

October 2024

Northeast Recovery Learning Community (NERLC)

PEER GROUPS



20 Ballard Road, Lawrence, MA 01843

978-687-4288

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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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October 2024 Groups

Monday	Coffee & Friends	9am-12pm	Lowell Education Center
Monday	Grateful Aspects	3pm - 4pm	Zoom
Tuesday	Coffee & Friends	9am - 12pm	Lowell Education Center
Wednesday	Coffee & Friends	9am - 12pm	Lowell Education Center
Wednesday	Art Expressions	10am - 11am	Woburn Public Library
Wednesday	Coffee Talk	12pm - 1pm	Salem DMH Office
Thursday	Walking Group	10am - 11am	Heritage Park Lowell
Thursday	Buried In Treasures	10:15am - 12pm	Billerica Access TV
Thursday	Social Hour	2pm - 3pm	Zoom
Friday	Adult Peer Support	12pm - 1pm	Zoom
Friday	LGBTQIA+	2pm - 3pm	Nevins Memorial Library
Oct. 28	Wellness Coloring	12pm - 1pm	Lawrence Public Library



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ADULT WELLNESS COLORING SESSION

Monday, October 28th
12:00pm - 1:00pm



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

Lawrence Public Library,
51 Lawrence St.
Lawrence, MA 01840,
Board of Trustees Room

Contact: Isabel at isoto@nilp.org or 978-245-8478



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កម្រិតមិត្តភាព

FREE!

Coffee & Friends

Monday to Wednesday

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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Bienvenidos a la Hora de Charla



Este es un grupo para que los adultos mayores se reúnan y hablen con otros, aprendan cosas nuevas, hagan nuevos amigos, disfruten el tiempo con viejos amigos y aprendan más sobre la salud.

Lunes

10:00am-11:00am

Lawrence Senior Center

155 Haverhill Street

Lawrence, MA

Contact: Isabel at isoto@nilp.org or 978-245-8478



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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**



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GRATEFUL ASPECTS

young adults peer support group

We aim to promote and encourage a more positive outlook on life through gratitude. This group will have interactive activities and engaging topics of discussion that will make it enjoyable.

**Mondays 3pm-4pm
on Zoom**

For questions
contact Luis
ldiaz@nilp.org



Scan the QR code
[Or Click Here to Join](#)

Meeting ID:
837 2981 8181



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

The
Northeast Recovery



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COFFEE TALK

YOU ARE NOT ALONE!

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



Every Wednesday from 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*

The
Northeast Recovery
Learning Community



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Life is Good ជីវិតដ៏ល្អ

Contact Peer Specialist Vicheavy (Victoria) Chantrea
vchantrea@nilp.org / (978) 291- 5621
Contact Peer Specialist Vincent Un
vun@nilp.org / (978) 291 - 5125

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

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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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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.

**Thursdays
2pm-3pm
on Zoom**



scan the QR code or
click here to join

Meeting ID: 876 8554 3743



Contact Isabel at isoto@nilp.org or 978-245-8478



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Peer Support Walking Group

Thursdays

9am - 11am

Weather Permitting



Come join us as we get fresh air, exercise and make connections. Experience the city of Lowell and develop self-care with others. You are not alone.



Heritage Park

160 Pawtucket Bld, Lowell MA 01854

Contact Vandy Savann (978) 620-5382

vsavann@nilp.org



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Co--Sponsored by

*The Northeast Recovery Learning Community,
Billerica Council on Aging, and the Billerica Board of Health*



Buried In Treasures



A total of 8 weekly workshops to help you with letting go of items that are important to you.

**10:15 am
to 12 pm**

Starting Oct. 10

**Billerica Access Television, Inc.
390 Boston Road
Billerica, MA 01821
Community Rooms
North and South (adjoining)**

**Contact Mandy Orfanos: aorfanos@nilp.org or (978)
687-4288 ext. 203**



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Older Adult Peer Support

You are not alone! Come join us for a peer led support group.

**Every Friday from
12pm-1pm**



**Scan the QR code or
click here to join**

Meeting ID: 818 9823 1036



*Peer2Peer Resources for
People with Disabilities*



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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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