

## Connection Starts Here – The First NSCS E-Newsletter

We are thrilled to bring you the very first edition of our e-newsletter! We will share inspiring stories, important updates, and a behind-the-scenes look at the incredible work happening across North Suffolk Community Services (NSCS). We hope you enjoy reading it as much as we enjoy sharing it with you!

## All Episodes Available for Youth Elemento's Chelsea Speaks Podcast!



North Suffolk's Youth Elemento program has launched Chelsea Speaks, a youth-driven podcast focused on mental health, identity, and community connection. Created by and for young adults in Chelsea, the podcast features real conversations, professional insights, and local resources to break down stigma and inspire healing.

Launched with support from the Massachusetts Department of Mental Health and funded by GreenRoots, Chelsea Speaks highlights the power of youth voices and the importance of accessible support. For creators like Kiara and Tomas, the project was not only about sharing stories – it was about building confidence, hope, and connection within their community.

All episodes are currently available on NSCS' YouTube channel. The podcast uplifts the voices of young adults in Chelsea, exploring real conversations around mental health, identity, healing, and community care. Join us in celebrating youth leadership, mental health awareness, and the strength of our Chelsea community.

"Youth Elemento and programs like it are saving lives," said DMH Deputy Commissioner Charlene Zuffante. "They create space for young people to find themselves and discover a successful path forward."

Program Director Wendy Mancia adds, "We poured our hearts into Chelsea Speaks and the response has been incredible. I'm deeply proud of the team and hope this work empowers others to prioritize their mental health."

Whether you're tuning in to feel connected, to learn something new, or simply to listen— you belong here.

[LISTEN HERE](#)

## Strengthening Recovery in Our Spanish-Speaking Community



Thanks to a generous grant from **GreenRoots**, North Suffolk Community Services (NSCS) created the above video to showcase two vital programs serving Spanish-speaking adults. We are also grateful to **MGH Community Health Impact Funds** for providing the support needed to expand these much-needed services in our community.

**Conociendo la Sobriedad:** Intensive group therapy for clinically appropriate Spanish-speaking adults. Similar to an IOP, CLS offers a combination of support and clinical groups led by clinicians and recovery coaches three days a week. Held at 14 Porter St., East Boston, from 5-7 p.m. on Mondays, Wednesdays and Fridays.

**Sosteniendo la Sobriedad:** A 16-week relapse prevention group for Spanish-speaking adults who have been 60+ days sober and are focused on maintaining sobriety. Meets at 301 Broadway, Chelsea, on Thursdays from 4:30-5:30 p.m.

Contact [admissions@northsuffolk.org](mailto:admissions@northsuffolk.org) for more information or to enroll.

## New Groups Offer Wide Variety of Supports for Community



*Teacher and volunteer Patti Hurley-Felt leads a free GED class at Recovery on the Harbor Monday evenings for individuals in recovery.*

**GED Classes:** FREE, teacher-led HiSet classes for individuals in recovery from substance use disorder are offered at Recovery on the Harbor. Help and support with test preparation and continuing education. For information email Patti: [PattiHF@gmail.com](mailto:PattiHF@gmail.com).

**ReNewHer:** A re-entry program for women rebuilding their lives after incarceration. Drop-in services available in East Boston. Support groups, mental health support, family and community building, trainings and workshops, LGBTQ+ resources. Email Becky for information: [rcole@northsuffolk.org](mailto:rcole@northsuffolk.org).

**Co-Occurring Conexions:** Group therapy for adults 18+ with co-occurring substance use and mental health disorders. The goal is to support participants' recovery journey by helping them maintain sobriety, build strong, lasting support systems, and understand how mental



health impacts substance use. Meets at 14 Porter St., East Boston, from 2-3 p.m. Tuesdays, Wednesdays and Fridays. Email [admissions@northsuffolk.org](mailto:admissions@northsuffolk.org).

**Returning Conexions:** A 16-week group for adults re-entering society after incarceration. Meets at Recovery on the Harbor, 979 Bennington St., East Boston, on Mondays from 1:15-2:30 p.m. Email [mrt@northsuffolk.org](mailto:mrt@northsuffolk.org) for information or to make a referral.

**Peer Grief Support:** For anyone age 18+ who has experienced the death of someone they care about due to substance use. Meets fourth Wednesday of the month from 7-8:30 p.m. at Recovery on the Harbor, 979 Bennington St., East Boston. Pre-register at [thesunwillrise.org](http://thesunwillrise.org)

**FIT:** Fathers In Training offers support, resources and life skills to men working to be strong fathers and role models. Meets at Recovery on the Harbor, 979 Bennington St., East Boston, Tuesdays from 7-8 p.m. Call 617-874-8046 for information.

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## In Other News...



### NSCS Presents at HCBS Workforce Grant Summit

Recently, NSCS shared the impact of Home and Community-Based Services (HCBS) Workforce Grant funding at the statewide summit. Clinical Coordinator for Training and Internships, Susan Zhou-Kelley, led the initiative and presented the results on behalf of the agency.

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### AVP Emmy Porto Leads Stress-Reduction Workshop for Parents

This summer, AVP Emmy Porto facilitated a stress-reduction workshop for parents in the Intergenerational Literacy Program. A community partner shared: "They walked away with practical tools... I'm grateful to count you as a collaborator."



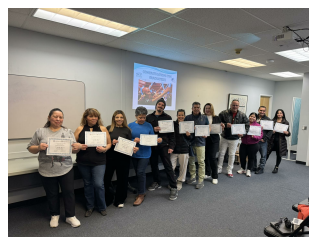
### NSCS at National RISE25 Conference: Showcasing Recovery Court Success!

Members of our Addictions and Recovery teams and our valued partners recently presented at RISE25, the national recovery court conference hosted by All Rise, in Florida. Recovery Courts work!

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### Tech Goes Home: 80 Graduates & Counting — Now in ASL, Spanish & English!

Our partnership with Tech Goes Home has resulted in nearly 80 community members achieving basic computer skills competency so far this year. Courses were offered in English, Spanish and – for the first time – American Sign Language! Congrats to all!



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### Latino Family Fest @ Fenway!

Well that was fun! John Sanchez, Vivianne Nufio and Jaime Jimenez had a great time representing NSCS at El Mundo Boston's Latino Family Fest at Fenway Park June 8! Thanks to all who stopped by to chat.



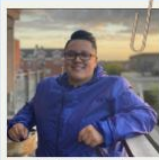
**HONORS. AWARDS  
& RECOGNITIONS**

Celebrating the Past and Moving the Future. NSCS Shines!



### Wendy Mancia: FCARE Champion

Congratulations to Youth Elemento Program Director Wendy Mancia, who received the national FLARE (Fostering Leadership, Access, Resources, and Empowerment) Champion Award from The National Training & Technical Assistance Center for Child, Youth, & Family Mental Health for her commitment to trauma-informed, person-centered care. Her collaborative efforts have helped make mental health services more accessible and equitable for youth and families.



Wendy Garcia  
Youth Elemento

### Renee Caso: Businessperson of the Year

Congratulations goes out to Renee Caso, Clerk of the NSCS Board of Directors, who was honored at the All Chelsea Awards as Business Person of the Year! Renee owns two Dunkin' shops in Chelsea and has been an active and involved North Suffolk Board Member for many years.



Renee Caso  
NSCS Board Clerk

### Vincent Fernandez: Excellence in Peer Workforce Development Award

Congrats to Vincent Fernandez, Maverick 2's Peer Coordinator, recipient of the Excellence in Workforce Development Award from the Kiva Centers! He's being honored for his impact in peer support and has been invited to speak at the June 30 celebration at the Boston Museum of Science.



Vinny Fernandez  
Maverick 2

### Allison Gamble: Rotarian of the Year 2025

Congratulations to Allison Gamble, AVP Advancement & Grants Management, who was honored as Rotarian of the Year on June 19! This marks the first time in Chelsea Rotary history that the recipient also receives the Paul J. Harris Fellowship. Allison embodies Rotary's commitment to service.



Allison Gamble  
AVP Advancement &  
Grant Management

### Congrats Grads!

Shout-out to our team members who recently earned bachelor's degrees from Tufts University and Boston College, including Nathan Miksch, Jody Boykins, Todd Conelly, Rose Lopez, Nurudeen Alabi, John Sanchez, Juan Pagan, and Christina Bernbaum. Another amazing achievement on your journeys.



NSCS'  
Tufts University Graduates

### Cristina Munera: Finalist, Nonprofit Young Professional Excellence Award

Join us in celebrating Cristina Munera, Youth Elemento's Peer Supervisor, who was a finalist for the Massachusetts Nonprofit Network's Young Nonprofit Professional Award! This statewide honor recognizes outstanding emerging leaders under 35 who show innovation, impact, and dedication in the nonprofit sector. Congratulations, Cristina!



(In the middle)  
Cristina Munera  
Youth Elemento

## Your Support Fuels Hope

Your generous donations make it possible for us to offer these life-changing services to our clients and community—thank you in advance for helping us make a difference.

Donate

North Suffolk Community Services (NSCS) is a 501(c)(3) nonprofit organization, and all donations are tax-deductible to the extent permitted by law.

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