

Northeast Recovery Learning Community (NERLC)

February 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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February Groups

<p>Monday</p>	<ul style="list-style-type: none"> • Coffee & Friends 9am-12pm • Awareness Meditation 12pm-1pm • My Story of Recovery 1pm-2pm • Grateful Aspects 3pm-4pm
<p>Tuesday</p>	<ul style="list-style-type: none"> • Coffee & Friends 9am-12pm • Recovery Meditation 3pm-4pm
<p>Wednesday</p>	<ul style="list-style-type: none"> • Coffee & Friends 9am-12pm • Art Expressions 10am-11am • Life is Good 1pm-2pm • Coffee Talk 12pm-1pm
<p>Thursday</p>	<ul style="list-style-type: none"> • Recovery Meditation 9am-10am
<p>Friday</p>	<ul style="list-style-type: none"> • Age is Just a Number 10am-11am • Older Adult Peer Support 12pm-1pm • Have fun with Poetry 12pm-1pm • LGBTQIA+ 2pm-3pm • Young Adult Wellness Meetup 2pm-3pm <ul style="list-style-type: none"> ◦ (2nd and 4th)
<p>Monday, Feb. 24</p>	<ul style="list-style-type: none"> • Wellness Coloring 12pm-1pm



Peer2Peer Resources for
People with Disabilities

The
Northeast Recovery
Learning Community



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ADULT WELLNESS COLORING SESSION

Monday, February 24th
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 or (978) 291 - 5697



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កម្រៃមិត្តភាព

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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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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MY STORY OF RECOVERY:

from Childhood to Adulthood

Join us for a weekly discussion with one of our Peer Specialists as he shares his journey of overcoming challenges in his recovery.

Scan the QR code or
click here to join

Meeting ID:
863 8685 0932



**EVERY
MONDAY
1PM-2PM**



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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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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



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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
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Learning Community



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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**

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យើងរួមគ្នាដើម្បីស្ថាបនាទំនាក់ទំនង
តាមរយៈ

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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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.

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



**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

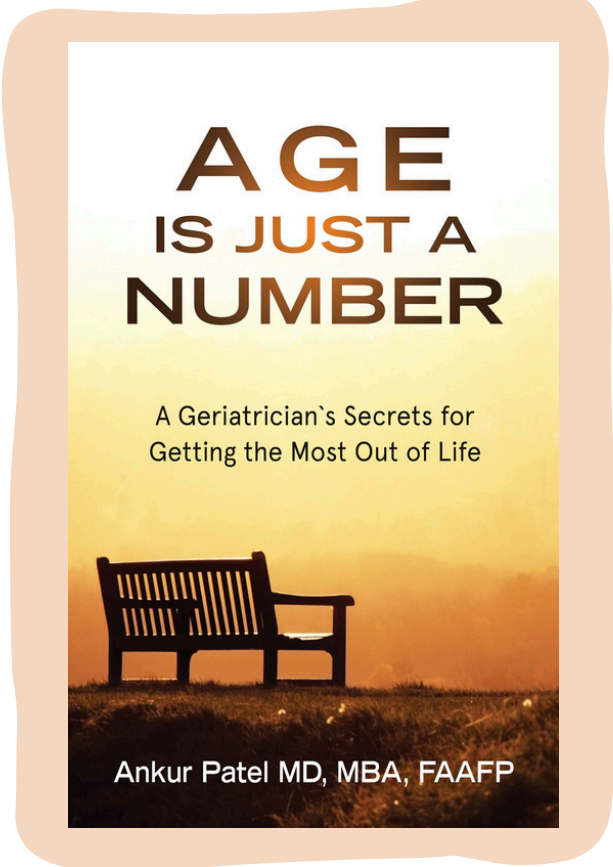


Peer2Peer Resources for
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AGE IS JUST A NUMBER BOOK CLUB



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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Have Fun with **POETRY**

Join us on Zoom for an exploration of poetry. Bring your favorite poems or share your own creations!

FRIDAYS

12PM-1PM



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

Meeting ID:
863 8685 0932

Contact Tracy Woods:
9786874288 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



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YOUNG ADULT WELLNESS MEETUP

2ND AND 4TH
FRIDAY EACH MONTH
2 PM TO 3 PM

LAWRENCE PUBLIC LIBRARY,
51 LAWRENCE ST.
LAWRENCE, MA 01840
YOUTH CENTER, 3RD FLOOR

This group will have activities designed to foster openness, encourage effective communication, and create a sense of community as we discuss mental wellness.

for questions contact Luis: Ldiaz@nilp.org



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