

Weekly 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)
Wednesday	<ul style="list-style-type: none">• Coffee & Friends 9am-12pm (Lowell)• Art Expressions 10am-11am (Woburn)• Coffee Talk 12pm-1pm (Salem)• Life is Good 1pm-2pm (Lowell)
Thursday	<ul style="list-style-type: none">• Coffee & Friends 9am-12pm (Lowell)• Ted Talks 11:30am-12:30pm (Beverly)• Resilience Group 1-2pm (Lowell)
Friday	<ul style="list-style-type: none">• Age is Just a Number 10am-11am (Acton)• Young Adults Wellness Meetup 2pm-3pm (Lawrence)



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Monthly In-Person Groups

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Monday, 3/9	<ul style="list-style-type: none"> • DIY and Peer Support 10am-11am (Haverhill)
Monday, 3/23	<ul style="list-style-type: none"> • Creative Mindfulness 12pm-1pm (Lawrence)
Tuesday, 3/17	<ul style="list-style-type: none"> • Movie Time! 1pm-3pm (Beverly)
Tuesday, 3/31	<ul style="list-style-type: none"> • Human Rights Training 1pm-2:30pm (Beverly)
Wednesday, 3/18	<ul style="list-style-type: none"> • Communications & Coffee 12:15pm-1:15pm (Concord)
Wednesday, 3/25	<ul style="list-style-type: none"> • Community Conversations 2pm-3pm (Lexington)

Zoom Groups

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Monday	<ul style="list-style-type: none"> • Social Hour 1pm-2pm • Grateful Aspects 2pm-3pm
Tuesday	<ul style="list-style-type: none"> • Afternoon Recovery Meditation 3pm-4pm
Wednesday	<ul style="list-style-type: none"> • Recolectando en Equilibrio 11am-12pm
Thursday	<ul style="list-style-type: none"> • Morning Recovery Meditation 9am-10am • Virtual Support Group - Older Adults 11:30am-12:30pm • Collecting in Balance 1pm-2pm
Friday, 3/6	<ul style="list-style-type: none"> • Get To Know the NERLC! 2pm-3pm



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