

# FAMILY RESOURCE CENTER

MassGeneral for Children at North Shore Medical Center Family Support Programs

## LEARN TO COPE NORTH SHORE

### Is your family in crisis due to a loved one's substance abuse?

There is hope... You are not alone

Currently there is a heroin and oxycontin crisis in our area.

Learn to Cope North Shore (LTC NS) is a peer to peer parent support group that shares your pain and concerns. Our mission is to provide a safe and confidential place to share.

LTC NS will offer real world experience with families who are living with the drug addiction of their loved ones.

LTC NS is a new chapter of the successful program founded on the South Shore; formed by parents for parents, with the sole purpose of "being there" for each other.

We can learn more about how we can help our families and ourselves.

**Where: Lynch Conference Room, NSMC  
MassGeneral for Children at North Shore Medical Center**

**When: every Thursday 7-9pm**

**Cost: free**

Contact: Joanne Peterson, Founder of Learn to Cope  
At [www.learn2cope.org](http://www.learn2cope.org) or 508-801-3247,  
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