



**LEARN TO COPE is a support group for parents, family members, spouses and caregivers with a family member who is addicted to opiates, alcohol, or other drugs.**

**MEETINGS HELD EVERY  
THURSDAY EVENING 7:00PM to 8:30PM**

**Where:  
Worcester Recovery Center and Hospital  
309 Belmont Street, Worcester, MA 01605**

**For more information go to: [www.learn2cope.org](http://www.learn2cope.org)**

LTC offers experienced facilitators who have been there, resources, informational material, guest speakers (in long term recovery or professionals in the field) overdose education and Narcan an Opiate antagonist that reverses an overdose\* and most of all  
**HOPE AND RECOVERY!**

***“There is hope, you are not alone”***