NERLC Monthly Events

October | 2020 | NERLC Events

Contact Us

https://www.nilp.org/nerlc/

Join Us

https://www.facebook.com/nerlc/?ref=page_internal

October 2020

October 4th thru the 10th is Mental Health Awareness Week

World Mental Health Day is an international day for global mental health, education, awareness, and advocacy against social stigma.
Northeast Recovery Learning Community

Who We Are

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 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.

781-219-0710

You can always log into our website for more updates and information on our virtual groups.

https://www.nilp.org/nerlc/

or on our Facebook page

https://www.facebook.com/nerlc/?ref=page_internal
ZOOM GROUPS

**Mondays**
- General Peer Support with Lisa at 12:00
- After Hour Discussion with Mike at 5:30

**Tuesdays**
- Peer Support Topics with Mike at 2
- Recipes 101 with Matt at 3:00

**Wednesdays**
- Creative Writing with Mike at 2

**Thursdays**
- After Hour Discussion with Mike at 5:30

**Fridays**

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**Facebook Live**
With Rachely

www.facebook.com/nerlc

#MindsetMonday @4pm
#DigaUd @11am
#WellnessWednesday @4pm

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**UBERCONFERENCE CALLS 781-219-0710**
These calls are available daily:

- Peer Support
  - Daily with Lisa from 3-5pm
  - Mondays with Matt from 2-3pm
  - Tuesdays with Dave from 1-2pm
- Bridging
  - Mondays from 10-11am
  - Wednesdays from 1-2pm
  - Thursdays form 1-2pm

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**Older Adult Coffee Time**
Hosted by Jed
**Mondays, Tuesdays and Thursdays**
11am-12pm

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**Peter Sanborn Support Group**
Hosted by Jed
**Fridays 11am-12pm**

This is for residents of Peter Sanborn Place. An older adult support group to talk on variety of topics.
ZOOM LINKS

For security purposes some of these groups may require a password. You may contact the host for the password to join the group.

Mondays

General Peer Support:
https://us02web.zoom.us/j/83822893850?pwd=YVhpMU5tVFZ3TUhWUmh1ODhtUVJtZz09

After Hour Discussion:
https://us02web.zoom.us/j/81809381738?pwd=OFphSFFphXgyMnhVOXdoQWVROHQvdz09

Tuesdays

Peer Support Topics:
https://us02web.zoom.us/j/108001858?pwd=NmxWEXpyaVNta0FmR1huUVk0c21aZz09

Recipes 101
https://us02web.zoom.us/j/81096850616?pwd=K0Z5U0V0c2pYSFJKQUdSXLkN2dEQT09

Trainings and Highlights

Recovery Foundation Virtual Training

coming in

December 2020
ZOOM LINKS

For security purposes some of these groups may require a password. You may contact the host for the password to join the group.

**Wednesdays**

Creative Writing:  
[https://us02web.zoom.us/j/83958281097?pwd=aU43bW9IN21DNWNEVV1NdWJDYVFDdz09](https://us02web.zoom.us/j/83958281097?pwd=aU43bW9IN21DNWNEVV1NdWJDYVFDdz09)

**Thursdays**

After Hour Discussion:  
[https://us02web.zoom.us/j/81809381738?pwd=OFphSFFphXgvMmhVOXdoQWVROHQvdz09](https://us02web.zoom.us/j/81809381738?pwd=OFphSFFphXgvMmhVOXdoQWVROHQvdz09)

Visit us on our Facebook page and click on the Event tab to view more details on the groups.

[www.facebook.com/nerlc](http://www.facebook.com/nerlc)

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For more information on the group you may contact the host.