

Northeast Recovery Learning Community (NERLC)

# December 2025 NEWSLETTER

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

Director

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

Operations Manager

**Rachely Ramos**  
rramos@nilp.org  
978-245-8429

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 with questions in either of our offices!

**EVERY WEDNESDAY**

**10AM-12PM**

**100 Cummings Center**

Suite 341C  
Beverly, MA

**20 Ballard Rd**

Lawrence, 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.



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

Northeast Recovery Learning Community

# Holiday Celebration

## To RSVP

Contact Mandy Orfanos  
aorfanos@nilp.org  
978-687-4288 x 203

Tuesday,  
December 9th  
1pm-3pm

100 Cummings Center  
Suite 341-c  
Beverly, MA 01915

*Come together to celebrate the holiday season!  
Snacks and refreshments will be provided.*



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

# Community Conversations

---

## Managing the Winter Blues

Thursday, December 18, 2025

11:30am-1:30pm

The Northeast Recovery Learning Community is partnering with Nevins Library to host a Community Conversation event. Join us to learn some tips and tricks on managing the Winter Blues!

@Nevins Library

305 Broadway, Methuen, MA 01844

Lunch will be provided.

**Please register using [This Link!](#)**



Or Contact

Rachely 978-687-4288 ext. 201

[rramos@nilp.org](mailto:rramos@nilp.org)



# In-Person Groups

See our Newsletter for more info on each group!

<b>Monday</b>	<ul style="list-style-type: none"> <li>• <b>Coffee &amp; Friends</b> 9am-12pm (Lowell)</li> <li>• <b>Coffee Walks</b> 10am-11am (Beverly)</li> <li>• <b>Intentional Artistry</b> 11am-12pm (Beverly)</li> <li>• <b>Awareness Meditation</b> 12pm-1pm (Lowell)</li> </ul>
<b>Tuesday</b>	<ul style="list-style-type: none"> <li>• <b>Coffee &amp; Friends</b> 9am-12pm (Lowell)</li> </ul>
<b>Wednesday</b>	<ul style="list-style-type: none"> <li>• <b>Coffee &amp; Friends</b> 9am-12pm (Lowell)</li> <li>• <b>Art Expressions</b> 10am-11am (Woburn)</li> <li>• <b>Coffee Talk</b> 12pm-1pm (Salem)</li> <li>• <b>Life is Good</b> 1pm-2pm (Lowell)</li> </ul>
<b>Thursday</b>	<ul style="list-style-type: none"> <li>• <b>Coffee &amp; Friends</b> 9am-12pm (Lowell)</li> <li>• <b>We Are in This Together</b> 11:30am-12:30pm (Beverly)</li> <li>• <b>Resilience Group</b> 1-2pm (Lowell)</li> </ul>
<b>Friday</b>	<ul style="list-style-type: none"> <li>• <b>Age is Just a Number</b> 10am-11am (Acton)</li> </ul>

<b>3<sup>rd</sup> Tuesday</b>	<ul style="list-style-type: none"> <li>• <b>Movie Time!</b> 1pm-3pm (Beverly)</li> </ul>
<b>4<sup>th</sup> Monday</b>	<ul style="list-style-type: none"> <li>• <b>Creative Mindfulness</b> 12pm-1pm (Lawrence)</li> </ul>



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

# Zoom Groups

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

<b>Monday</b>	<ul style="list-style-type: none"><li>• <b>Social Hour</b> 1pm-2pm</li><li>• <b>Online Social Workspace</b> 3:30pm-5pm</li></ul>
<b>Tuesday</b>	<ul style="list-style-type: none"><li>• <b>Recovery Meditation</b> 3pm-4pm</li></ul>
<b>Wednesday</b>	<ul style="list-style-type: none"><li>• <b>Recolectando en Equilibrio</b> 11am-12pm</li></ul>
<b>Thursday</b>	<ul style="list-style-type: none"><li>• <b>Recovery Meditation</b> 9am-10am</li><li>• <b>Coffee &amp; Conversation</b> 11:30am-12:30pm</li><li>• <b>Collecting in Balance</b> 1pm-2pm</li></ul>
<b>Friday</b>	<ul style="list-style-type: none"><li>• <b>Get To Know the NERLC!</b> 2pm-3pm First Friday of the Month</li></ul>



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

# CREATIVE MINDFULNESS

4<sup>th</sup> 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 Rachely at [rrosos@nilp.org](mailto:rrosos@nilp.org) or 978-687-4288 ext. 201



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

# 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**



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

# COFFEE WALKS

AT CUMMINGS CENTER



We invite you to join our walking group every Monday! We will meet at the NERLC Beverly office. Following that, we will set off on a group walk, providing an excellent opportunity for exercise and conversation.

**MONDAYS AT 10AM**



Meet us at  
100 Cummings Center  
Suite 341-C  
Beverly, MA 01915

Contact Matt at [maronstein@nilp.org](mailto:maronstein@nilp.org) or 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.



# 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



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.*

**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](mailto:maronstein@nilp.org) or 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.

# 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**



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

# 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!

MONDAYS ON ZOOM  
3:30PM - 5PM



SCAN THE QR CODE OR  
CLICK HERE TO JOIN

MEETING ID:  
852 0342 9820

Contact Reanna with Questions [rlegere@nilp.org](mailto:rlegere@nilp.org) or 978-291-5714



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.

# MOVIE TIME

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

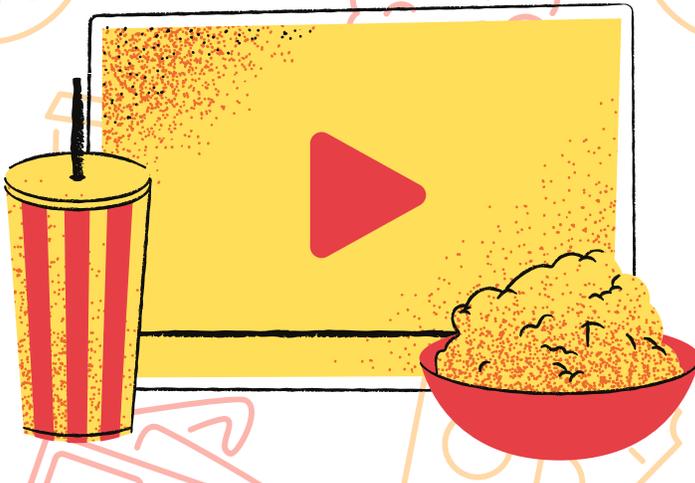
3rd Tuesday Each Month

**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.

# 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](mailto:nhul@nilp.org)



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

# 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](mailto:LRivard@nilp.org)



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.

# **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



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

# 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

or

Contact Peer Specialist Victoria Chantrea  
vchantrea@nilp.org

**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.



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

# 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



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

# We Are in This Together

EVERY THURSDAY  
11:30AM - 12:30PM  
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 Jen Boles, [jboles@nilp.org](mailto:jboles@nilp.org) for more information



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

# Coffee & Conversation

Virtual Support Group for Older Adults

---

CONTACT TRACY AT [TWOODS@NILP.ORG](mailto:TWOODS@NILP.ORG) FOR MORE INFORMATION

## JOIN US ON ZOOM



Scan the QR code or click here to join  
Meeting ID: 857 3678 5332

11:30am-12:30pm  
Every Thursday

For anybody who  
wants to join in for  
conversation on various topics.



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

# Collecting in Balance

Thursdays  
12 pm  
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



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

ក្រុមការងារ វិស៊ុលឡែន  
**RESILIENCE GROUP**



THURSDAYS 1PM-2PM  
325 CHELMSFORD ST  
SUITE #1  
LOWELL, MA 01851

សមមេត្តាចូលរួមជាមួយពួកយើងទាំងអស់គ្នា ដោយការចែក  
រំលែកនូវរក្សាភារពិធីវិត្តផ្ទាល់ខ្លួនរបស់យើងម្នាក់ៗ ។

PLEASE JOIN US ALL TO BE INSPIRED BY SHARING POWERFUL  
STORY: A JOURNEY OF EXPERIENCE, LIFE, DRAMA AND  
RESILIENCE.



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

# Age is Just a Number

Book Club for Older Adults

---

CONTACT TRACY AT [TWOODS@NILP.ORG](mailto: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  
conversation on our  
latest book.



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 [rrosos@nilp.org](mailto:rrosos@nilp.org) or 978-687-4288 ext. 201

First Friday of Each Month  
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!



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