

Northeast Recovery Learning Community (NERLC)

# May 2026 NEWSLETTER

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

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



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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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!

## 10AM-12PM

Mondays Lawrence, MA

Tuesdays Lawrence, MA

Wednesdays Lawrence, MA + Beverly, MA

### 100 Cummings Center

Suite 341C  
Beverly, MA

### 20 Ballard Rd

Lawrence, MA

Support via phone is available during these hours as well!

Contact Rachely at [RRamos@nilp.org](mailto:RRamos@nilp.org) or 978-245-8429



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# Weekly 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> 11:45am-12:45pm (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>Ted Talks</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>It's Never Too Late to Begin Again</b> 10am-11am (Acton)</li></ul>



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# Monthly In-Person Groups

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

<b>Monday, 5/11</b>	<ul style="list-style-type: none"><li>• <b>DIY and Peer Support</b> 10am-11am (Haverhill)</li><li>• <b>Communications &amp; Coffee</b> 12pm-1pm (Concord)</li></ul>
<b>Monday, 5/18</b>	<ul style="list-style-type: none"><li>• <b>Creative Mindfulness</b> 12pm-1pm (Lawrence)</li></ul>
<b>Tuesday, 5/19</b>	<ul style="list-style-type: none"><li>• <b>Movie Time!</b> 1pm-3pm (Beverly)</li></ul>

# Zoom Groups

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

<b>Wednesday</b>	<ul style="list-style-type: none"><li>• <b>Recolectando con Equilibrio</b> 11am-12pm</li></ul>
<b>Thursday</b>	<ul style="list-style-type: none"><li>• <b>Morning Recovery Meditation</b> 9am-10am</li><li>• <b>Collecting with Balance</b> 1pm-2pm</li></ul>
<b>Friday, 5/1</b>	<ul style="list-style-type: none"><li>• <b>Get To Know the NERLC!</b> 2pm-3pm</li></ul>



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# DIY and Peer Support at the Drop-in

Monday, May 11<sup>th</sup>  
10am-11am



Once a month we invite you to join a crafting peer support group. Peer support is the practice of coming together to share similar experiences to find healing and hope with emphasis on mental health wellness and trauma informed care. Crafting and creating art can be a fun way to connect with others and learn some new skills.

## Drop-in Center

16 Ashland Street  
Haverhill, MA 01830  
Basement

Contact Reanna at [RLegere@nilp.org](mailto:RLegere@nilp.org) or 978-291-5714



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# Communication & Coffee

*We will meet and discuss  
general communication topics.*

*Then we will choose the  
subject for the next time we  
meet. Coffee will be provided.*

**Monday,  
May 11<sup>th</sup>  
12:00pm-1:00pm**



*Location:*

**Concord Library**  
Fowler Branch  
1322 Main Street  
Concord, MA 01742

Contact Tracy at [TWoods@nilp.org](mailto:TWoods@nilp.org) or 978-245-8428



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# **Creative Mindfulness**

**Monday, May 18<sup>th</sup>  
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 [RRamos@nilp.org](mailto:RRamos@nilp.org) or 978-245-8429



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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 at [SSisowath@nilp.org](mailto:SSisowath@nilp.org) or 978-620-0297  
or Vandy at [VSavann@nilp.org](mailto:VSavann@nilp.org) 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 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



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# Intentional Artistry

**MONDAYS**  
**11AM-12 PM**

**Location:**

**100 Cummings Center**

**Suite 341-C**

**Beverly, MA 01915**

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 Matt at [MAronstein@nilp.org](mailto:MAronstein@nilp.org) or 978-620-0204



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# Awareness Meditation



**FREE  
MEDITATION  
GROUP**



**Mondays @ 12pm  
Lowell Senior Center  
276 Broadway Street  
Lowell, MA 01852**



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

Contact Narong at [NHul@nilp.org](mailto:NHul@nilp.org) or 978-566-1926



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# MOVIE TIME

TUESDAY, MAY 19<sup>TH</sup>

1 PM-3 PM

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



100 Cummings Center  
Suite 341-C  
Beverly, MA 01915

Contact Mandy at [AOrfanos@nilp.org](mailto:AOrfanos@nilp.org) or  
978-245-8456



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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.

Contact Lisa at  
[LRivard@nilp.org](mailto:LRivard@nilp.org) or 978-245-8430



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# Recolectando con 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.

Contacta a Gisell en [GSuazo@nilp.org](mailto:GSuazo@nilp.org) or 978-245-8459



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# COFFEE TALK

**YOU ARE NOT ALONE!**

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

**WEDNESDAYS 11:45AM-12:45PM**



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

45 Congress St.  
Salem, MA 01970

Contact Mandy at [AOrfanos@nilp.org](mailto:AOrfanos@nilp.org) or 978-245-8456



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# Life is Good

## ជីវិតដ៏ល្អ

Contact Vincent Un at [VUn@nilp.org](mailto:VUn@nilp.org)  
or 978-291-5125

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

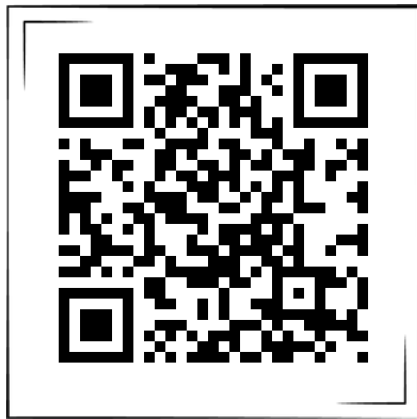
ចូលរួមជាមួយយើងនៅពេលដែលយើង  
បង្កើតការតភ្ជាប់តាមរយៈការចែករំលែកបទ  
ពិសោធន៍ក្នុងជីវិតរបស់យើង និងផ្តល់ក្តី  
បំផុសចិត្តនិងភាពរឹងមាំ ដើម្បីផ្សព្វផ្សាយ  
សុខភាពនិងសុខុមាលភាព។

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*



Every Thursday

**9-10am**

On Zoom

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

[Meeting ID:  
894 0813 0855](#)

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



Contact Narong at [NHul@nilp.org](mailto:NHul@nilp.org)  
or 978-566-1926



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# TED Talks

*Join us as we watch  
TED Talks about self-care,  
self-awareness, recovery, and  
what matters to you. An open  
discussion, with light snacks  
and beverages.*

**All are welcome  
11:30am-12:30pm  
Thursdays**



Location:  
100 Cummings Center  
Suite 341-C  
Beverly, MA 01915

Contact  
Jennifer at [JBoles@nilp.org](mailto:JBoles@nilp.org)  
or 978-620-0314



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# ក្រុមភាពរឹងមាំ Resilience Group

Contact Vincent Un at [VUn@nilp.org](mailto:VUn@nilp.org)

or 978-291-5125

Thursdays  
1pm-2pm

325 Chelmsford St  
Suite #1  
Lowell, MA 01851



សូមរួមចំណែកជាមួយពួកយើងទាំងអស់ ដើម្បីទទួលបានការបម្រែងពីការ  
ចែករំលែករឿងរ៉ាវដ៏មានឥទ្ធិពល: ជាដំណើរអារម្មណ៍, ការរស់នៅ,  
ហេតុការណ៍ និងភាពអតិផរណា។

Please join us all to be inspired by sharing a powerful story:  
a journey of experience, life, drama and resilience.



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# Collecting with Balance

Thursdays  
1pm-2pm  
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 at [GSuazo@nilp.org](mailto:GSuazo@nilp.org) or 978-245-8459



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# It's Never Too Late to Begin Again

Book Club for Older Adults

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● ● ●

Acton Council on Aging  
30 Sudbury Rd.  
Acton, MA

10am-11am  
Every Friday

For anybody who  
wants to join in for  
conversation and  
connection over a  
book.

Contact Tracy at [TWoods@nilp.org](mailto:TWoods@nilp.org) or 978-245-8428



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# Get to know the NERLC!

Contact Rachely at [RRamos@nilp.org](mailto:RRamos@nilp.org) or 978-245-8429

**FRIDAY, MAY 1<sup>ST</sup>**  
**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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