

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

 [facebook.com/LTCHope](https://www.facebook.com/LTCHope)  [@L2CHope](https://twitter.com/L2CHope)

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.
White Home bldg to the
Right of the ER entrance

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

Thursdays 7–8:30PM
Salem Hospital
81 Highland Ave.
Davenport Bldg.
Room 102A
*(Use Children's Hospital
Entrance)*

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

1st & 3rd Monday
6:30–8:00PM
Fellowship
Foundation Recovery
Comm Ctr. 5400 W.
Atlantic Blvd.

**Please check our
website for meeting
changes or cancellations.*

An epidemic of opiate addiction 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.



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

I 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.

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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