

Breaking the Chains of the **PAST**



This program consists of meeting with individuals one on one or as a group to provide supports such as Smart Recovery, Double Trouble, Anger Management and any other support groups that may be requested.



Northern Regional
Center for Independent Living



Northern Regional
Center for Independent Living

7632 North State St.
Lowville, N.Y 13367

315-836-3735 315-785-8704(TTY)

scottd@nrcil.net

trisho@nrcil.net

For accommodations please call NRCIL

Peers in Recovery

Accepting our past and making
changes for the future!



Northern Regional
Center for Independent Living

This program offers:

- information and referral
- coping skills, wellness approaches
- anger management
- addictions
- stress relief
- self-awareness and education
- guidance and support during and after time at Lewis County Jail
- job skills training/resume writing/computer skills
- peer advocacy/counseling
- provide hope as someone that has walked a similar path

You can lose your MONEY. You can lose your FRIENDS. You can lose your JOB and you can lose your MARRIAGE...and still recover...as long as there is HOPE. Never lose HOPE.

John Paul Warren

meetville.com



Peer counselors will meet with individuals and assist them in setting and meeting their personal goals. Education and knowledge are the most powerful tools which can be used to change behavior.

Other services include:

- Parenting classes
- Family support
- ROTEQ (reaching out to each other)
- Support groups
- Mental Health advocates
- Or just need to talk!!



Having a loved one in jail, effects more than the individual it effects the entire family. Not only does the individual need support but so does the family and friends!