

Northeast Recovery Learning Community (NERLC)

August 2025 NEWSLETTER

20 Ballard Road, Lawrence, MA 01843
978-687-4288

Director

Gabe Fonseca
gfonseca@nilp.org
978-245-8452

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**Manager of Older
Adult Peer Services**

Mandy Orfanos
aorfanos@nilp.org
978-245-8456

Sign up to receive our Newsletter Monthly by
scanning QR code here!



Northeast Recovery Learning Community (NERLC)

Drop-In Hours



Drop-In hours are available to anyone in need of Peer Support or to come ask questions at our Beverly office!

EVERY WEDNESDAY

10AM-12PM

100 Cummings Center

Suite 341C

Beverly, MA

Support via phone is available during these hours
as well! Call **978-620-0204**



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

20 Ballard Road, Lawrence, MA 01843

978-687-4288



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.



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In-Person Groups

See our Newsletter for more info on each group!

Monday	<ul style="list-style-type: none"> • Coffee & Friends 9am-12pm (Lowell) • Coffee Walks 10am-11am (Beverly) • Intentional Artistry 11am-12pm (Beverly) • Awareness Meditation 12pm-1pm (Lowell)
Tuesday	<ul style="list-style-type: none"> • Coffee & Friends 9am-12pm (Lowell) • We Are in this Together 10am-11am (Beverly)
Wednesday	<ul style="list-style-type: none"> • Coffee & Friends 9am-12pm (Lowell) • Art Expressions 10am-11am (Woburn) • Early Adult Wellness Meetup 12pm-1pm (Lawrence) <ul style="list-style-type: none"> ◦ August 6th • Coffee Talk 12pm-1pm (Salem) • Life is Good 1pm-2pm (Lowell)
Thursday	<ul style="list-style-type: none"> • Coffee & Friends 9am-12pm (Lowell) • 8 Dimensions of Wellness with Older Adults 12pm-1pm (Beverly)
Friday	<ul style="list-style-type: none"> • Coffee & Conversation 10am-11am (Acton) • LGBTQIA+ 2pm-3pm (Methuen)
August 19	<ul style="list-style-type: none"> • Movie Time! 1pm-3pm (Beverly)
August 25	<ul style="list-style-type: none"> • Creative Mindfulness 12pm-1pm (Lawrence)



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Zoom Groups

See our Newsletter for more info & links to each group!

Monday	<ul style="list-style-type: none">• Social Hour 1pm-2pm
Tuesday	<ul style="list-style-type: none">• Get To Know the NERLC! 2pm-3pm• Recovery Meditation 3pm-4pm
Wednesday	<ul style="list-style-type: none">• Recolectando en Equilibrio 11am-12pm
Thursday	<ul style="list-style-type: none">• Recovery Meditation 9am-10am• Parents Peer to Peer 12pm-1pm• Social Workspace 3pm-5pm
Friday	<ul style="list-style-type: none">• Collecting In Balance 10:30am-11:30am



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CREATIVE MINDFULNESS

4th Monday Each Month
12:00pm - 1:00pm



COME PARTICIPATE IN OUR
WELLNESS-FOCUSED ADULT
CREATIVE SESSION. UNLEASH
YOUR CREATIVITY AND
EXPERIENCE THE JOY OF
MINDFULNESS AS YOU
CREATE A MASTERPIECE!

Lawrence Public Library,
51 Lawrence St.
Lawrence, MA 01840,
Robert Frost Room

Contact: Nicole at nmerrow@nilp.org or (978) 291 - 5697



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កាហ្វេមិត្តភាព

Coffee & Friends

Monday to Thursday

9am-12pm

325 Chelmsford St

Suite #1

Lowell, MA 01851



Meet New People ជួបមិត្តភក្តិថ្មី

Build Community កសាងសហគមន៍

Social Connection ទំនាក់ទំនងសង្គម

Promote Health សុខភាព

Wellbeing សុខុមាលភាព

For more information contact:

Sothi Sisowath (978) 620 - 0297

Vandy Savann (978) 620 - 5382



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COFFEE WALKS

AT CUMMINGS CENTER



We invite you to join our walking group every Monday! We will meet at Flip The Bird, where you can purchase your own coffee or beverage. Following that, we will set off on a group walk, providing an excellent opportunity for exercise and fresh air.

MONDAYS AT 10AM



Meet us at

FLIP THE BIRD

100 Cummings Center

Unit 107P

Beverly, MA 01915

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



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INTENTIONAL ARTISTRY

100 CUMMINGS CENTER
Suite 341C
Beverly, MA

MONDAYS
11AM-12PM

Come join us for a guided art/crafting session in a wellness focused group. Art and creating can be a way to keep yourself well and grounded while building social connections and empowerment. Everyone is welcome to create, no experience necessary. Art supplies for the activity will be provided but feel free to also bring your own supplies to work on your own project!

Contact Reanna Legere 978-291-5714



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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.

**Mondays
1pm-2pm
on Zoom**

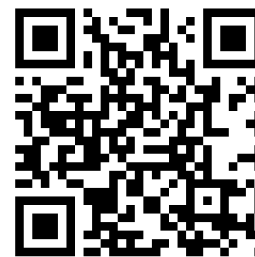


scan the QR code or

click here to join

Meeting ID:

862 9184 8196



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



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.

Awareness Meditation



**FREE
MEDITATION
GROUP**

**Mondays @12pm
Lowell Senior Center**

**Seniors come join us
for recovery,
awareness,
relaxation and
self-care.**

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



*Peer2Peer Resources for
People with Disabilities*



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We Are in This Together

**EVERY TUESDAY
10 AM-11 AM
100 CUMMINGS CENTER
SUITE 341-C
BEVERLY, MA 0191**



A supportive group intended for people caring for a loved one and dealing with loss .

Contact Mandy Orfanos, aorfanos@nilp.org for more information



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MOVIE TIME

Catch our free
monthly movie!
Grab some snacks
and settle in with us.

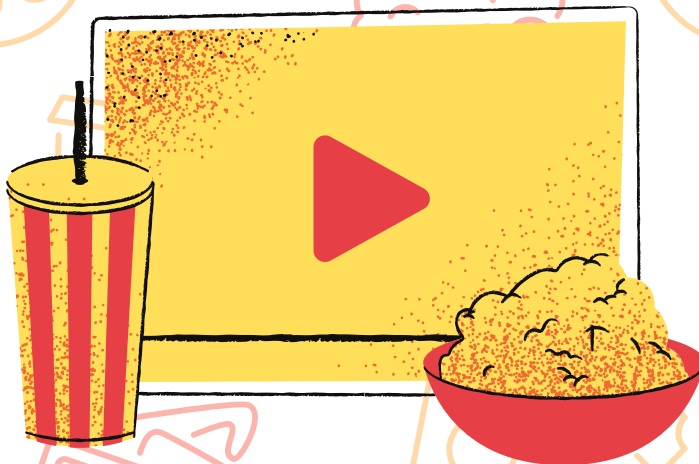
3rd Tuesday Each Month

1 PM - 3 PM

100 Cummings Center
Suite 341-C
Beverly, MA 0191

ADMIT ONE

C12398614



Contact
Mandy Orfanos
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.

GET TO KNOW THE NERLC!

Contact Rachely at rramos@nilp.org

Every Tuesday
2pm-3pm



SCAN THE QR CODE OR
CLICK HERE TO JOIN

MEETING ID:
825 4298 6611

Join us online as we answer your questions and create community while interacting with one another. Come and discover the many offerings of the NERLC while getting to know our program in a new and exciting way!



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AFTERNOON Recovery Meditation

Meditation focused on
recovery awareness,
relaxation and self-care.



Every Tuesday

3-4 pm

On Zoom

Scan the QR code or
click here to join

Meeting ID: 870 0006 8244

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



Peer2Peer Resources for
People with Disabilities



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ART EXPRESSIONS

creative activities peer support group

***Wednesdays
10am-11am***

***Woburn Public Library
45 Pleasant Street, Woburn, MA, 01801***



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.

For questions contact Lisa at: LRivard@nilp.org



Peer2Peer Resources for
People with Disabilities



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COFFEE TALK

YOU ARE NOT ALONE!

Come join us for peer to peer
conversations with a cup of coffee.

WEDNESDAYS 12PM-1PM



**SALEM DEPARTMENT OF MENTAL HEALTH
(DMH) SITE OFFICE**

45 Congress St.
Salem, MA 01970

Please call Mandy at 978-245-8456



Peer2Peer Resources for
People with Disabilities



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Early Adult Wellness Meetup

ages 25 - 35

1st & 3rd
Wednesday
Each Month
12pm-1pm

Lawrence Public Library
51 Lawrence St.
Lawrence, MA 01840

Robert Frost Room

This group will have activities led by attendees! Designed to foster openness, encourage effective communication, and create a sense of community.

contact Nicole: nmerrow@nilp.org



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Recolectando en Equilibrio

Miercoles
11am-12pm
Zoom



Escanea el código QR o
haz clic aquí para unirte

ID de Reunión:
864 0234 7880

El propósito de este grupo es brindar un espacio seguro y sin prejuicios donde las personas que coleccionan en exceso puedan reunirse para compartir sus experiencias, aprender estrategias de afrontamiento y apoyarse mutuamente en el manejo de sus hábitos. Este grupo creará un sentido de comunidad y empoderamiento, ayudando a los miembros a lograr un equilibrio saludable en sus hábitos de coleccionismo.

Contacto Gisell 978-687-4288 ext. 209



Todas las actividades de la Northeast Recovery Learning Community (NERLC) se llevan a cabo con el apoyo de la Commonwealth of Massachusetts' Department of Mental Health- Recovery Learning Community.

Life is Good ជីវិតដ៏ល្អ

Contact Peer Specialist Vincent Un
vun@nilp.org / (978) 291 - 5125

**Wednesdays
1pm-2pm
325 Chelmsford St
Suite #1
Lowell, MA 01851**

សូមស្វាគមន៍ចូលរួមជាមួយយើងខ្ញុំ។
យើងរួមគ្នាដើម្បីស្ថាបនាទំនាក់ទំនង
តាមរយៈ

ការចែករំលែកបទពិសោធន៍ព្រមទាំងបង្កើត
ជីវិតដ៏រីករាយពេញទៅដោយសុភ
មង្គល។

Join us as we build connection
through sharing our life
experiences and inspire hope
and resilience to promote
health and well being.



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MORNING Recovery Meditation

Meditation focused on
recovery awareness,
relaxation and self-care.



Every Thursday

9-10 am

On Zoom

Scan the QR code or
click here to join

Meeting ID: 894 0813 0855

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



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PARENTS

PEER-TO-PEER

THURSDAYS
12PM-1PM
ON ZOOM

Being a parent in general can be hard. Being a parent while juggling the struggles of life can be lonely and overwhelming. This group is a place to feel welcomed and to find community from other parents who are also looking for support while navigating the world of parenthood.



Meeting ID:
811 8899 0366
[Scan the QR code](#)
[or click here to join](#)

Contact Reanna Legere
978-291-5714
rlegere@nilp.org



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Exploring the

Eight Dimensions of Wellness

with Older Adults



Thursdays
12pm-1pm

100 Cummings Center
Suite 341C
Beverly, MA

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

Come join an eight-week group on the Eight Dimensions of Wellness with Older Adults, as we explore how it can support your wellbeing. We will explore each week one of the dimensions of wellness, how it can support your well-being in self-awareness, self-care, and what matters to you.

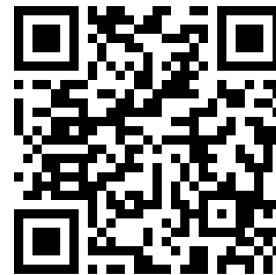


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ONLINE SOCIAL WORKSPACE

OUR AIM IS TO CREATE A SPACE TO WORK ON A PROJECT YOU'RE PASSIONATE ABOUT WITH SUPPORT FROM OTHERS. USE THIS GROUP AS A 'BODY DOUBLE' OR INTERACT WITH LIKE-MINDED INDIVIDUALS AND MEET OTHERS WITH DIFFERENT PERSPECTIVES!

THURSDAYS ON ZOOM
3PM - 5PM



SCAN THE QR CODE OR
CLICK HERE TO JOIN

MEETING ID:
811 4931 2983

Contact Nicole with Questions (978)291-5697 nmerrow@nilp.org



Peer2Peer Resources for
People with Disabilities



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Coffee & Conversation

With Older Adults

CONTACT TRACY TWOODS@NILP.ORG FOR MORE INFORMATION

ACTON COUNCIL ON AGING
30 SUDBURY RD.
ACTON, MA

10am-11am
Every Friday

For anybody who
wants to join in for
companionship
and conversation
over a great cup of coffee.



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Collecting in Balance

Fridays
10:30am-11:30am
on Zoom



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

Meeting ID:
880 3672 8988

The purpose of this group is to provide a safe, non-judgmental space where individuals who collect excessively can come together to share their experiences, learn coping strategies, and support one another in managing their habits. This group will create a sense of community and empowerment, helping members strike a healthy balance in their collecting behaviors.

Contact Gisell 978-687-4288 ext. 209



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LGBTQIA+

Crafting & Peer Support Group



A safe space for those struggling with mental health issues to get creative and build support within the LGBTQIA+ community. (18+)

Nevins Memorial Library: Trustee's Room

305 Broadway, Methuen MA 01844



Every
Friday
2 - 3pm

Contact Nicole (they/them)
(978) 291-5697
nmerrow@nilp.org



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