



# Support Groups

Lyme Disease Resource Center, Inc.

A Path To Wellness

We are a volunteer run community-based 501(c)(3) organization founded in 2013

Our mission is to be a peer guided, supportive and safe place for those living with Lyme Disease and their care partners, sharing strategies and resources for living well.

#### **SCENT-FREE POLICY:**

The Lyme Disease Resource Center, Inc. maintains a scent-free policy for the office as well as all events. Please refrain from using scented products and wearing clothing that has come into contact with perfumes, fragrant detergents, smoke, etc. Scents may cause our clients to suffer adverse and/or allergic reactions.

Lyme Disease  
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413-588-7388  
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## **2nd Saturday's: Lyme Support Group 1-3pm**

*Facilitated discussion: Strategies and resources for living well with tick-borne illness. All are welcome including any persons supporting those with Lyme or tick borne illness.*

## **3rd Wednesday's: Chronic Illness Support & Wellness Group 1-3pm**

*A peer-based group for those with Lyme Disease and/or chronic illness to create connection with the intention of moving towards wellness. All are welcome including any persons supporting those with Lyme or chronic illness.*

**Groups meet on Zoom**  
**For Log-in information and support:  
413-588-7388 or info@lymedrc.org**

