

Northeast Recovery Learning Community (NERLC)

# January 2025 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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# ADULT WELLNESS COLORING SESSION

Monday, January 27th  
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,  
Robert Frost Room

Contact: Nicole at [nmerrow@nilp.org](mailto:nmerrow@nilp.org) or (978) 291 - 5697



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Read for a Reason

# BOOK CLUB

*this month*

Monday,

**Jan 27th**

6-7pm on Zoom



Scan to Join



Or enter

Meeting ID: 894 4544 8338

Let reading become a positive distraction and get your mind off of things for a little while. We will decide which book to read each month as a group!

Contact Nicole to receive a free copy of this month's book!

(978) 291 - 5697

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



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# ភាពជាស្មើយជាឿងពិត:

បទបង្ហាញនូវការពិសោធ ដោយមិត្តភក្តិ

# Recovery is Real:

presentations by peers sharing their wisdom

January 15  
January 29

11am - 1pm  
325 Chelmsford St.  
Lowell, MA 01851

Free Lunch Included!

រួមគ្នាយើងអាច  
មានភាពធន់ស៊ាំប្លុស្តិទ្រាំបាន  
មានសង្ឃឹមឡើងវិញ  
ពង្រឹងកម្លាំង  
មានភាពក្លាហាន  
រស់នៅដោយមានគោលបំណងល្អ  
មានដំណើរគ្រោះទៅមុខតទៅទៀត



## Together We Can

- Be Resilient
- Rise and Thrive
- Strengthen
- Be Courageous
- Live with Purpose
- Journey Forward

Contact Thysan:  
tsam@nilp.org or (978) 291-5714



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# កាហ្វេមិត្តភាព

## Coffee & Friends

Monday to Wednesday

9am-12pm

325 Chelmsford St

Suite #1

Lowell, MA 01851



- Meet New People ជួបមិត្តភ័ក្ត្រថ្មី
- 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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# 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: 889 9779 6320

Contact  
Narong Hul  
(978) 566 1926  
[nhul@nilp.org](mailto:nhul@nilp.org)



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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](mailto: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**



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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](mailto:LRivard@nilp.org)



Peer2Peer Resources for  
People with Disabilities



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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*



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# Life is Good

## ជីវិតដ៏ល្អ

Contact Peer Specialist Vincent Un  
vun@nilp.org / (978) 291 - 5125

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

សូមស្វាគមន៍ចូលរួមជាមួយយើងខ្ញុំ។  
យើងរួមគ្នាដើម្បីស្ថាបនាទំនាក់ទំនង  
តាមរយៈ  
កាចែករំលែកបទពិសោធន៍ព្រមទាំងបង្កើត  
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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# 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: 811.4485.9096

Contact  
Narong Hul  
(978) 566 1926  
nhul@nilp.org



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# Older Adult Peer Support

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

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

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

*Meeting ID:  
818 9823 1036*

Contact  
Tracy Woods  
twoods@nilp.org  
(978) 687-4288  
ext. 172

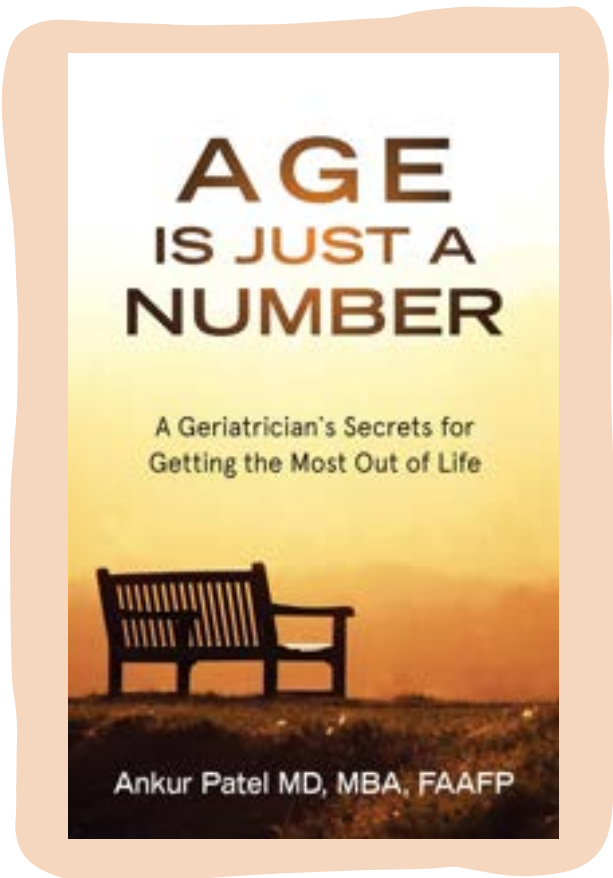


Peer2Peer Resources for  
People with Disabilities



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# AGE IS JUST A NUMBER BOOK CLUB



Acton Senior Center  
30 Sudbury Rd. Acton, MA

**Fridays at 10 AM**



Join us Fridays at the Acton senior center. We will read and discuss the book 'Age Is Just A Number' by Dr. Ankur Patel

For more information contact Tracy Woods  
(978) 687-4288 ext. 172



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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](mailto:nmerrow@nilp.org)



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