

## 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](http://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](http://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.  
3<sup>rd</sup> 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  
1<sup>st</sup> Floor Maternity Wing

### GLOUCESTER

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

### GREENFIELD

1<sup>st</sup> & 3<sup>rd</sup> 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.  
1<sup>st</sup> Floor Conf. Room

### MARTHA'S VINEYARD

1st Wednesday  
6:30–8:00PM  
Martha's Vineyard  
Hosp. 1 Hospital Rd.  
1<sup>st</sup> 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  
5 Main St. Ext (next to  
Angelo's Roast Beef- 2nd  
floor, first door on the  
right and down the hall)

### 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

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

**A**n 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.



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**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

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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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