



El Año De Interminable Posibilidades
Feliz Año Nuevo

El Calendario De Enero

Large Prints & Electronic Versions of this Calendar are Available

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



www.facebook.com/nerlc



Peer2Peer Resources for
People with Disabilities



INCLEMENT WEATHER & DELAYED SCHEDULE INFORMATION



NILP follows Lawrence Public School for all inclement weather delays and closures.

Tel: 978-687-4288



*Peer2Peer Resources for
People with Disabilities*

Metro North Support Groups

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

Thursdays

Arts and Crafts Group: January 4, 11, 18, & 25- 12:00pm-2:00pm

Malden Hub, 11 Dartmouth Street Suite 301, Malden, MA 02148

Contact: Eileen Lonergan at elonergan@nilp.org / Jackie Martinez at jmartinez@nilp.org or 978-687-4288 ext. 201

Striving for Happiness Group: January 4, 11, 18 & 25- 12:00pm-1:00pm

The point of recovery is learning to define happiness, contentment or peace in your own way; learning from others is a prominent piece of life in recovery, this group allows all to be a teacher and student.

Horizon House, 78 Water Street, Wakefield, MA 01880

Contact: Mike Berggren at mberggren@nilp.org or 978-687-4288 ext. 200

Fridays

Friendship Group: January 5, 12, 19 & 26- 11:00am-12:00pm

Sports, current events, music and meditation are all interesting topics by themselves, but they are better when shared by a group. No better way to start your day!

Brother's Deli of Wakefield, 404 Main Street, Wakefield, MA 01880

Contact: Mike Berggren at mberggren@nilp.org or 978-687-4288 ext. 201



The world is changed by your
example not by your opinion

By: Paulo Coelho

North Shore Support Groups

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

Thursdays

Game Group: January 4 & 18 - 12:30am-1:30am

Come enjoy camaraderie and game play because recovery doesn't have to be mundane!

Essex Senior center, 17 Pickering Street, Essex, MA 01929

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

Tulsi Time: January 4- 3:30pm-4:30pm

Tulsi tea and discussion is the basis for Tulsi Time, discussions pertaining to healthy habit development, current events and where we're at.

Department of Mental Health, 45 Congress Street, Salem, MA 01970

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

Recovery Concepts: January 4, 11, 18 & 25- 6:30pm-8:00pm

Discussion and creativity help form this open minded group; there are no wrong doors in recovery and his group proves that.

Independent Living Center of North Shore & Cape Ann, 27 Congress Street Suite 107, Salem, MA 01970

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

The Ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy.

...Martin Luther King Jr.

North Shore Support Groups

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

Fridays

Street Smarts: January 5 & 19- 10:30am-11:30am

An informative and educational discussion of topics related to staying safe on the streets.

Grace Center, Universalist Unitarian Church, 10 Church Street, Gloucester, MA 01930

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

Bingo: January 12 & 26- 10:30am-11:30am

Bingo has never been so fun! This time is spent playing bingo, but shared conversation is what sets this group apart.

Grace Center, Universalist Unitarian Church, 10 Church Street, Gloucester, MA 01930

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

Ted Talks: January 12 & 26 – 10:30am-11:30am

Includes short inspirational and educational videos related to mental health recovery topics, followed by a peer discussion and support group for the same topics.

43 Gloucester Ave, Suite 21, Gloucester, MA 01930

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

Greater Lowell Support Groups

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

Tuesdays

Creative Community Art & Activity Group: January 2, 9, 16, 23 & 30- 12:45pm-1:45pm

Creation through artistic endeavors is a wonderful form of cathartic meditation; it is possible to find serenity through the simplicity of drawing or painting, or to even find a talent you were unaware of.

Lowell Hub, The Hildreth Building, 45 Merrimack Street Suite 407, Lowell, MA 01852

Contact: David or Mike at 978-687-4288 ext. 200 or mberggren@nilp.org or dcarignan@nilp.org

LGBTQIA: January 2, 9, 16, 23 & 30- 1:45pm-2:45pm

This group encourages peer support for the LGBTQIA community, as well as allowing allies to take part and engage in meaningful conversations.

Lowell Hub, The Hildreth Building, 45 Merrimack Street Suite 407, Lowell, MA 01852

Contact: David or Mike at 978-687-4288 ext. 200 or mberggren@nilp.org or dcarignan@nilp.org

Wednesdays

Recovery is Real: January 3, 10, 17, 24 & 31- 10:00am-11:00am

An open format to discuss both the peaks and valleys of personal recovery; discussion includes personal stories, recovery methods, challenges and the overall theme that we can overcome any struggles we face.

Lowell Hub, The Hildreth Building, 45 Merrimack Street Suite 407, Lowell, MA 01852

Contact: David or Mike at 978-687-4288 ext. 200 or mberggren@nilp.org or dcarignan@nilp.org

Greater Lowell Support Groups

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

Wednesdays

Game & Coffee Group: January 3, 10, 17, 24 & 31- 11:00am-12:00pm.

With the weather getting colder, warm up with a cup of coffee and some company! Enjoy card games? Come join us!

Lowell Hub, The Hildreth Building, 45 Merrimack Street Suite 407, Lowell, MA 01852

Contact: David or Mike at 978-687-4288 ext. 200 or mberggren@nilp.org or dcarignan@nilp.org

Thursdays

Fun Group: January 4, 11,18 & 25- 2:00pm-3:00pm.

From board games to cards, Three Stooges to enjoyment in the local parks; being happy, joyous and free and being present in our lives is the personal ideal we strive for.

Lowell Hub, The Hildreth Building, 45 Merrimack Street Suite 407, Lowell, MA 01852

Contact: David or Mike at 978-687-4288 ext. 200 or mberggren@nilp.org or dcarignan@nilp.org



Greater Lowell Support Groups

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

Fridays

Drop-In: January 5, 12, 19 & 26 1:00pm-3:00pm

Appointments for anyone who is looking for resources, 1 to 1 peer support or just a spot to relax.

Lowell Hub, The Hildreth Building, 45 Merrimack Street Suite 407, Lowell, MA 01852

Contact: Mike at mberggren@nilp.org or 978-687-4288 ext. 200

Saturdays

Coffee & Peer Support: January 6, 13, 20 & 27- 9:00am-11:00am.

Join us for coffee and a chat. Start your weekend right with some coffee and peer support discussion.

Lowell Hub, The Hildreth Building, 45 Merrimack Street Suite 407, Lowell, MA 01852

Contact: David or Mike at 978-687-4288 ext. 200 or mberggren@nilp.org or dcarignan@nilp.org

Sundays

Movie & Football: January 7, 14, 21 & 28. 1:00pm-4:00pm.

Nothing to do on Sunday? Join us for a movie or football and great conversation. This group focuses on relaxation and enjoying company.

Lowell Hub, The Hildreth Building, 45 Merrimack Street Suite 407, Lowell, MA 01852

Contact: David or Mike at 978-687-4288 ext. 200 or mberggren@nilp.org or dcarignan@nilp.org

Lynn Support Groups

Lynn, Lynnfield, Nahant, Saugus, Swampscott

Tuesday

Movie and Pizza: January 23, 2pm-4pm “Benny & Joon”

Lynn Hub, 1 Market Street Suite 203, Lynn, MA 01901

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

Wednesdays

Dual Recovery Group : . January 3, 10, 17, 24 & 31- 2:00pm-3:00pm

A support group specifically for people with both substance abuse and mental health recovery challenges. It is based on the 12-step Recovery Model, and uses the literature, etc. of the Dual Recovery Anonymous organization (DRA). The group operates in a round-robin, open discussion format

Lynn Hub, 1 Market Street Suite 203, Lynn, MA 01901

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

Bingo Group : . January 10 & 24- 10:30am-11:30am

Bingo has never been so fun! This time is spent playing bingo, but shared conversation is what sets this group apart.

Lynn Shelter, 100 Willow Street Suite 203, Lynn, MA 01902

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

Thursdays

“Let’s Talk” Recovery Support Group: January 4, 11, 18 & 25- 1:00pm-2:00pm

Includes short inspirational and educational videos related to mental health recovery topics, followed by a peer discussion and support group for the same topics.

Lynn Hub, 1 Market Street Suite 203, Lynn, MA 01901

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

NERLC COMMUNITY ADVISORY COUNCIL MEETING

TUESDAY
JANUARY 2, 2018
5PM TO 7PM

Livestreaming from 6 to 7pm



1 MARKET STREET, SUITE 203
LYNN, MA 01902

FOR MORE INFO CONTACT EMILY:
ESOARES@NILP.ORG

EVERYONE IS WELCOME TO ATTEND!

The NERLC Community Advisory Council (CAC) assists in creating policy & programming for the NERLC. CAC members ensure that all activities of the NERLC are recovery-focused and represent the diverse voices of the NERLC community.

Meeting will be
live streamed
Logon to:
www.facebook.com/nerlc
and join the discussion



NERLC REUNIÓN DE COMUNIDAD CONSULTIVO CONSEJO

MARTES
ENERO 2, 2018
LA REUNIÓN FUNCIONA
5P.M A 7 P.M.



1 MARKET STREET, SUITE 203
LYNN, MA 01902

PARA MÁS INFORMACIÓN CONTACTO
EMILY;
ESOARES@NILP.ORG

¡TODOS SON BIENVENIDOS A ASISTIR!

EL NERLC

El Consejo Asesor de la Comunidad (CAC) ayuda a crear políticas y programación para el NERLC. Los miembros de CAC se aseguran de que todas las actividades del NERLC estén centradas en la recuperación y representen las diversas voces de la comunidad NERLC.

La reunión será transmisión en vivo de 6pm-7pm
Inicie sesión en www.facebook.com/nerlc y únete a la discusión





Haverhill
Academy Lanes
725 S. Main Street
Haverhill, MA 01835
January 9, 2018
2:00pm-4:00pm

Wakefield
Wakefield Bowlrome
92 Water Street
Wakefield, MA 01880
January 19, 2018
11:00am-12:00pm

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



*Peer2Peer Resources for
People with Disabilities*



YAVP
Anime Movie Group

Thursday,
January 11, 2018
2PM-4PM

Contact:
Ray Thomas at
781-643-5093

60 Lowell Street
Arlington, MA

Run By: Matt
maronstein@nilp.org

COME JOIN US WATCH ANIME SERIES AND MOVIES AND HELP
CHOOSE WHAT WE WATCH





"Benny and Joon"

BENNY & JOON



Tuesday
January 23, 2018
2:00pm-4pm

Lynn Hub
1 Market Street
Lynn, MA 01901

Contact Gerry McManamy at 978-687-4288 ext 202
gmcmanamy@nilp.org

*If you or a family member has used CBFS services
and live in the Northeast Area*

WE NEED YOU!

*Use your personal experience to give input
on which agencies will provide mental
health services for thousands of adults
in the Northeast Area.*

The Massachusetts Department of Mental Health (DMH) has redesigned its main adult service model. This new service, Adult Community Clinical Services (ACCS), will replace Community Based Flexible Supports (CBFS). DMH will be in the process of deciding on providers for these new contracts soon. DMH is looking for individuals currently or formerly served by CBFS and their family members to play a part in the decision making process. This is an opportunity to shape services for years to come!

Committee members will:

- **Attend 2 orientation trainings to prepare in January 2018**
- **Attend committee meetings in February 2018**

Stipends & reimbursement for travel available.

For more information
about participating in the
Northeast Area committee,
please contact: Karen Kieffer
Karen.Kieffer@state.ma.us
978-863-5012



WE NEED YOUR INPUT!

FAQ

WHAT IS ACCS?

“ACCS” stands for **Adult Clinical Community Services**, a DMH funded continuum of services that will be integrated with other health care services. ACCS will be the main DMH service for adults who live in or are transitioning to the community and will replace Community Based Flexible Supports (CBFS).

WHAT IS THE PURPOSE OF PARTICIPATING?

Participating in the consumer input committee is a chance to provide guidance to decision makers, giving input on proposals submitted by healthcare agencies who want to provide Adult Clinical Community Services (ACCS) when it begins in July, 2018.

WHERE WILL THIS TAKE PLACE?

There are two stages to participation - training and evaluation sessions. The training will occur in various places as convenient to you as we can make them. The evaluating will take place at the DMH Northeast Area Office in Tewksbury.

WHO DO WE WANT?

Past or present consumers of Community Based Flexible Supports (CBFS) and family members of CBFS consumers.

WILL THIS SERVICE BE COMPENSATED?

Yes, stipends for each session are available that you can request, and transportation costs are reimbursable.

WHAT SERVICE WILL BE REQUIRED?

There will be two 3-hour training sessions to learn how to evaluate proposals and 1-4 evaluation sessions.

WHEN WILL THIS TAKE PLACE?

The process will begin with two trainings in January. The evaluation sessions will be completed in February. RSVP forms are due by January 14, 2018.

IF YOU HAVE ADDITIONAL QUESTIONS OR WOULD LIKE TO JOIN THE CONSUMER INPUT COMMITTEE, PLEASE CALL:

Karen Kieffer, Director of Rehabilitation and Recovery
DMH Northeast Area Office Karen.Kieffer@state.ma.us
Phone: 978-863-5012 Fax: 978-863-5091

*If you or a family member has used CBFS services
in the Northeast Area,*

JOIN US IN GIVING INPUT INTO NEW SERVICES

“ACCS” stands for *Adult Clinical Community Services*, a DMH funded continuum of services that will be integrated with other health care services. ACCS will be the main DMH service for adults who live in or are transitioning to the community and will replace Community Based Flexible Supports (CBFS).

DMH will be reviewing agency bids to be chosen to provide these services. Participating in this consumer input committee is a chance to provide guidance to decision makers, giving input on proposals submitted by healthcare agencies who want to provide Adult Clinical Community Services (ACCS) when it begins in July, 2018.

There are two stages to participation - training and evaluation sessions. We are accommodating people’s schedules as best we can, so please be flexible when choosing options for training and evaluation sessions below.

This is a confidential process. Both your input and the identity of bidding agencies must be protected in order to maintain a fair process.

1. Name _____

2. Contact information:

Address _____

City _____

Cell phone _____

Other phone _____

3. I confirm that I am a person currently/formerly served by CBFS

- OR -

I confirm that I am a family member of a person currently/formerly served by CBFS

4. I agree that I will hold confidential all information and any discussions I participate in

5. I understand my time may need to be flexible to respond to last-minute scheduling of 1-4 committee sessions in late January-early February

PLEASE CONTINUE TO OTHER SIDE

6. Select possible times for **training modules** in January to confirm availability (all times listed, choose as many as you are able to be present for – we will choose several times that most people can meet)

Module 1

- Jan 16, 4-7pm
- Jan 17, 4-7pm
- Jan 18, 1-4pm
- Jan 19, 1-4pm

Module 2

- Jan 23, 4-7pm
- Jan 24, 4-7pm
- Jan 25, 1-4pm
- Jan 26, 1-4pm

7. Select all potential available times for **committee sessions** in early February for sessions (choose your availability from all potential times listed – we will choose the most popular times)

- | | | |
|--|--|---|
| <input type="checkbox"/> Feb 1, 9am-12pm | <input type="checkbox"/> Feb 5, 12:30-3:30pm | <input type="checkbox"/> Feb 12, 9am-12pm |
| <input type="checkbox"/> Feb 1, 12:30-3:30 | <input type="checkbox"/> Feb 5, 4-7pm | <input type="checkbox"/> Feb 12, 12:30-3:30pm |
| <input type="checkbox"/> Feb 1, 4-7pm | <input type="checkbox"/> Feb 8, 9am-12pm | <input type="checkbox"/> Feb 12, 4-7pm |
| <input type="checkbox"/> Feb 2, 9am-12pm | <input type="checkbox"/> Feb 8, 12:30-3:30pm | <input type="checkbox"/> Feb 15, 9am-12pm |
| <input type="checkbox"/> Feb 2, 1-4pm | <input type="checkbox"/> Feb 8, 4-7pm | <input type="checkbox"/> Feb 15, 12:30-3:30pm |
| <input type="checkbox"/> Feb 5, 9am-12pm | <input type="checkbox"/> Feb 9, 9am-12pm | <input type="checkbox"/> Feb 15, 4-7pm |

8. I have access to transportation to the DMH Northeast Area Office, 365 East St, Tewksbury

- Car
- Public transportation
- Program transportation
- No transportation available

For more information or questions, please contact:

Karen Kieffer, Director of Rehabilitation and Recovery
DMH Northeast Area Office
Phone: 978-863-5012

**PLEASE SUBMIT APPLICATION
BY JANUARY 14 BY EMAIL OR FAX TO:**

Karen.Kieffer@state.ma.us

Fax: 978-863-5091

*Please make sure that both pages are sent,
whether scanned and sent via email or sent by fax.*

Action Plan Wellness Recovery WRAP

REGISTER TODAY

**Classes starts every Thursday as of February 1 thru
February 22, 2018**

2:00-3:30PM

Location TBD

**THIS IS A 8 WEEK WORKSHOP FOR THOSE WHO EXPERIENCE MENTAL
HEALTH CHALLENGES AND THOSE WHO WANT TO WRITE A WRAP**

Topics Include:

- Taking Preventive action Early
- 5 Keys to Mental Health Recovery
- Empowerment and Responsibility
- The Importance of Education

**Contact : Jackie Martinez at 978-687-4288 ext. 201 or
email at jmartinez@nilp.org**

Plan de acción de recuperación de bienestar WRAP

REGÍSTRESE HOY

**La clases comienzan todos los Jueves desde el 1 de
Febrero hasta el 22 de Febrero de 2018**

2:00-3:30PM

Lugar será determinado

**UN TALLER DE 8 SEMANAS PARA AQUELLOS QUE EXPERIMENTAN DESAFÍOS
DE SALUD MENTAL Y AQUELLOS QUE QUIEREN ESCRIBIR UN WRAP**

Los Temas Incluyen:

- Tomar medidas preventivas temprano
- 5 claves para la recuperación de la salud mental
- Empoderamiento y responsabilidad
- La importancia de la educación

**Contacto: Jackie Martinez al 978-687-4288 ext. 201 o
por correo electronico a jmartinez@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
Malden, MA 01843
978-687-4288 ext. 201

ACTON SITE
Hub Location
Coming Soon

*Give Yourself Permission To Be Happy Everyday
... Anonymous*

NERLC Service Areas

Acton	Everett	Medford	Stoneham
Amesbury	Georgetown	Melrose	Stow
Andover	Gloucester	Merrimac	Swampscott
Arlington	Groveland	Methuen	Tewksbury
Bedford	Hamilton	Middleton	Topsfield
Belmont	Haverhill	Nahant	Tyngsborough
Beverly	Ipswich	North Andover	Wakefield
Billerica	Lawrence	North Reading	Waltham
Boxborough	Lexington	Newbury	Watertown
Boxford	Lincoln	Newburyport	Westford
Burlington	Littleton	Peabody	West Newbury
Byfield	Lowell	Reading	Wenham
Carlisle	Lynn	Rockport	Wilmington
Concord	Lynnfield	Rowley	Winchester
Danvers	Malden	Salem	Woburn
Dracut	Manchester	Salisbury	
Dunstable	Marblehead	Saugus	
Essex	Mavnard		

