About the Cornerstone Adult Behavioral Learning Center

The Cornerstone Adult Behavioral Learning Center is a five-day-per-week recovery and rehabilitation-oriented program. It is designed to assist adults who suffer from life-altering consequences of mental illness.

At Cornerstone, participants enroll in classes and activities that specifically address three aspects of recovery:

1. Managing unwanted symptoms and behaviors
2. Reconnecting with or discovering the things that add pleasure, meaning, and value to life
3. Developing the connections, supports and skills to establish meaningful roles in society

978.373.9158 P
978.521.7768 F

About Lahey Health Behavioral Services

We provide a range of outpatient, inpatient and residential care, including mental health clinics; addiction treatment; family services; mobile crisis teams; psychiatric treatment and school-based programs for children and teens.

We serve communities in Greater Boston, the North Shore and the Merrimack Valley, Massachusetts.

Zero Centennial Drive
Peabody, MA 01960
978.968.1700 P

Scan with smart phone to access our website.

NebHealth.org
Cornerstone Adult Behavioral Learning Center

Offering curriculum-specific training programs for adults with significant mental illness who have experienced serious life disruption

Who We Serve
Cornerstone serves adult men and women in the Merrimack Valley who have suffered from life-disrupting mental illness. The Center welcomes those who are self-motivated to create richer and more satisfying lives for themselves.

Part of the Recovery Community
The Cornerstone Adult Behavioral Learning Center works closely with the the Recovery and Learning Center at NILP, the Haverhill Clubhouse, the Point-After Club in Lawrence, and the Area Community-Based Flexible Service Teams (or CAR Teams) provided by Vinfen Corp.

Our Services

**Behavioral Therapy**
- Dialectical behavior therapy
- Motivational interviewing
- Mindfulness based cognitive therapy
- Psycho-social rehabilitation
- Substance use education and treatment

**Self-Improvement and Enrichment Therapy**
- Expressive arts therapies
- Peer facilitated meetings
- Recreational therapy

**Community-Based Activities**
- Vocational pursuits
- Family and support system meetings
- Educational assistance
- Volunteer work
- Peer leadership training

How can we help you?
If you, a client, or someone you care about has a mental illness and is unable to manage distressing symptoms or behaviors; or is unable to pursue satisfying or productive activities; or is feeling stalled and directionless, please call Cornerstone Adult Behavioral Learning Center for a consultation.

Contact us at:
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