

Let us introduce ourselves!  
**The CRCT Team:**

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**Bedford VAMC**  
200 Springs Road  
Building 80 Rm 101  
Bedford, MA 01730

Or contact us at

**781-687-3400**

## The CRCT Peers



Zap us into your smart phone!

HONORING SERVICE  
EMPOWERING  
**HEALTH**



**COMMUNITY RECOVERY  
CONNECTIONS TEAM**

Peer Specialists  
Helping Veterans  
to

**Build  
Bridges to  
Wellness**



# CRCT - Bridging the Gap



**Strong recovery requires not only eliminating destructive behavior but adding meaningful activity in its place.**

**Finding our way to feeling connected to the community can be a challenging aspect to recovery.**

**Knowledge of social support networks is essential.**

**Any Veteran with limited resources can build a "wellness plan" in the community based on natural resources.**



**Find a community that's right for you**

**Thinking about where you would like to build a life and plant roots leads to solid recovery goals. Different communities offer different natural resources.**

# Veterans don't have to find natural resources alone...

## Friendly, Knowledgeable Veteran Peers...

**...Assist Veterans receiving services to enrich connections within the communities of Somerville, Lowell, Haverhill, Lawrence, Beverly, and Gloucester (and surrounding areas) by providing guidance and bridging to community partners.**

- \*Work
- \*Recreation
- \*Hobbies
- \*Socializing Opportunities
- \*Communities of Worship
- \*Volunteering
- \* Peer Led Groups
- \* Special Interests



## What do CRCT peers do?

- Connect Veterans with community partners to facilitate community reintegration
- Provide individual Veteran peer support
- Facilitate informal groups

**Come to one of our Veteran Coffee Socials to learn more!**

**BEDFORD: Thursdays 7:30 - 9:00am**  
Bedford VA Canteen  
200 Springs Rd. Bedford MA 01730

**LOWELL: Thursdays 4:00 - 7:00pm**  
Santoro's Pizza  
194 Gorham St, Lowell, MA 01852

**SOMERVILLE: Mondays 7:30am**  
Mass Bay Vet Center  
4 North Street, Somerville, MA 02144

**GLOUCESTER: Fridays 7:30 - 9:00am**  
Gloucester Vet Center & DAV Building  
12 Emerson Ave, Gloucester, MA 01930

**LYNN: Tues 8:00 - 9:30am**  
117 Franklin Street, Lynn , MA 01902



**VA HEALTH CARE** Defining **EXCELLENCE** in the 21st Century

*We are with you every step of the way!*