

THE NORTHEAST RLC

SEPTEMBER

Celebrate Recovery

MONTHLY CALENDAR

Mes de Recuperación

Calendario de Septiembre

Large Print & Electronic Versions of this Calendar are Available

Request can be made through email: esoares@nilp.org



*Peer2Peer Resources for
People with Disabilities*



Our Recovery Stories

It's late summer, and I was attending a day treatment program in the North Shore. Many of my peers in the program were talking about the Certified Peer Specialist training and where the training was offered and where to get additional information. At the end of that day, I looked for the Northeast Recovery Learning Community (NERLC) calendar to see if any information was available.

In the calendar I saw a class that caught my eyes, "Recovery Foundations Class", I made a phone call to see if I can still enroll, although two classes had already resumed. With great response, I was able to attend and made the effort to be there every class thereafter. Mandy, who covered a class was pleased with what I had said in class.

Before the Recovery Foundations class was over, I enrolled into another class that the NERLC was offering, "WRAP". By attending classes, I gained peer support, advice, and additional coping skills. I was able to connect with others, share coping skills, gained friends, peers, and expand my tools as to manage my symptoms.

Before the classes ended with NERLC, I was asked if I was interested in volunteering. Not long after that, I was asked if I was interested to work for them. You bet I was!

Prior to working for NERLC, I had applied to the Transformation Center for the Certified Peer Specialist (CPS) training. I started to work for NERLC while I was going through the application process for the CPS training. Within a month working for NERLC, I was notified of being accepted in the CPS training for the spring.

I have worked very hard to get where I am. NERLC got me motivated as to how to reach out to others and make noise (speaking up). Bottom line, you are not going to get what you want/need if you do not ask/seek information. NERLC gave me the avenues as to how to ask of what I want and need.. I became comfortable and learned to step out of my comfort zone. Now I am going to places that gave me much anxiety and have started to enjoy life again by trying new things and having fun too!

Lisa Rivard, CPS

Metro North Support Groups

Everett, Malden, Medford, Melrose, North Reading, Stoneham, Wakefield

Thursdays

Arts and Crafts Group: September 7th, 14th, 21st & 28th. 12:00pm-2:00pm

Malden Hub

11 Dartmouth Street Suite 301

Malden, MA 02148

Contact: Eileen Logergan at 978-687-4288 ext. 200

Women's Group: September 7th, 14th, 21st & 28th. 9:30am-11:00am

Brother's Deli of Wakefield

404 Main Street

Wakefield, MA 01880

Contact: Helina Fontes 978-687-4288 ext. 149

Striving for Happiness: September 7th, 14th, 21st & 28th. 12:00pm-1:00pm

Horizon House

78 Water Street

Wakefield, MA 01880

Contact: Mike Berggren 978-687-4288 ext. 200

Fridays

Friendship Group: September 1st, 8th, 15th, 22nd & 29th. 9:30am-11:00am

Brother's Deli of Wakefield

404 Main Street

Wakefield, MA 01880

Contact: Mike Berggren 978-687-687-4288 ext. 200

Wakefield, MA 01880

Beverly North Shore Support Groups Danvers

Essex, Gloucester, Hamilton, Ipswich, Manchester, Marblehead, Middleton, Peabody, Rockport, Salem,
Topsfield, Wenham

Wednesdays

LGBTQIA: September 6th, 13th, 20th & 27th. 1:30pm-3:00pm.

Independent Living Center of the North Shore

27 Congress Street Suite 107

Salem, MA 01970

Contact: Grant Murphy at 978-741-0077/ gmurphy@ilbnsca.org

Thursdays

Game Group: September 7th, 14th, 21st & 28th. 11:00am-12:00pm

Gloucester Hub

43 Gloucester Avenue Suite 2I

Gloucester, MA 01930

Contact: Mandy Orfanos 978-687-4288 ext. 203

Tulsi Time: September 7th. 3:30pm-4:30pm

Department of Mental Health

45 Congress Street

Salem, MA 01970

Contact: Mandy Orfanos 978-687-4288 ext. 203

Recovery Concepts: September 7th, 14th, 21st & 28th. 6:30pm-8:00pm

Independent Living Center of the North Shore

27 Congress Street

Salem, MA 01970

Contact: Eileen Lonergan at 978-687-4288 ext. 201

Fridays

Bingo: September 1st, 15th & 29th. 10:30am-11:30am

Unitarian Universalist Church

10 Church Street,

Gloucester, MA 01930

Greater Lowell Support Groups

BillERICA, Chelmsford, Dracut, Dunstable, Lowell, Tewksbury, Tyngsboro, Westford

Tuesdays

Creative Community Art & Activity Group: September 5th, 19th, & 26th. 12:45pm-1:45pm.

RLC Lowell Hub: The Hildreth Building

45 Merrimack Street Suite 407

Lowell, MA 01852

Contact: David Carignan at 978-687-4288 ext. 200

LGBTQIA: September 5th, 12th, 19th & 26. 1:45pm-2:45pm

RLC Lowell Hub: The Hildreth Building

45 Merrimack Street Suite 407

Lowell, MA 01852

Contact: Sam Chivers at 978-687-4288 ext. 200

Wednesdays

Walking Group: September 6th, 13th, 20th & 27th. 11:00am-12:00pm.

RLC Lowell Hub: The Hildreth Building

45 Merrimack Street Suite 407

Lowell, MA 01852

Contact: Mike Berggren at 978-687-4288 ext. 200

Recovery is Real: September 6th, 13th, 20th & 27th. 10:00am-11:00am

RLC Lowell Hub: The Hildreth Building

45 Merrimack Street Suite 407

Lowell, MA 01852

Contact: Mike Berggren at 978-687-4288 ext. 200

Greater Lowell Support Groups

Billerica, Chelmsford, Dracut, Dunstable, Lowell, Tewksbury, Tyngsboro, Westford

Thursdays

Fun Group: September 7th, 14th, 21st & 28th. 12:45pm-1:45pm.

RLC Lowell Hub: The Hildreth Building

45 Merrimack Street Suite 407

Lowell, MA 01852

Contact: David Carignan at 978-687-4288 ext. 200

Saturdays

Coffee and Peer Support: September 9th, & 13th. 11:00am-12:00pm.

Brew's Awakening

61 Market Street

Lowell, MA 01852

Contact: David Carignan at 978-687-4288 ext. 200

"Stay Positive, work hard and make your dream happen"

~Eileen Lonergan~

September

Recovery
Month

2017

Greater Lynn Support Groups

Lynn, Lynnfield, Nahant, Saugus, Swampscott

Wednesdays

Chess Group: September 6th, 13th, 20th & 27th. 3:00pm-4:00pm

RLC Lynn Hub

1 Market Street Suite 203

Lynn, MA 01901

Contact: Gerry McManamy at 978-687-4288 ext. 202

Thursdays

"Lets Talk" Recovery Support Group: September 7th, 14th, 21st & 28th. 1:00pm-2:00pm.

RLC Lynn Hub

1 Market Street Suite 203

Lynn, MA 01901

Contact: : Gerry McManamy at 978-687-4288 ext. 202

"We honor ourselves when we speak out for recovery. We show the world that recovery matters because it brings hope and peace into the lives of individuals and their loved ones."

~Beth Wilson~

Our Recovery Stories

Life had become a bleak waste of wreckage and grief, in which I had no answers or any closure. Death had claimed many of those I loved from a young age so the only solace that I found came from a bottle, a drug or by unleashing the indelible reminders of agony through acts of violence. Existing this way for 20 years had left me shackled, and removed any remaining semblance of reality from my weary mind. It wasn't until a humanist sponsor of mine carried a message of hope, not bound by dogmatic or menacing tones, but with a soft, compassionate voice: "Spirituality is learning to live within harmony with the world around, rather than continuing down the path of disharmony." Balance. Acceptance. Honesty. Peace. I am not a religious, nor spiritual person, within the confines of any conventional definition. But I seek connection with other people, in the hope that I continue to topple fear and assuage the anguish from my heart; to abolish the anger which once corrupted me completely; to exist on equal footing within the world of animate or inanimate, human or animal; and to establish a relationship with the one person I never thought possible: myself.

Mike Berggren, CPS



"Recovery takes four things : Time, Hard Work, A Willingness to Change and Help from Others" ~Anomynous~

Our Recovery Stories

My battle for my mental health and wellness began back in my early childhood. When I was five years old I experienced a traumatic event that has forever changed me. One night, while I lay sleeping in my bed, two of my teenage male cousins entered my bedroom and asked, ***“Can you keep a secret?”*** One secret soon became many secrets, which left me of carrying constant feelings of the shame and fear. These experiences also started to negatively impact my behaviors at both home and school, and so by the age of eight I found myself completely separated from, family, friends, home, and school. I was left with locked units, medications, restraint beds and blank stares. From then on I spent the remainder of my childhood being raised by and in foster care.

During my adolescent years I was bitter and angry because I felt that while I had lost everything, the individuals who I felt were responsible for all had lost nothing. To pacify my chronic emotional pain, when drugs and alcohol were offered to me by someone I considered to be very close to me, I willingly took the opportunity to numb the pain. I’m sure it goes without saying that a lengthy battle with addiction crept in next.

Eventually I found myself at the end of my rope, and so I made my way into a treatment program, where I felt surrounded by loving and caring individuals. This was my first real experience with the power of peer support. Week after week I watched as my peers worked on, and achieved their own personal recovery goals. During the times when I felt like giving up, they’d cry with me, wrap their arms around me and say, ***“You’re gonna make it!”***

I used to think that recovery meant looking and acting like everything was “normal.” I spent so many years feeling robbed and cheated out of something I wanted more than anything, a place that I belonged to. Since entering into recovery, and finding the Peer Movement, I now have that sense of belonging I so deeply desired. I now consider the NERLC community my family and my home, and was I overjoyed when I was given the opportunity to work there. Every tear, every hurt, every lonely night, doesn’t feel as bad to me anymore. The day I realized that by sharing my painful experiences I could help someone else, was the day that I discovered that my suffering was not in vain. I want to leave you with a thought that was shared with me by one of the coolest CPS trainers ever, ***“RECOVERY IS REAL”***

Helina Fontes, PD NERLC

NORTHEAST INDEPENDENT LIVING PROGRAM INC.

**The Board of Directors of
The Northeast Independent Living Program, Inc.
cordially invites you to attend our**

**Annual Meeting & Open House
Wednesday, October 25, 2017
4:00-7:00pm**

**at
Northeast Independent Living Program
20 Ballard Road
Lawrence, MA 01843**

For more information, please contact Sheila @ shegarty@nilp.org
978.687.4288 ext. 162 (voice) 978.689.4488 (fax)

Detach and Return to NILP, 20 Ballard Rd., Lawrence, MA 01843 by October 11, 2017

Name: _____ **Title** _____

Organization Name: _____

Address: _____

Phone#: _____ **# of people attending** _____

I/We will attend the Open House



*Please
refrain from
wearing
scented
products*

REASONABLE ACCOMMODATIONS:

- | | |
|---|--|
| <input type="checkbox"/> PCA | <input type="checkbox"/> Large Print |
| <input type="checkbox"/> CART | <input type="checkbox"/> Braille |
| <input type="checkbox"/> ASL Interpreter | <input type="checkbox"/> Transportation |
| <input type="checkbox"/> Spanish Interpreter | <input type="checkbox"/> # of people using |
| <input type="checkbox"/> Deaf/Blind Interpreter | wheelchairs needing transport |
| <input type="checkbox"/> FM Loop | (Limited transportation will be provided) |



*Reasonable
Accommodations
cannot be guaranteed
after 10/11/17*

➤ ***Remember to call Sheila at 978-687-4288 for a mail-in (absentee) ballot or proxy authorization if you cannot attend but want to vote for the Board of Directors***

Call to *Volunteer*



LOWELL DISABILITY COMMISSION SEEKS A FRIEND OF THE COMMISSION

Why should you become a Friend of the Commission?

- Be an Advocate for the youth community*
- Learn new skills*
- Meet other people with disabilities*

Mission Statement

Advise and make recommendations to the City Council on issues of immediate and long-range importance to the disabled community.

Education City Staff, policy makers, and the general public about the needs and the potential contributions of persons with disabilities in the City of Lowell

Advocate for awareness for people with disabilities. Educate the disabled population of its rights and capabilities.

Act as a liaison with the LRTA to provide greater access to transportation for people with disabilities.

This position is an opportunity for a young person to learn about and become involved in the work of the City of Lowell's Commission on Disabilities.

This is a nonvoting position where you will:

- *Attend and participate in monthly commission meetings.*
- *Act as an advocate between the commission and the younger members of the Lowell community.*
- *Bring the concerns and input of young people to the commission and tell the community about the mission of the commission.*

Requirements:

- Must be under 18 with a disability
- Young person with interest in advocating for young people with disabilities
- Must have the ability and willingness to participate in monthly meetings of the commission

For additional information or to be considered for a position, please contact the Lowell Commission at 978-710-9005 text or voice. Email ebrassel@lowelllibrary.org

Upcoming Events

RLC Street Outreach Week



Tuesday, September 19, 2017
56 Margin Street
Salem, MA 01970
12pm-2pm

Wednesday, September 20, 2017
205 Middlesex Street
Lowell, MA 01852
12pm-2pm

Thursday, September 21, 2017
100 Willow Street
Lynn, MA 01901
2pm-4pm

Friday, September 22, 2017
10 Church Street
Gloucester, MA 01930
12pm-2pm



*Peer2Peer Resources for
People with Disabilities*



Próximos Eventos

Semana Para Alcance en La Calle



Martes, 19 de Septiembre 2017

**56 Margin Street
Salem, MA 01970
12pm-2pm**

Miercoles, 20 de Septiembre 2017

**205 Middlesex Street
Lowell, MA 01852
12pm-2pm**

Jueves, 21 de Septiembre 2017

**100 Willow Street
Lynn, MA 01901
2pm-4pm**

Viernes, 22 de September 2017

**10 Church Street
Gloucester, MA 01930
12pm-2pm**



*Peer2Peer Resources for
People with Disabilities*



The NERLC Seeks Recovery Heroes Like You

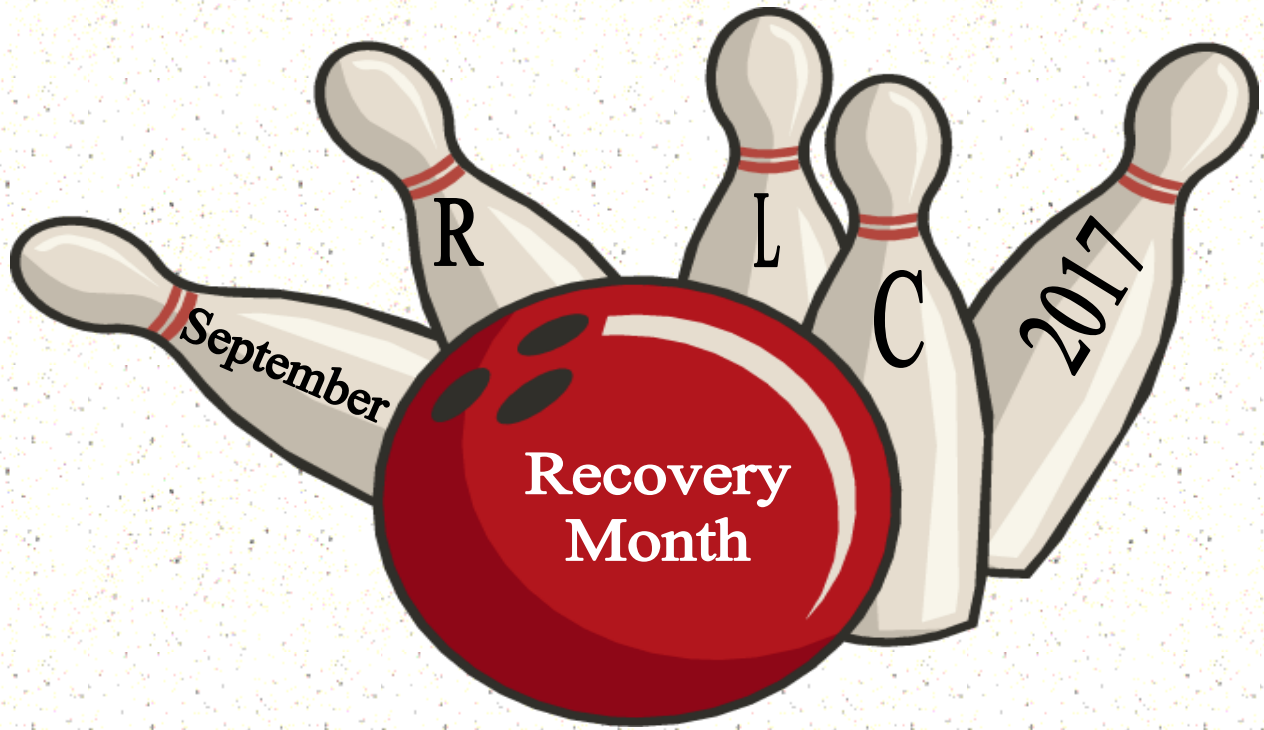
We Have Volunteer Opportunities In the Following Areas

- Community Advisory Committee
 - Peer Group Facilitators
- Assisting in each of our 5 Hub locations and more
 - Multi-Lingual Peer Specialists



Please contact Lisa Rivard for more Info at 978-687-4288 ext.167

Email: lrivard@nilp.org



Haverhill

Academy Lanes
725 S. Main Street
Haverhill, MA 01835
September 12, 2017
3:00pm-5:00pm

Wakefield

Wakefield Bowlrome
92 Water Street
Wakefield, MA 01880
September 15, 2017
10:30am-11:30am

Contact Mike Berggren at 978-687-4288 ext. 200 for details



*Peer2Peer Resources for
People with Disabilities*



Movie & Pizza Time



"Lars and The Real Girl"

Tuesday

Lynn Hub

September 26, 2017

1 Market Street Suite 202

2:00pm-4:00pm

Lynn, MA 01901

Contact Gerry McManamy at 978-687-4288 ext 202

gmcmanamy@nilp.org

NERLC Hub Locations

ESSEX NORTH

**20 Ballard Road
Lawrence, MA 01843
978-687-4288**

GREATER LOWELL

**45 Merrimack Suite 407
Lowell, MA 01852
978-687-4288 ext. 200**

NORTH SHORE

**43 Gloucester Avenue Suite 21
Gloucester, MA 01930
978-687-4288 ext. 203**

LYNN

**1 Market Street Suite 203
Lynn, MA 01901
978-687-4288 ext. 202**

METRO NORTH

**11 Dartmouth Street Suite 301
Lawrence, MA 01843
978-687-4288 ext. 201**

***"Mindfulness assists you and I from not running faster than
we have strength"***

~Mitch Halaby~

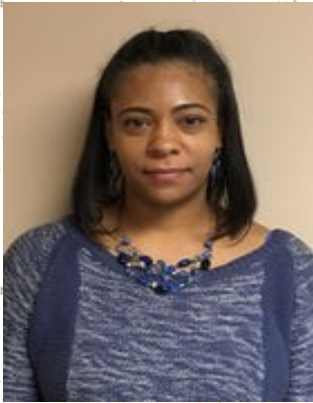
NERLC SERVICE AREAS

Acton	Chelmsford	Lawrence	Merrimac
Amesbury	Concord	Lexington	Methuen
Arlington	Danvers	Lincoln	Middleton
Andover	Dracut	Littleton	Nahant
Bedford	Dunstable	Lowell	North Andover
Belmont	Essex	Lynn	North Reading
Beverly	Everett	Lynnfield	Newbury
Billerica	Georgetown	Malden	Newburyport
Boxborough	Gloucester	Manchester	North Andover
Boxford	Groveland	Marblehead	Peabody
Burlington	Hamilton	Maynard	Reading
Byfield	Haverhill	Medford	Rockport
Carlisle	Ipswich	Melrose	Rowley

The Northeast RLC Team

Program Director

Helina Fontes



20 Ballard Road
Lawrence, MA 01843
By appointment
978-687-4288 ext. 149
hfontes@nilp.org

Admin. & Marketing Assistant

Emily Soares



20 Ballard Road
Lawrence, MA 01843
978-687-4288 ext. 131
esoares@nilp.org
Hablo español.

Manager of Bridging Community & Older Adult Peer Support

Mitch Halaby



20 Ballard Road
Lawrence, MA 01843
978-687-4288 ext. 140
mhalaby@nilp.org

Peer Specialist

Joanne Wolfe

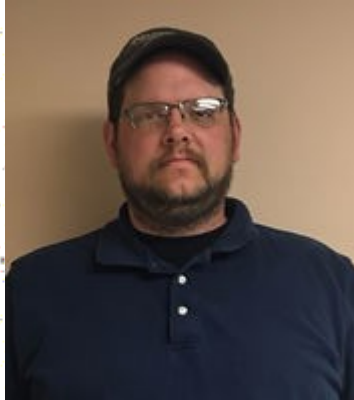


43 Gloucester Avenue Suite 21
Gloucester, MA 01930
978-687-4288 ext. 203
jwolf@nilp.org

The Northeast RLC Team

**Essex North/Greater Lowell
Hub Manager**

Mike Beggren



45 Merrimack Street Suite 407
Lowell, MA 01852
978-687-4288 ext. 200
mberggren@nilp.org

**North Shore/Lynn
Hub Manager**

Mandy Orfanos



43 Gloucester Avenue Suite 21
Gloucester, MA 01930
978-687-4288 ext. 203
aorfanos@nilp.org

**Acton
Hub Manager
Jason Scolnick**



20 Ballard Road
Lawrence, MA 01843
978-687-4288 ext. 146
vwhitcomb@nilp.org

The Northeast RLC Team

Training Specialist

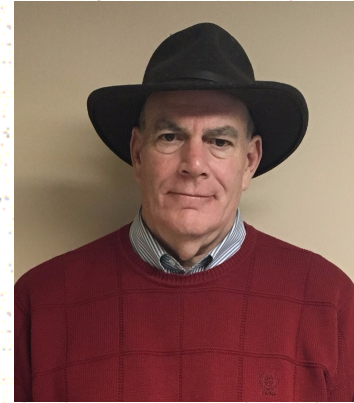
Vida Whitcomb



20 Ballard Road
Lawrence, MA 01843
978-687-4288 ext. 146
vwhitcomb@nilp.org

Peer Specialist

Gerry McManamy



1 Market Street Suite 2013
Lynn, MA 01901
978-687-4288 ext. 146
gmcmnamy@nilp.org

Peer Specialist

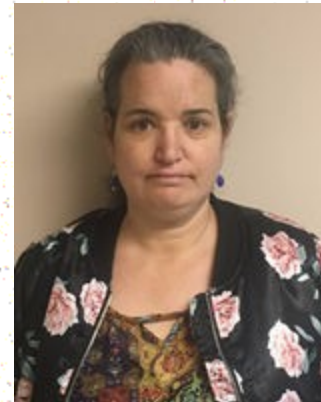
Lisa Rivard



20 Ballard Road
Lawrence, MA 01843
978-687-4288 ext. 167
lrivard@nilp.org

Peer Specialist

Melissa Talal

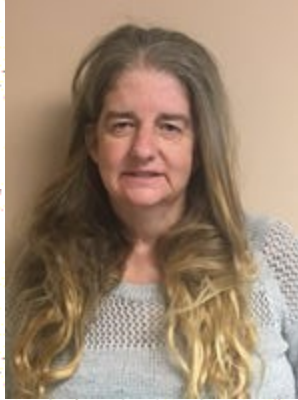


45 Merrimack Street Suite 407
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978-687-4288 ext. 200
mtalal@nilp.org

The Northeast RLC Team

Peer Specialist

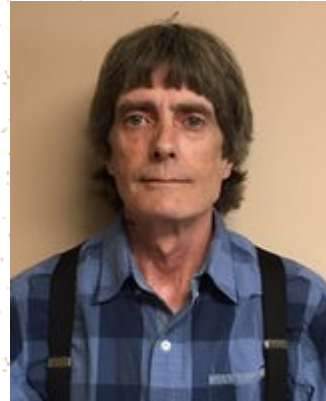
Eileen Lonergan



11 Dartmouth Street Suite 301
Malden, MA 02148
978-687-4288 ext. 200
elonergan@nilp.org

Peer Specialist

David Carigan



45 Merrimack Street Suite 407
Lowell, MA 01852
978-687-4288 ext. 200
mberggren@nilp.org

"The world is changed by your example not by your opinion"

~Paulo Coelho~