



LEARN to COPE

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

GARDNER CHAPTER

**Weekly Meetings on
TUESDAYS from 7:00 – 8:30 PM**

Heywood Hospital

242 Green Street, Gardner
Conference Room A—Main Entrance

Learn to Cope offers peer-support, education, resources and HOPE for families dealing with addiction and recovery.

Meetings offer a safe place for members to share their experiences, ask questions, learn about addiction and listen to guest speakers who are either in long term recovery or professionals in the field. Overdose education and Narcan training is also available at every meeting.

Questions?

For more information visit
www.learn2cope.org or call (508) 738-5148

“There is hope... you are not alone”