

Northeast Recovery Learning Community (NERLC)

April 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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In-Person Groups

All groups are open to the public and free to attend

Monday	<ul style="list-style-type: none"> • Coffee & Friends 9am-12pm • Coffee Walks 10am-11am • Intentional Aritstry 11am-12pm <ul style="list-style-type: none"> ◦ <i>Starting April 14</i> • Awareness Meditation 12pm-1pm
Tuesday	<ul style="list-style-type: none"> • Coffee & Friends 9am-12pm
Wednesday	<ul style="list-style-type: none"> • Coffee & Friends 9am-12pm • Art Expressions 10am-11am • Early Adult Wellness Meetup 12pm-1pm <ul style="list-style-type: none"> ◦ <i>April 2 & April 16</i> • Coffee Talk 12pm-1pm • Life is Good 1pm-2pm
Thursday	<ul style="list-style-type: none"> • Peer Support Walking Group 9am-11am
Friday	<ul style="list-style-type: none"> • Acton Senior Book Club 10am-11am • LGBTQIA+ 2pm-3pm • Young Adult Wellness Meetup 2pm-3pm <ul style="list-style-type: none"> ◦ <i>April 11 & April 25</i>
April 15	<ul style="list-style-type: none"> • Movie Time! 1pm-3pm
April 28	<ul style="list-style-type: none"> • Creative Mindfulness 12pm-1pm



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Zoom Groups

All groups are open to the public and free to attend

Monday	<ul style="list-style-type: none">• Grateful Aspects 3pm-4pm
Tuesday	<ul style="list-style-type: none">• Recovery Meditation 3pm-4pm
Wednesday	
Thursday	<ul style="list-style-type: none">• Recovery Meditation 9am-10am• Parents Peer to Peer 12pm-1pm<ul style="list-style-type: none">◦ <i>Starting April 10</i>• Social Hour 2pm-3pm
Friday	<ul style="list-style-type: none">• Have Fun with Poetry 12pm-1pm



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CREATIVE MINDFULNESS

Monday, April 28th
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: Nicole at nmerrow@nilp.org or (978) 291 - 5697



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កាហ្វេមិត្តភាព

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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COFFEE WALKS

AT CUMMINGS CENTER



We invite you to join our walking group every Monday! We will meet at Flip The Bird, where you can purchase your own coffee or beverage. Following that, we will set off on a group walk, providing an excellent opportunity for exercise and fresh air.

MONDAYS AT 10AM



Meet us at

FLIP THE BIRD

100 Cummings Center
Unit 107P
Beverly, MA 01915

Contact Nicole (978) 291-5697 or nmerrow@nilp.org



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INTENTIONAL ARTISTRY

100 CUMMINGS CENTER
Suite 341C
Beverly, MA

MONDAYS
11AM-12PM

Starting April 14

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 Reanna Legere 978-291-5714



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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:
821 8876 1116



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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: 870 0006 8244

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



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MOVIE TIME

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

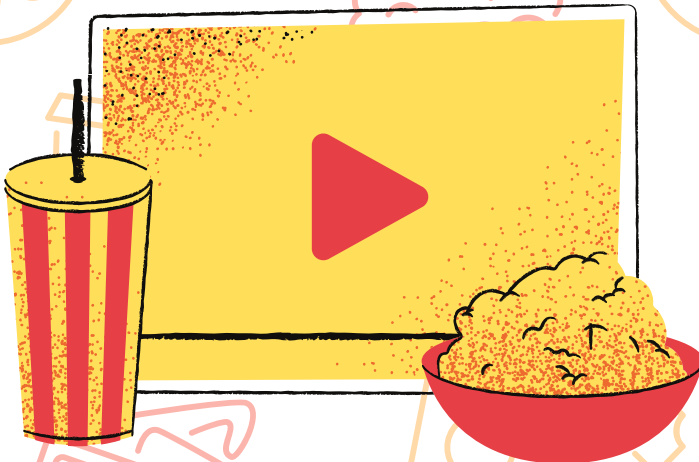
Tuesday, April 15th

1 PM - 3 PM

100 Cummings Center
Suite 341-C
Beverly, MA 0191

ADMIT ONE

C12398614



Contact
Mandy Orfanos
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.

For questions contact Lisa at: 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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Early Adult Wellness Meetup

ages 25 - 35

April 2nd
&
April 16th

Lawrence Public Library
51 Lawrence St.
Lawrence, MA 01840

Robert Frost Room

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

contact Nicole: nmerrow@nilp.org



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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

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: 894 0813 0855

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



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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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PARENTS

PEER-TO-PEER

THURSDAYS
12PM-1PM
ON ZOOM
STARTING APRIL 10

Being a parent in general can be hard. Being a parent while juggling the struggles of life can be lonely and overwhelming. This group is a place to feel welcomed and to find community from other parents who are also looking for support while navigating the world of parenthood.



Meeting ID:
811 8899 0366
[Scan the QR code](#)
[or click here to join](#)

Contact Reanna Legere
978-291-5714
rlegere@nilp.org



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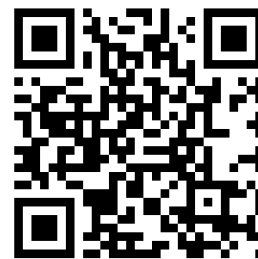
SOCIAL HOUR

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:
862 9184 8196



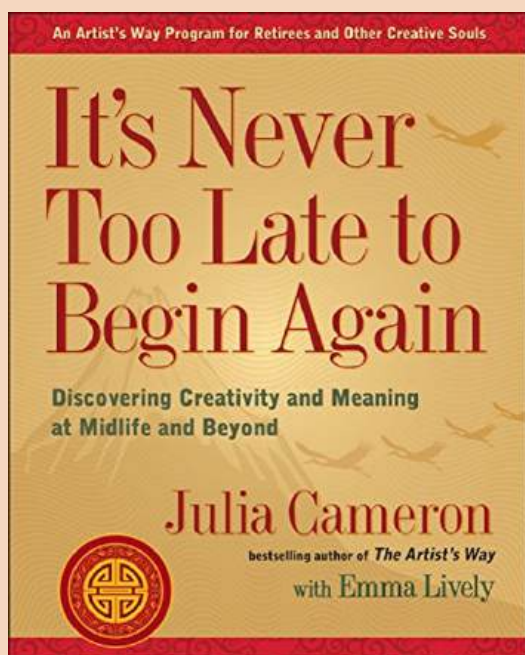
Contact Lisa at Lrivard@nilp.org or (978)-245-8430



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**IT'S NEVER TOO LATE
TO BEGIN AGAIN**

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
'It's Never Too Late
to Begin Again'
by Julia Cameron**

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

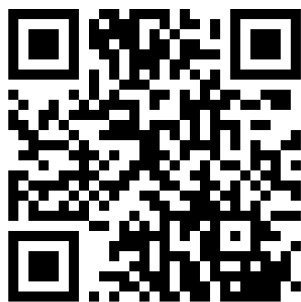


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Have Fun with POETRY

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:
842 6005 5131

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

APRIL 11TH
&
APRIL 25TH

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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