrence Public Library



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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](mailto: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](mailto: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](mailto:ldiaz@nilp.org)**



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# Peer support

*You are not alone!*

*Come join us for a peer led support group.*

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

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**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](mailto:LRivard@nilp.org)**



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