

Northeast Recovery Learning Community (NERLC)

October 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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Weekly In-Person Groups

[See our Newsletter for more info on each group!](#)

Monday	• Coffee & Friends 9am-12pm (Lowell) • Nature Walks 10am-11am (Beverly) • Support Group 11am-12pm (Lynn) • Intentional Artistry 11am-12pm (Beverly) • Awareness Meditation 1pm-2pm (Lowell)
Tuesday	• Coffee & Friends 9am-12pm (Lowell) • Awareness Meditation 1pm-2pm (Lowell)
Wednesday	• Coffee & Friends 9am-12pm (Lowell) • Art Expressions 10am-11am (Woburn) • Support Group 12pm-1pm (Salem) • Life is Good 1pm-2pm (Lowell) • Reflect & Grow Group 1pm-2pm (Lawrence)
Thursday	• Coffee & Friends 9am-12pm (Lowell) • Resilience Group 1-2pm (Lowell)
Friday	• Short Stories for Older Adults 10am-11am (Acton)



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Monthly In-Person Groups

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

Monday, 10/26	• Creative Mindfulness 12pm-1pm (Lawrence)
Tuesday, 10/13	• DIY and Peer Support 10am-11am (Haverhill)
Tuesday, 10/20	• Movie Time! 1pm-3pm (Beverly)

Zoom Groups

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

Wednesday	• Recolectando con Equilibrio 11am-12pm
Thursday	• Morning Recovery Meditation 9am-10am • Parent's Group 12pm-1pm • Collecting with Balance 1pm-2pm
Friday, 10/2	• Get To Know the NERLC! 2pm-3pm



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DIY and Peer Support at the Drop-in

**Tuesday, October 13th
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 or 978-291-5714



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Creative Mindfulness

**Monday, October 26th
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 Reanna at RLegere@nilp 978 291-5714



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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 or 978-620-0297
or Vandy at VSavann@nilp.org 978-620-5382



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SUPPORT GROUP

PEER-SUPPORT RUN SOCIAL GROUP

**MONDAYS
11AM-12PM**

Join us for peer-support group where individuals come together in a safe, welcoming and supportive environment. This is a space to share experiences, offer encouragement, and connect with others who understand.

Community

Hope

Support



**WHETHER YOU CHOOSE TO
LISTEN, SHARE OR SIMPLY BE
PRESENT YOU ARE WELCOME!**

Location:

Lynn Department of Mental Health
330 Lynnway Suite 201 Lynn, MA
01902

Contact:

AOrfanos@nilp.org
978-245-8456



**The Northeast Recovery
Learning Community**

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NATURE 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
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 or 978-620-0204



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Awareness Meditation



**FREE
MEDITATION
GROUP**



**Mondays & Tuesdays @ 1pm
Lowell Education Center
325 Chelmsford St., Lowell,
MA**

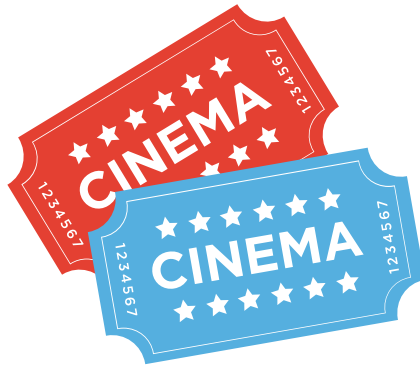


**Come join us for recovery,
awareness, relaxation and self-care.**

Contact Narong at NHul@nilp.org or 978-566-1926



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MOVIE TIME

TUESDAY, OCTOBER 20TH

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 Matt at MAronstein@nilp.org
or 978-620-0204



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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 Matt at
MAronstein@nilp.org
or 978-620-0204



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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 or 978-245-8459



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SUPPORT GROUP

YOU ARE NOT ALONE!

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

WEDNESDAYS 12:00-1:00PM



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

45 Congress St.
Salem, MA 01970

Contact Mandy at AOrfanos@nilp.org or 978-245-8456



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Life is Good

ជីវិត ដ៏ល្អ

Contact Vicheavy Victoria Chantrea
at VChantrea@nilp.org or 978-291-5621

Contact Vincent Un at 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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Reflect & Grow Group

*Join us for uplifting discussions
that help uncover your
strengths, encourage
reflection, and inspire hope,
healing, and growth.*



**All are welcome
Wednesdays
1pm-2pm**

Location:
20 Ballard Rd
Lawrence, MA 01843

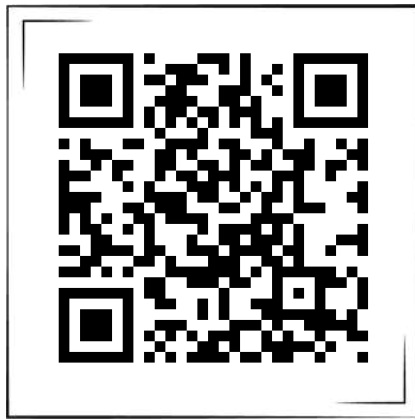
Contact

Matt at MAronstein@nilp.org
or 978-620-0204



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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
or 978-566-1926



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ក្រុមភាពរឹងមាំ Resilience Group

Contact Vicheavy Victoria Chantrea
at VChantrea@nilp.org or 978-291-5621

Contact Vincent Un at VUn@nilp.org
or 978-291-5125

Thursdays
1pm-2pm

325 Chelmsford St
Suite #1
Lowell, MA 01851



សូមរួមចំណែកជាមួយពួកយើងទាំងអស់ ដើម្បីទទួលបានការបង្កើនពីការ
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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Parent's Group

Being a parent or a parent like figure in general can be hard. Focusing on your wellbeing and your family's resiliency can be lonely and overwhelming. This is a space to find support from others.

**THURSDAYS
12PM-1PM**



[Scan the QR Code or Click Here to Join Meeting ID: 826 5450 6729](#)

Contact Reanna at RLegere@nilp.org

or

978-291-5714



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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 or 978-245-8459



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Short Stories for Older Adults

Acton Council on Aging
30 Sudbury Rd.
Acton, MA

10am-11am
Every Friday

For anybody who
wants to join in for
conversation and
connection while listening to short stories
from classic to modern culture.

Contact Tracy at TWoods@nilp.org or 978-245-8428



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Get to know the NERLC!

**Friday, October 2nd
2pm-3pm**

Contact Rachely at RRamos@nilp.org or 978-245-8429

Join us online as we answer your questions about how we help people in mental health recovery. Come and discover the many offerings of the NERLC.

scan the QR code or
click here to join

Meeting ID:
825 4298 6611



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Wellness Event

The Northeast Recovery Learning Community and Eliot invite you to our Wellness Event.

Come and gather as we discuss tips on how to maintain your wellness and gain new self-care activities that you can add to your day to day. Share with others and discover community in a peer support setting surrounded by understanding, connection, and hope.

No registration needed. All are welcome.



**Wednesday,
October 14**

3:30-5:00pm



**Eliot CBHC
95 Pleasant Street
Lynn, MA 01901
Room #47**



Pizza and beverages will be provided.



Contact Mandy AOrfanos@nilp.org or 978-245-8456



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