LEARN TO COPE offers:

- Weekly meetings where our members share experiences, resources and strategies from their own journeys as they help their loved ones to treatment and recovery from opiates and other drugs.
- A private, 24/7 online discussion board.
- **Guest speakers** including individuals in long term recovery and addiction professionals.
- Training in overdose prevention and the administration of nasal Narcan, a drug that reverses potentially fatal overdoses, keeping the hope of recovery alive for many families.
- Educational programs and speaking events at health fairs, schools and community organizations.

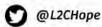
Times and locations are subject to change. Please visit the "Meetings" section on www.learn2cope.org for the latest information, or call 508-738-5148 with any questions.



A peer-led support network for families dealing with addiction and recovery

www.learn2cope.org





MEETINGS

ATTLEBORO

Thursdays 7–8:30PM City Hall Annex Basement of RMV Bldg. 75 Park St. – Side Door

BROCKTON

Mondays 7–8:30PM Good Sam Med. Center Moakley Outpatient Ent Moakley Conf. Room 235 N. Pearl St.

CAMBRIDGE

Mondays 7–8:30PM Spaulding Rehab Hospital 1575 Cambridge St. 3rd Floor Chapel Free parking first lot on Hovey St.

DEDHAM

Wednesdays 7–8:30PM Mother Brook Arts & Community Center 123 High St.

FRAMINGHAM

Wednesdays 7–8:30PM Edward M. Kennedy Community Health Center (Framingham Center) 354 Waverly St. 3rd Floor, Conf. Room C

FRANKLIN

Mondays 7–8:30PM First Universalist Society 262 Chestnut St.

GARDNER

Tuesdays 7–8:30PM Heywood Hospital 242 Green St. OBS Conf. Room 1st Floor Maternity Wing

GLOUCESTER

Wednesdays 7–8:30PM Rose Baker Senior Ctr 6 Manuel F. Lewis St. 2nd Floor

GREENFIELD

1st & 3rd Tuesday 7–8:30PM Greenfield Community College Main Bldg. 2nd Floor, C-208 Multi-purpose Room

HANOVER

Thursdays 7–8:30PM South Shore Vocational Technical High School 476 Webster St. Brass Lantern Restaurant

HAVERHILL

Thursdays 7–8:30PM Sacred Hearts Parish Hall 165 South Main St. Bradford, MA

HOLYOKE

Thursdays 7–8:30PM Providence Behavioral Health Hospital 1233 Main St. (Route 5) 1st Floor Auditorium

HUDSON

Monday 7-8:30PM Hudson Senior Center 29 Church St.

IPSWICH

Wednesdays 7–8:30PM Immanuel Baptist Church 45 Central St.

LOWELL

Wednesdays 7–8:30PM Lowell General Saints Campus 1 Hospital Dr. 1st Floor Conf. Room

MARTHA'S VINEYARD

1st Wednesday 6:30–8:00PM Martha's Vineyard Hosp. 1 Hospital Rd. 1st Floor Conf. Room

NEW BEDFORD

Tuesdays 7–8:30PM St. Luke's Hospital 101 Page St. Main Entrance Library Conf Rm A

PITTSFIELD

Tuesdays 7–8:30PM Berkshire Medical Center Cancer Center HEAL Community Room 165 Tor Ct.

PLYMOUTH Mondays 7–8:30PM Plymouth Recovery Ctr 71 Obery St.

QUINCY

Tuesdays 7–8:30PM A New Way Recovery Ctr 85 Quincy Ave. Park as if going to Citizen's Bank & enter under white awning

SALEM

Salem Hospital 81 Highland Ave. Davenport Bldg. Room 102A Use Children's Hospital Entrance

Thursdays 7-8:30PM

TAUNTON

Wednesdays 7–8:30PM Morton Hospital 88 Washington St. Margaret Stone Conference Room

TEWKSBURY

Tuesdays 7–8:30PM Tewksbury Memorial HS 320 Pleasant St.

WORCESTER

Thursdays 7–8:30PM ADCARE Hospital 107 Lincoln St. Conference Room: BCRB, one floor down from lobby

YARMOUTH

Tuesdays 7–8:30PM Yarmouth Police HDQ 340 Higgins Crowell Rd Community Room

MARGATE, FLORIDA

Mondays 7–8:30PM Fellowship Foundation Recovery Comm Ctr. 5400 W. Atlantic Blvd.

*Please check our website for meeting changes or cancellations.

and prescription drug abuse is sweeping the country. Young people and communities need to be educated on opiate and prescription drug use. It doesn't matter what your zip code, education level, or income is; addiction knows no boundaries. Addiction can begin with a legitimate prescription for pain or as an experiment that turns into a chronic disease. Many young lives have been lost and this is a tragedy.

About Learn to Cope

Learn to Cope is a peer-led support organization for parents and family members coping with a loved one addicted to opiates or other drugs.

Our members are people who love their children deeply, yet still find their families damaged by addiction.

In partnership with the Massachusetts Department of Public Health, Learn to Cope has chapters in cities and towns across Massachusetts.



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founded Learn to Cope in 2004 out of desperation to help my son and to offer others the support and resources that I would have benefited from when my family was in crisis.

Today my son and others like him are in long-term recovery. The road to recovery is long, but the more family members can educate themselves and support each other, the better they will be able to cope with their family member's substance use. If you're struggling with a loved one's addiction, Learn to Cope can help you find the strength, resources, and hope you need during this difficult time.

Janu Petuson

Joanne Peterson Executive Director, Learn to Cope

www.learn2cope.org



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Coping with a loved one addicted to opiates or other drugs?

There is hope. You are not alone.



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