



Western Mass Recovery Learning Community

April Update & Calendar:

Table of Contents:

March Newsletter	Page 1 - 4
Holyoke Area Calendar (Hampden County)	Page 5
<i>Holyoke Area Descriptions</i>	Pages 6
Springfield Area Calendar (Hampden County)	Page 7
<i>Springfield Area Descriptions</i>	Pages 8
Pittsfield Area Calendar (Berkshire County)	Page 9
<i>Pittsfield Descriptions</i>	Page 10
Greenfield Area Calendar (Franklin County)	Page 11
<i>Greenfield Area Descriptions</i>	Page 12
Northampton Area Calendar (Hampshire County)	Page 13
<i>Northampton Area Descriptions</i>	Page 14
Community Peer-run Resources Outside the RLC	Pages 15 - 18

Western Mass Recovery Learning Community

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Spring Film Series Starts Off With a Hit!

In March, former therapist, world traveler, and filmmaker Daniel Mackler, joined us to help kick off the Spring session of the Alternative Perspectives Film Series with the world premiere of his new film, 'Healing Homes.' 'Healing Homes,' a film about an alternative treatment program based in Sweden, is Daniel's second film following 'Take These Broken Wings,' about two women who successfully recovered from diagnoses of Schizophrenia without medication (screened this past November).

'Healing Homes' was screened in Springfield, Pittsfield, Greenfield, Worcester, Framingham, Boston and Arlington (with a space-limited, last minute additional screening in Northampton at the end of the week). Venues varied and ranged from provider spaces to RLC centers to a restaurant event room and a town hall.

In total, the 8 screenings reached nearly 400 people throughout Massachusetts and all audiences included a mix of family, individuals with lived experience, providers and others from the broader community. Daniel lead discussions at the end of each screening and responses to the film were consistently positive and thought provoking.

A special thank you to all of our co-Sponsors including: Advocates, Inc., The Brien Center, the Central Mass RLC, the Center for Human Development, Clinical & Support Options, the Metro Boston RLC, and the Metro Suburban RLC.

What's next? Stay tuned for notices of our May screening, 'Between the Lines,' about women who self-injure with discussion lead by Ruta Mazelis and in July Daniel Mackler returns with his next film, 'Open Dialogue,' about an alternative program in Finland.

Did you miss 'Healing Homes'? Buy a DVD at Daniel's website, www.iraesoul.com or borrow one from the Western Mass RLC!



Community ALERT: YOUR INPUT NEEDED

DMH Task Force on Staff & Client Safety

This Department of Mental Health (DMH) Task Force (convened by Commissioner Barbara Leadholm) is seeking input from all interested individuals and organizations to help assess current policies and practices around safety for those who provide and receive DMH services in the community. The scope of the Task Force includes evaluating all community systems (e.g., risk management practices, staff training, and other matters related to safety). To accomplish their goal, the Task Force is welcoming any observations, concerns or perspectives that can enhance their review.

Feedback is being accepted via e-mail at SafetyTaskForce@umassmed.edu. You are also invited to attend a public hearing in Western Mass on April 6th from 4 to 6pm (location to be announced). (We will post the location on our website ASAP!)

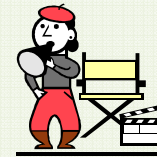
A Film Making Opportunity for Young Adults:

- **Have you ever dreamed of making movies?**
- **Do you want to learn about careers in multi-media?**
- **Are you between the ages of 16 and 25?**
- **Do you identify as having lived experience with psychiatric diagnoses, extreme states and/or trauma?**

If yes, apply for our 10-week Film Making workshop series to be held at the Bowen Resource Center in Springfield (Thursdays 4-6pm beginning 4/21) with Emmy award-winning PJ Moynihan.

Over the course of 10-weeks you will learn first hand how the entire production process works. Starting with a mutually agreed upon concept, the group will create an original short film and learn about all aspects of the film industry—from how big movies get made to how the internet is changing how we experience and consume media.

Applications are available at www.westernmassrlc.org or by contacting LEAD Director, Danielle Niedzwiecki at (413) 536-2401 ext. 3011. **Applications due on April 8th!**



The RLC's Pittsfield Center is Moving! Check out page 9 for more details or to learn how you can help out!

Community Resources:
Leadership, Advocacy, Employment & Development

Leadership, Employment, Advocacy & Development (LEAD – formerly known as Career Initiatives) has now merged with the Western Mass RLC. As sister communities, the RLC and LEAD support each other in their mission of reaching the community of individuals with lived experience and supporting them to reach their hopes and dreams.

LEAD offers a variety of resources including:

- **Career Explorations:** Career Explorations creates opportunities for young adults between the ages of 16 and 25 to explore a career of their choice by providing opportunities to gain new skills and receive training by taking classes, working on job skills, studying for their GED and more.
- **The Western Mass Youth Council:** The Youth Council is open to young adults between the ages of 16 and 25 who are interested in having a voice in the system to help improve supports for transition age youth by raising awareness through education and advocating for change.
- **Career Initiatives:** Career Initiatives offers individuals with lived experience who are 18 and older the opportunity to pursue a small business plan or independent project of their choosing. Individuals participating in Career Initiatives receive support and small business grants to pursue the goals of their projects.

LEAD now accepting applications for Career Initiatives Grants!!:

LEAD is now in the process of

accepting proposals. The grants range from \$100 to \$3,000 and projects are eligible for funding for up to three years. Career Initiatives provides the opportunity for people to start their own small business, self-initiated project, or pursue self-employment while receiving technical assistance and individual support throughout the grant year. **Grant proposals are due May 13, 2011 by 5:00pm.**

Examples of Past/Current grant projects:

- Home based massage therapist
- Home recording studio
- WRAP groups / Writing Groups
- E-bay store
- Landscaping
- Artists

To receive an application for a Career Initiatives grant, visit the RLC website at www.westernmassrlc.org or call (413) 536-2401 ext. 5513.

To learn more, you can also attend one of the following technical assistance workshops:

PITTSFIELD
 Thursday, April 7th 2 to 4pm
 RLC's Pittsfield Center,
 152 North Street, Suite 115

HOLYOKE
 Monday, April 11th, 1 to 3pm
 RLC's Holyoke Center
 187 High Street, Suite 303

FLORENCE
 Tuesday, April 12th, 10 to 12pm
 Starlight Center
 251 Nonotuck Street

SPRINGFIELD
 Wednesday, April 13th 1 to 3pm
 Bowen Resource Center
 340 Main Street

GREENFIELD
 Thursday, April 14th 10 to 12pm
 RECOVER Project
 68 Federal Street

WESTFIELD
 Wednesday, April 20th 2 to 4pm
 Forum House
 55 Broad Street

Alternatives to Suicide:
Support Forum

Join us for a community talk with nationally recognized author, Susan Blauner (*How I Stayed Alive When My Brain Was Trying to Kill Me*) as she speaks about her book, and we explore how to develop the Alternatives to Suicide Support Groups in the Greenfield Area! (Alternative to Suicide groups to start the following week on Tuesdays from 5:30pm to 7pm!)

WHEN: Wednesday, April 6th from 4 to 5:30pm

WHERE: The Recovery Annex, 74 Federal Street, Greenfield

!!!!NEXT GUIDING COUNCIL MEETING!!!!

**The next Council meeting will be held on:
 Monday, April 4th from 1pm to 3pm
 At the Holyoke RCC!**

This is also a GREAT opportunity to meet the RLC's new Assistant Director, Anna Grace Keller!

ASL interpreters have been requested!

An Article by Daniel Fisher of the National Empowerment Center on the Myth of Violence and Psychiatric Diagnosis:

The recent tragedy in Arizona has prompted the media to once again falsely equate mental illness* with violence. The following review of carefully conducted studies shows that persons with mental illness* are no more likely than the general public to commit a violent crime.

Most studies of the possible relationship between violence and mental illness* are flawed:

As summarized by Dr. Heather Stuart (1), "Because of the significant methodological challenges faced by researchers in this field, the nature of this association remains unclear. For example, violence has been difficult to measure directly, so that researchers have often relied on official documentation or uncorroborated self-reports. The prevalence of violence has been demonstrated to differ dramatically depending on the source (2). Most samples have not been representative of all individuals with mental illness*, but only of those with the highest risk of becoming dangerous, such as those who are hospitalized or arrested. Study designs (3) have not always eliminated individuals with a prior history of violence (a major predictor of future violence), controlled for co-morbid substance abuse, or clearly determined the sequencing of events, thereby weakening any causal that might be made."

People with mental illness* are No More Violent Than the General Population:

Dr. Stuart went on to state, "The MacArthur Violence Risk Assessment Study (4,5,6,7) has made a concerted effort to address these [methodological] problems, so it stands out as the most sophisticated attempt to date to disentangle these complex interrelationships. Because they collected extensive follow-up data on a large cohort of subjects (N=1,136), the temporal sequencing of important events is clear. Because they used multiple measures of violence, including patient* self-report, they have minimized the information bias characterizing past work. The innovative use of same-neighbor comparison subjects eliminates confounding from broad environmental influences such as socio-demographic or economic factors that may have exaggerated differences in past research.

In this study, the prevalence of violence among those with a major mental disorder* who did not abuse substances was indistinguishable from their non-substance abusing neighborhood controls. Delusions were not associated with violence, even 'threat control override' delusions that cause an individual to think that someone is out to harm them or that someone can control their thoughts."

Persons with Mental Illness* Contribute less to the Overall Prevalence of Community Violence than Predicted by Their Numbers

Using data from the Epidemiologic Catchment Area studies conducted in the United States, Swanson (8) reported population attributable risks for self-reported physical violence.

forms of mental illness* in the population. An additional 7% of violent crimes were attributable to patients* with primary substance abuse disorders

Attributable risk refers to the overall effect a factor has on the level of violence in the population. For those with a major mental disorder*, the population attributable risk was 4.3%, indicating that violence in the community could be reduced by less than five percent if major mental disorders could be eliminated. This is much lower than would be predicted from the prevalence of mental illness* in the US population, which is 10.4% when you add the prevalence for bipolar disorder* (2.6%), schizophrenia* (1.1%) and major depression* (6.7%)(9). The population attributable risk for those with a substance abuse disorder* on the other hand was 34%. Therefore, by these estimates, violence in the community might be reduced by only 4% if mental disorders* were eliminated. However, violence could be reduced by over a third if substance abuse disorders* were eliminated.

Using a similar approach, a Canadian study (10) asked what proportion of violent crimes involving a police arrest and detention could be attributed to people with a mental disorder*. They surveyed 1,151 newly arrested offenders*, representing all individuals incarcerated in a geographically defined area in a given time period. 3% of the violent crimes accruing to this sample were attributable to people with mental illness*, such as schizophrenia or depression*. This again was lower than the 8% prevalence of these two forms of major mental illness* in the population. An additional 7% of violent crimes were attributable to offenders* with primary substance abuse disorders*.

Continued on Page 4

Homicide by a Stranger with a Mental Illness* is Extremely Rare

"The homicide of strangers by people with psychosis, referred to here as 'stranger homicides,' is extremely rare. A pooled estimate of 1 stranger homicide per 14.3 million people per year (95% confidence interval, 1 in 18.9 million to 1 in 11.5 million people per year) was calculated by meta-analysis of 7 studies. ...Most of the offenders* in our sample were not known to mental health services and hence there were no opportunities to assess risk in those patients. Moreover, the extreme rarity of stranger homicides among untreated offenders* who are in contact with health services and by previously treated patients means that there is little prospect of developing a risk assessment instrument that is sufficiently sensitive or specific to be of any use in predicting which patient might commit this kind of offence. The very low incidence of these events also means that any measure designed simply to prevent stranger homicide is likely to be disproportionate to the actual number of deaths. For example, in NSW, the region in this study with the highest rate of stranger homicides, deaths in motor vehicle accidents and by suicide were 500 times more common than stranger homicide by individuals with mental illness* (11)."

(1) Stuart, H. "Violence and Mental Illness an Overview." in World Psychiatric Assoc. 2:121-124. (2003)
 2) Swanson, J., Borum, R., Swartz, M., et al. Violent behavior preceding hospitalization among persons with severe mental illness. Law and Human Behavior. 23:185-204 (1999).
 (3) Wessely, S. Violence and psychosis. In: Thompson, C., and Cowen, P., editors. Violence. Basic and Clinical Science. Oxford: Butterworth/ Heinemann. (1993). pp. 119-134.
 (4) Appelbaum, P.S., Robbins, P.C., Monahan, J. Violence and delusions: data from the MacArthur Violence Risk Assessment Study. Am. J. Psychiatry 157:566-572 (2000).

(5) Steadman, H.J., Silver, E., Monahan, J., Appelbaum, P.S., et al. A classification tree approach to the development of actuarial violence risk assessment tools. Law Humanity Behavior. 24:83-100 (2000).
 (6) Steadman, H.J., Mulvy, E.P., Monahan, J., et al. Violence by people discharged from acute psychiatric inpatient facilities and by others in the same neighborhoods. Arch Gen Psychiatry. 55:393-404 (1998).
 (7) Monahan, J., Steadman, H.J., Silver, E., et al. Risk assessment: the MacArthur Study of Mental Disorder and Violence. Oxford: Oxford University Press; 2001.
 (8) Swanson, J.W. Mental disorder, substance abuse, and community violence: an epidemiologic approach. In: Monahan, J., Steadman, H.J. editors. Violence and mental disorder: developments in risk assessment. Chicago: University of Chicago Press. (1994). pp. 101-136.
 (9) Kessler, R.C., Chiu, W.T., Demler, O., Walters, E.E. Prevalence, severity, and comorbidity of twelve-month DSM-IV disorders in the National Comorbidity Survey Replication (NCS-R). Archives of General Psychiatry. 62:617-27. (2005).
 (10) Stuart, H. and Arboleda-Flórez, J. A public health perspective on violent offenses among persons with mental illness. Psychiatric Serv. 52:654-659. (2001).
 (11) Nielssen, O. et al. Homicide by strangers with psychotic illness. Schizophrenia Bulletin, published online, October 12, 2009, www.schizophreniabulletin.oxfordjournals.org.

* **Please note:** We recognize that this article is not consistent with the Western Mass RLC's values and general practices around use of language, including avoiding one-word labels such as 'patient' and 'offender' and being open to a variety of perspectives (including but not limited to the medical model of mental illness). However, we felt the overall content was important and wanted to share!

To access this article on-line, please visit the National Empowerment Center's website at <http://www.power2u.org/articles/fisher/violence-and-mental-illness.html>

ABBREVIATIONS/DEFINITIONS

WRAP: WRAP stands for 'Wellness Recovery Action Plan,' a format that supports individuals to use their wisdom and expertise about themselves to develop their own plans for wellness and recovery. WRAP was developed by Mary Ellen Copeland. Find out more at www.copelandcenter.com.

RLC: RLC stands for 'Recovery Learning Community.' The RLC is a community based on the value of peer-to-peer support and creating a regional peer network. It is funded primarily through a grant from DMH.

DMH: DMH stands for the Department of Mental Health.

GCOW: GCOW stands for the Guiding Council of Western Massachusetts, a leadership council that serves as the advisory committee to the RLC.

RCC: RCC stands for Resource Connection Center. RCCs are the physical sites within the RLC community that offer safe space and access to a variety of resources and events.

Lived Experience: Someone with 'lived experience' is someone who identifies as being a 'consumer,' has been given a mental health diagnosis, has experienced trauma or experience other significant life struggles.

Trauma-Sensitive: When we refer to being 'trauma-sensitive,' we mean that we are aspiring to develop our "community with knowledge that many of us have been impacted by trauma and that that has greatly affected our needs, ways of coping and so on.

RFI: RFI stands for 'Request for Information.' DMH typically puts out an RFI, asking individuals, groups and organizations for input on contracts and projects they are considering putting out for bid.

RFR: RFR stands for 'Request for Response.' DMH typically puts out an RFR when they are asking for organizations interested in bidding on a particular contract to describe how they will implement its terms.

See www.westernmassrlc.org for a full glossary.

WESTERN MASS RLC CALENDAR OF EVENTS: Calendar #1

Workshops, Classes & Events in Holyoke Area (Hampden County)

APRIL 2011

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>We aspire to be fragrance free. Please avoid wearing fragrance to any RLC events</i></p> <p>See attached info for details and location of each workshop, event or training!</p>	<p><i>Contact us if you have any other requests for accommodations including interpreters</i></p> <p><i>RLC events are wheelchair accessible unless otherwise noted</i></p> <p>ALL LISTINGS TAKE PLACE AT THE HOLYOKE RCC (187 High St, Suite 303) UNLESS NOTED!!!</p>			<p><u>1</u> RCC Open 12-4p*</p>
<p>4 RCC CLOSED FOR DROP-IN Guiding Council 1-3p</p> <p>COME MEET OUR NEW ASSISTANT DIRECTOR, ANNA!</p>	<p>5 RCC Open 10-4p Hearing Voices Group 430-6p</p>	<p>6 RCC Open 12-7p ASL Class 12-1p Deaf/HOH Drop-in 1-5p Ear Acupuncture 3-4p Movie Night 4-6p</p>	<p>7 RCC Open 12-4p Knit Happens! 2-345p Alternatives to Suicide Group: 5-630p</p>	<p>8 RCC open 12-4p*</p>
<p>11 RCC CLOSED FOR DROP-IN</p> <p>Career Initiatives Technical Assistance Workshop 1 – 3p</p>	<p>12 RCC Open 10-4p Hearing Voices Group 430-6p</p>	<p>13 RCC Open 12-7p ASL Class 12-1p Deaf/HOH Drop-in 1-5p Ear Acupuncture 3-4p Movie Night 4-6p</p>	<p>14 RCC Open 12-4p Knit Happens! 2-345p Alternatives to Suicide Group: 5-630p</p>	<p>15 RCC open 12-4p*</p>
<p>18 RCC CLOSED FOR DROP-IN</p>	<p>19 RCC Open 10-4p Hearing Voices Group 430-6p</p>	<p>20 RCC Open 12-7p ASL Class 12-1p Deaf/HOH Drop-in 1-5p Career initiatives Technical Assistance Workshop 2 – 4p (in Westfield) Ear Acupuncture 3-4p Movie Night 4-6p</p>	<p>21 RCC Open 12-4p Knit Happens! 2-345p Alternatives to Suicide Group: 5-630p</p>	<p>22 RCC open 12-4p* Community Council 1230-2p</p>
<p>25 RCC CLOSED FOR DROP-IN</p>	<p>26 RCC Open 10-4p Hearing Voices Group 430-6p</p>	<p>27 RCC Open 12-7p ASL Class 12-1p Deaf/HOH Drop-in 1-5p Warmline Coalition 1-3p Ear Acupuncture 3-4p Movie Night 4-6p Deaf Forum 4-6p</p>	<p>28 RCC Open 12-4p Peer Worker Networking Mtng: 1130-2p Knit Happens! 2-345p Alternatives to Suicide Group: 5-630p</p>	<p>29 RCC open 12-4p*</p>

Upcoming RLC Trainings, Workshops, and Meetings in the Holyoke Area (Calendar #1)

ALL WORKSHOPS & MEETINGS IN THIS SECTION ARE AT THE HOLYOKE RCC, 187 HIGH ST, SUITE 303

UNLESS OTHERWISE NOTED

Unless otherwise noted, all questions and sign ups should be directed to the RLC at (866) 641-2853 ext. 200

Holyoke RCC Hours: The Holyoke RCC is open every Tuesday 10 – 4, Wednesday 12 – 8p, and Thursday & Friday 12 – 4p and is located at 187 High St., Suite 303. Peer support and resource info, a computer lab and a library are available during all open hours. Other hours available by appointment. The space will be open for specific workshops or events as scheduled

Alternatives to Suicide: Thursdays from 5 to 6:30pm. A peer-lead support group for individuals who have struggled with thoughts or feelings around suicide. Although a range of topics may be covered, this is a place to talk about feelings related to suicide in a non-judgmental environment. Sign up required by calling 413 539-5941.

American Sign Language (ASL) for Beginners: Wednesdays from 12 to 1pm. Join instructor Valerie Ennis as you gain knowledge and understanding of ASL and begin building your comfort level with gestural communication. Class size is limited, so please call ahead to register.

Career Initiatives Technical Assistance Workshop: Monday, April 7th, 1 to 3pm in Holyoke and Wednesday, April 20th from 2 to 4pm at the Forum House, Broad Street in Westfield. Join Danielle and others from the community to gain information and understanding about the career initiatives grants now available by application to individuals who have lived experience with psychiatric diagnoses, trauma and/or extreme states. See article on page 2 for more info.

Community Council: Fourth Friday of every month: April 22nd 12:30-2p. The Community Council is an open meeting for the local Holyoke community to provide input and discuss issues that are important to you regarding the Holyoke Center and/or the RLC in general. This can include difficulties or challenges that have come up or ideas for the future. We want to hear from you!!!

Deaf Community Forum: Wednesday, April 27th from 4pm to 6pm. Join Valerie Ennis and others for an informal conversation about issues in the deaf community that are important to you. *Pizza to be served.*

Ear Acupuncture: Wednesdays from 3pm to 4pm. Join National Acupuncture Detoxification Association certified (NADA) acupuncturist, Caroline, for group auricular (ear) acupuncture. Great for supporting healing from addictions, anxiety, etc. No pre-registration required, just show up!

Guiding Council of Western Mass (GCOW): Monday, April 4th from 1 to 3pm. GCOW is the advisory board to the RLC and is open to anyone who has lived experience and lives/works in Western Mass. GCOW normally meets the 1st Monday of every month (2nd Monday when the 1st is a holiday) from 1pm to 3pm at the Holyoke RCC. Interested in becoming a Council Delegate to GCOW? Contact Sera at (413) 539-5941 ext. 203 or sera@westernmassrlc.org for more info.

Hearing Voices Group: Tuesdays from 4:30 to 6pm. Hearing Voices groups are popular and widespread across the globe, especially England. Hearing Voices groups do not pathologize the experience of hearing voices or experiencing other altered/extreme states (*you do not need to hear voices to attend this group*), instead they ask what does the experience mean to you? Join us for one of few Hearing Voices groups in the United States and share and get support from others with similar experiences! *RLC is lead sponsor, co-sponsored by the Center for Human Development and the Freedom Center.*

Knit Happens!: Thursdays from 2 to 3:45pm. All levels welcome (beginners to mad skills!) Come knit, learn, teach, create, share stitch dropping horror stories! Facilitator, Suzi, is bilingual in English and American Sign Language.

Movie Nights: Wednesdays from 4 to 6 pm. Join fellow community members for an evening of movies, snacks, and a brief community discussion following the film. Due to popular demand, unless otherwise notified, movie nights are “viewer’s choice.” You can choose from our fairly wide selection or bring a movie from home! *We will try and start films no later than 4:15 pm.* Most films close captioned and interpretation for discussions available on request. PLEASE NOTE: Some films may contain content that could be triggering.

Peer Worker Networking Meeting: Thursday, April 28th from 11:30am to 2pm. All peer workers in paid or volunteer positions are welcome to join this Peer Worker Network and work to support one another, share ideas and talk about issues relevant to Peer workers in our area.

Warmline Coalition Meeting: The Western Mass Warmline Coalition is returning on Wednesday, April 27th from 1 to 3pm. Anyone from a provider organization or the community is welcome to come and help us evaluate what warmline services we need and want in our area and how to implement our vision!

WESTERN MASS RLC CALENDAR OF EVENTS: Calendar #2

Workshops, Classes & Events in the Springfield Area (Hampden County)

APRIL 2011

Tuesday	Wednesday	Thursday	Friday	Sat
<p>Unless otherwise noted, all activities are held at the Bowen Resource Center at 340 Main St., Springfield (Accessible entrance in the rear!)</p> <p><i>The RLC aspires to be scent free. Please avoid wearing scents to any RLC events or spaces.</i></p>	<p><i>Please contact us if you have any other accommodation requests, including interpreter requests</i></p>		<p>1 RCC Open 9-3p*</p> <p>Wellness Center Open 12-6</p>	<p>2 RCC Open 11-3p*</p>
<p>5 RCC Open 9-3p* Reiki 10a-1p</p> <p>Hip Hop Dance Class 145-245p</p> <p>Yoga 2-330p (Downtown: 11 Pearl St., Suite 217)</p>	<p>6 RCC Closed After Incarceration Group 130-230p (736 State St.)</p> <p>Wellness Center Open 12-6</p>	<p>7 RCC Open 9-3p* YOGA CANCELLED TODAY</p> <p>Wellness Center Open 12-6</p>	<p>8 RCC Open 9-3p*</p> <p>Wellness Center Open 12-6</p> <p><i>Film Workshop applications due!</i></p>	<p>9 RCC Open 11-3p*</p>
<p>12 RCC Open 9-3p* Reiki 10a-1p</p> <p>Hip Hop Dance Class 145-245p</p> <p>Yoga 2-330p (Downtown: 11 Pearl St., Suite 217)</p>	<p>13 RCC Closed Career Initiatives Technical Assistance Workshop 1 – 3p</p> <p>After Incarceration Group 130-230p (736 State St.)</p> <p>Wellness Center Open 12-6</p>	<p>14 RCC Open 9-3p* Yoga for the Rest of Us 10-11a</p> <p>Community Council 11-12p</p> <p>Wellness Center Open 12-6</p>	<p>15 RCC Open 9-3p*</p> <p>Wellness Center Open 12-6</p>	<p>16 RCC Open 11-3p*</p>
<p>19 RCC Open 9-3p* Reiki 10a-1p</p> <p>Hip Hop Dance Class 145-245p</p> <p>Yoga 2-330p (Downtown: 11 Pearl St., Suite 217)</p>	<p>20 RCC Closed After Incarceration Group 130-230p (736 State St.)</p> <p>Computadora Básica En español (Computer Basics in Spanish) 5 – 6p</p> <p>Wellness Center Open 12-6</p>	<p>21 RCC Open 9-3p* Yoga for the Rest of Us 10-11a</p> <p>Wellness Center Open 12-6</p> <p>Film Workshop: 4 – 6p</p>	<p>22 RCC Open 9-3p*</p> <p>Wellness Center Open 12-6</p>	<p>23 RCC Open 11-3p*</p>
<p>26 RCC Open 9-3p* Reiki 10a-1p</p> <p>Hip Hop Dance Class 145-245p</p> <p>Yoga 2-330p (Downtown: 11 Pearl St., Suite 217)</p>	<p>27 RCC Closed After Incarceration Support Group 130-230p (736 State St.)</p> <p>Computadora Básica En español (Computer Basics in Spanish) 5 – 6p</p> <p>Wellness Center Open 12-6</p>	<p>28 RCC Open 9-3p* Yoga for the Rest of Us 10-11a</p> <p>Wellness Center Open 12-6</p> <p>Film Workshop: 4 – 6p</p>	<p>29 RCC Open 9-3p*</p> <p>Wellness Center Open 12-6</p>	<p>30 RCC Open 11-3p*</p>

Upcoming RLC Trainings, Workshops, and Meetings in the Springfield Area (Calendar #2)

**ALL WORKSHOPS & MEETINGS IN THIS SECTION ARE AT THE BOWEN RESOURCE CENTER,
340 MAIN ST, SPRINGFIELD, UNLESS OTHERWISE NOTED**

Bowen Resource Center Hours: The Bowen Resource Center (Springfield RCC) is open every Tuesday 9 – 3p, Thursday 9 – 3p, Friday 9 – 3p and Saturday from 11 – 3p and is located at 340 Main St., Springfield. Peer support and resource info, a computer lab and a library are available during all open hours.

Bowen Community Wellness Center Hours: The Bowen Community Wellness Center is open Wednesday, Thursday, and Friday from 12 – 6p and is located at 340 Main St., Springfield (down the hall from the Bowen Resource Center). A variety of treadmills, stair steppers, weight machines, and other fitness equipment are available during Wellness Center hours.

After Incarceration Support Group: Wednesdays from 1:30 to 2:30 pm, AISS, 736 State Street, Springfield. Join Mark and others from the community who have experienced legal issues and/or being incarcerated as well as trauma or mental health issues for a supportive group with those who have been through similar experiences.

Career Initiatives Technical Assistance Workshop: Wednesday, April 13th 1 to 3pm. Join Danielle and others from the community to gain information and understanding about the career initiatives grants now available by application to individuals who have lived experience with psychiatric diagnoses, trauma and/or extreme states. See article on page 2 for more info.

Community Council: The third Thursday of every month: March 17th from 11am to 12pm. The Community Council is an open meeting for the local Springfield community to provide input and discuss issues that are important to you regarding the Bowen Resource Center, the Wellness Center and/or the RLC in general. This can include difficulties or challenges that have come up or ideas for the future. We want to hear from you!!!

Computadora Básica En español (Computer Basics in Spanish): ¡CLASE NUEVA!

Miércoles de 5:00PM a 6:00PM comenzando el 20 de abril. Únete al facilitador Rafael Toro a aprender lo básico de las computadoras e ir mas allá en el aprendizaje del uso de la Internet. Se requiere registración. Por favor llame con anticipación. **NEW CLASS!** 4 Wednesdays, 5:00PM to 6:00PM, beginning April 20th. Join Facilitator Rafael Toro to review the basics of the computer and go farther in the learning of how to use the Internet. Registration required. Please call ahead.

Film Workshop: 10 sessions beginning Thursday, April 21 from 4 to 6pm. This workshop is open to young adults from 16 to 25. See details on page 1. Application required and due by April 8th.

First Tuesday Potluck: The first Tuesday of the month: February 1st, 12 to 2pm. Join the RLC community for a fun celebration with food, games, music, pool and/or movies! Bring food to share if you can, but please join us even if you aren't able to bring a dish! RSVPs appreciated, but you're welcome to just show up!

Hip Hop Dance Class: Tuesdays from 1:45 to 2:45pm. Join Rhiannon for a Hip Hop class consisting of basic warm-up stretches and strengthening exercises leading in to simple hip-hop movement and combinations of steps danced to current hip-hop and pop music. You will receive a great cardio workout while learning new and exciting dance moves!

Reiki: Tuesdays from 10a to 1pm in our new Wellness Center! Come experience a Reiki session with Reiki Master, Posey. Reiki is an empowering Japanese hands-on healing art, form of bodywork and energy medicine that is used to gently address energetic blocks or disturbances connected to physical, emotional and spiritual suffering in people.

Women's Self-Defense Class: Saturdays for three weeks ending March 5th from 12 to 1pm in the Wellness Center. Join Pamela for a women's self-defense class using Tae Kwon Do (Korean Karate). Tae Kwon Do is the art of kicking and punching. "Tae" means to kick. "Kwon" means to punch, and "Do" means art or a way of life. "Do" expresses a way of approaching life through enlightenment. Come experience Do with us in a safe environment and become empowered through self-determination and personal strength. Call 413-732-1703 to sign up as space is limited.

Yoga: Tuesdays from 2 to 3:15pm in Karoun's private downtown studio: 11 Pearl St., Suite 217, Springfield. In Karoun's gentle yoga class you will be guided to find your own flow. With each pose, Karoun insures that you feel comfortable, and you can grow at your own pace. Karoun includes gentle strengthening and flexibility poses, mixed with restorative poses, and breath meditations. She creates a safe atmosphere where you can reconnect with your body and your breath. The result is a more relaxed and peaceful body and mind.

Yoga for the Rest of Us: Thursdays from 10 to 11am in our new Wellness Center (**CANCELLED THURSDAY APRIL 7th**!) Can't do yoga? Afraid it will be too much or too boring? This class is for you! Very simple breathing/stretching exercises taught with detailed instruction, humor, and fun. Benefits? Feel less stress and worry in your life, feel more relaxed, and more confident!

WESTERN MASS RLC CALENDAR OF EVENTS: Calendar #3

Workshops, Classes & Events in the Pittsfield Area (Berkshire County)

APRIL 2011

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p align="center">The Big MOVE of 2011!!! ...from suite 115 to suite 230 ~ still at 152 North Street! Our April calendar is all about moving to our new space! Get involved during our regular community hours, shown here on the calendar, call 413-236-5888 or email lisa@westernmassrlc.org for other times to get help out. Watch your email, the RLC Website, www.westernmassrlc.org, and Facebook for up-dates!</p>				1	2
4	5	6	7	8	9
<p>Painting Week! 12pm – 3pm</p>	<p>⇒ ⇒ ⇒ 12pm – 4pm</p>	<p>⇒ ⇒ ⇒</p>	<p>⇒ ⇒ ⇒ 12pm – 4pm</p> <p>Career Initiatives Technical Assistance Workshop 2 -4p</p>	<p>Painting Week!</p>	
11	12	13	14	15	16
<p>Packing Week! 12pm – 3pm</p>	<p>⇒ ⇒ ⇒ 12pm – 4pm</p>	<p>⇒ ⇒ ⇒</p>	<p>⇒ ⇒ ⇒ 12pm – 4pm</p>	<p>Packing Week!</p>	
18	19	20	21	22	23
<p>Moving Week! 12pm – 3pm</p>	<p>⇒ ⇒ ⇒ 12pm – 4pm</p>	<p>⇒ ⇒ ⇒</p>	<p>⇒ ⇒ ⇒ 12pm – 4pm</p>	<p>Moving Week!</p>	
25	26	27	28	29	30
<p>Un-packing Week! 12pm – 3pm</p>	<p>⇒ ⇒ ⇒ 12pm – 4pm</p>	<p>⇒ ⇒ ⇒</p>	<p>⇒ ⇒ ⇒ 12pm – 4pm</p>	<p>Un-packing Week!</p>	

Berkshire RLC Events ~ April, 2011
Upcoming RLC Trainings, Workshops, and Meetings sponsored by
Berkshire Members

**Unless specifically noted, all activities are free and take place at the Berkshire RCC: 152 North St., Suite 115 (headed to 230) located between Pancho's Restaurant and The Garden beneath the Pancho's awning. Once inside follow the signs! An automated handicap-accessible door is located in the rear of the building at 152 Renne Avenue. 30 & 90 minute parking is available on street and 3 hour parking in the Columbus Parking Deck located on Summer Street just behind Ad-Lib.
The RCC phone: 413-236-5888 & fax: 413-236-2995

The Big MOVE of 2011!

The Western Mass RLC's Pittsfield Resource Connection Center is on the move! During the month of April we will be moving our RCC up stairs to a beautiful large suite that gets tons of natural light. As many of you know, the spring thaw revealed a very leaky roof in our existing space that has caused damage and generally made our space feel very moist and unsafe. All of this is going to change but only with your help!

As a community member, friend, ally, relative or somebody that just likes to help people move...here's what you can do:

Envision our future! Help envision how our new space will be utilized and decorated! For the remainder of March and the first two weeks of April come on down, tour the new space and offer input.

Paint the walls! If you really get into painting and are good at it, we'll hand you a roller or a brush during the first week of April. This is NO April Fools joke. This is RLC high design!

Pack the Boxes! Are you good at organizing? Dusting stuff off? Putting things away? Then the second week of April is for you! All of the books, yoga equipment, instruments, Wii games, office supplies, food stuffs and everything else will be neatly packed for a short trip upstairs during the second week in April!

Move the RCC! All of the boxes packed the second week will be moved the third. If you've got a strong back this is a MUST week for you to be a part of the big move of 2011! There will be hand trucks and elevators to help us all out and a couple professional movers to handle the big stuff!

Un-Pack the Boxes! The final week of April will see our new space become our own. It will time to fill the shelves and put our own unique mark on our new Resource Connection Center...oh yeah...and plan a party!

***Note: Due to **The Big Move of 2011**, all other regularly scheduled activities will be postponed during the month of April but will be back in May. While we're all sorry to see things put on hold, we're sure the wait will be worth it.

To get involved in **The Big MOVE of 2011**, visit during our usual community hours or contact us at 413-236-5888 or lisa@westernmassrlc.org to learn about additional schedules. The gift of your involvement and your energy is vitally important to the process! We so excited to share this time with you!

Career Initiatives Technical Assistance Workshop: Thursday, April 7th 2 to 4pm. Join Danielle and the community to gain information and understanding about the Career Initiatives grants now available by application to those who have lived experience with psychiatric diagnoses, trauma and/or extreme states. See article on page 2 for more info.

WESTERN MASS RLC CALENDAR OF EVENTS: Calendar #4

Workshops, Classes & Groups in Greenfield Area (Franklin County)

APRIL 2011

Monday	Tuesday	Wednesday	Thursday	Friday	Sat
<i>See attached info for details and location of each workshop, event or training as locations vary throughout Franklin County</i>	<i>Please contact us if you have any other requests for accommodations, including interpreters</i>	<i>We aspire to be fragrance free. Please avoid wearing fragrances to any RLC events. RLC events are wheelchair accessible unless otherwise noted.</i>		1 Bellydance Class 530-645p	2
4 RCC Open Hours 1-4p Abierto, Horas en Español <i>(Spanish speaker available)</i> Women's Self Care Support Group 630-830p	5 Circle of Friends Open Session: Opening the Heart, Touching the Soul 11:30a-1:30p	6 Wellness Wednsdys Gentle Yoga 9:30-10:50a Acupuncture 12-1p Alternatives to Suicide Support Forum 4-5:30p	7 RCC Open Hours 9-12p Sheltering Greenfield: Soup & Conversation 5:30-7p	8 Bellydance Class 530-645p	9
11 RCC Open Hours 1-4p Abierto, Horas en Español <i>(Spanish speaker available)</i> Women's Self Care Support Group 630-830p	12 Alternatives to Suicide Support Group 5:30-7p	13 Wellness Wednsdys Gentle Yoga 9:30-10:50a Acupuncture 12-1p Veterans Support Discussion Group 3-430p	14 RCC Open Hours 9-12p Career Initiatives Technical Assistance Workshop: 10-12p Inner Working Series: Channeling the Muse 6-730p	15 Bellydance Class 530-645p	16
18 RCC Open Hours 1-4p Abierto, Horas en Español <i>(Spanish speaker available)</i> RLC Support Forum 10a-12p Women's Self Care Support Group 630-830p	19 Alternatives to Suicide Support Group 5:30-7p	20 Wellness Wednsdys Gentle Yoga 9:30-10:50a Acupuncture 12-1p	21 RCC Open Hours 9-12p	22 Artist Reception w/ Cosima Hewes 5-7p Fourth Friday Art Circle 7-9p	23
25 RCC Open Hours 1-4p Abierto, Horas en Español <i>(Spanish speaker available)</i> Women's Self Care Support Group 630-830p	26 Alternatives to Suicide Support Group 5:30-7p	27 Wellness Wednsdys Gentle Yoga 9:30-10:50a Acupuncture 12-1p Veterans Support Discussion Group 3-430p	28 RCC Open Hours 9-12p Inner Working Series: Channeling the Muse 6-730p	29 Bellydance Class 530-645p	30

Upcoming RLC Trainings, Workshops, and Meetings in Franklin County (Calendar #4)

ALL WORKSHOPS & MEETINGS IN THIS SECTION ARE IN VARYING LOCATIONS.

CHECK EVENTDETAILS FOR LOCATION INFORMATION

Unless otherwise noted, all questions and sign ups should be directed to the RLC at (413) 561-3268

Franklin RCC Open Hours: Mondays, 1-4pm & Thursdays, 9-12. 68 Federal St., Greenfield. Come see our shared community space with the RECOVER Project, get peer support and check out other resources available. Abierto, Horas en Español a lunes! Venga para apoyo o solo para charlar. *Spanish speaker available on Mondays.* Come by for support or just to chat.

Acupuncture: Wednesdays from 12 to 1pm. This free ear acupuncture clinic focusing on five ear points and offered by licensed acupuncturist, Lee Hurter, works on a variety of issues including cravings, addictions, insomnia, stress, and anxiety. Arrive promptly to secure your space! Acupuncture is a part of Wellness Wednesdays, a collaboration of The RECOVER Project and the RLC.

Alternatives to Suicide Support Forum: Wednesday, April 6th, 4 to 5:30pm The Recovery Annex, 74 Federal St.

Greenfield. We will have nationally recognized author, Susan Blauner come talk to us about her book, How I Stayed Alive When My Brain Was Trying to Kill Me, as well as exploring ideas for the ongoing Alternatives to Suicide Support Group. **Alternatives to Suicide**

Support Group: Tuesdays, 5:30-7pm starting April 12, These groups are spaces where people who feel or have felt suicidal can talk about their experience without being judged. People in the group share their experiences and peer support, and strategize about alternatives to help each other best cope with difficult life circumstances. Space is limited, sign up today!!! 413-561-3268.

Artist's Reception: Friday, April 22nd, 5 to 7pm at the Recovery Annex, 74 Federal Street, Greenfield. The Peer Art Series is proud to announce the reception of Tell Tale Artist, Cosima Hewes, whose body of personalized oil paintings is currently on display at the Annex. Join us for art, refreshments and an artist's talk at 6pm.

Belly Dance with Amy Cullen!! Fridays 5:30-6:45 (except April 22!), The Recovery Annex, 74 Federal St., Grfld. Join dance instructor, Amy Cullen for six Wednesday evenings of exercise, fun, fashion and cultural exploration. Wear loose comfortable clothing. Absolutely no previous dance experience necessary. *This group is for women only.*

Career Initiatives Technical Assistance Workshop: Thursday, April 14th 10 to 12pm at RECOVER Project, 68 Federal Street. Join Danielle and others from the community to gain information and understanding about the career initiatives grants now available by application to individuals who have lived experience with psychiatric diagnoses, trauma and/or extreme states. See article on page 2 for more info.

Circle of Friends Open Session: Opening the Heart, Touching the Soul Tuesday, April 5th, 11:30-1:30pm, lunch will be provided. The Recovery Annex, 74 Federal St. Grnflld. Circle of Friends Open Session is a monthly gathering that uses breath work, sharing, and psychodrama to open the heart and touch the soul. Please join us and experience the healing that takes place; we welcome you. For more info: eschreiber@carsoncenter.org 413-579-7570 This meeting is a collaboration of Valley Human Services and the Western Mass RLC.

Fourth Friday Art Circle: Friday, April 22nd, 7-9pm. The Recovery Annex, 74 Federal St., Greenfield. Fourth Friday is a support group for visual artists who have lived experience with extreme states, a mental health diagnosis or trauma. For many, creativity is a key to wellness. Use the time as you wish. This is a safe space to show works in progress, talk about what your art means to you, share struggles and breakthroughs, or simply be present. For more information or for carpooling, contact Andy 413-325-6245, andy@westernmassrlc.org

Gentle Yoga: Wednesdays from 9:30 to 10:50am at the Recovery Annex, 74 Federal St, Greenfield. Gentle Yoga incorporates light-hearted joyful movement with a reverent and consistent focus on breath and deepening individual awareness. While this class will be tailored to the beginner and those in recovery, all students are encouraged to practice at a pace that suits their own bodies in the moment. Multiple variations of poses are presented to encourage individual choices and levels of ability. This class is co-ed! Instructor: Erica Travis.

Inner Workings Series presents: Channeling the Muse with Opeyemi: Thurs, April

14th- **The MUSE of Song: Aeode.** Using a tool called the Five Rhythms we will "sing with" and loosen up our bodies to better connect with our authentic feelings. **April 28th- The MUSE of Memory: Mneme,** Through the use of SYMBOLS we will explore our feelings while lending safety and structure to our daily lives. **May 12- The MUSE of Practice: Melete,** Listening to Opeyemi's radio show "Channeling the Muse" together, we will explore it's use as a life practice for staying centered and open to our feelings. *Opeyemi is a retired physician who creates ceremony to enrich people's lives. Participate in one or all of the series.*

RLC Support Forum: Monday, April 18th, 10am to 12pm at the Recovery Annex, 74 Federal Street, Greenfield. Come gather for at ime of support and idea sharing around how we as individuals and a community can be our best and healthiest selves.

Sheltering Greenfield: Soup & Conversation: Thursday, April 7th, 530 to 7pm at the Recovery Annex, 74 Federal Street, Greenfield. This RP/RLC supported event is a monthly gathering (first Thursdays) for people with a wide range of experience seeking and providing emergency shelter in Greenfield to come together for a free meal and guided conversation. To reserve your spot, please contact Andy Grant at andy@westernmassrlc.org or 413 325-6245

Women's Self-care Support Group: Mondays from 6:30 to 8:30pm at the Greenfield Women's Resource Center, 278 Federal Street, Greenfield. Join facilitator Janice Sorensen for a supportive group where women can share wellness tools and ideas, find a sounding board and support one another. For more info please call 413-561-3268.

Veteran Support Discussion Group: 2nd & 4th Wednesdays 3-4:30pm, The Recovery Annex, 74 Federal St., Greenfield. ATTENTION ALL VETERANS! Looking to connect with other vets? Coping with stress and the transitioning to civilian life? Having issues with housing, employment or health? Want to learn about community resources? Join us for a Veteran Support Discussion Group. *Refreshments provided.* For more info: Alex, 413-774-5489 x 14 Co-sponsored by the RECOVER Project and the RLC.

WESTERN MASS RLC CALENDAR OF EVENTS: Calendar #5

Workshops, Classes & Groups in Northampton Area (Hampshire County)

APRIL 2011

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Locations will vary throughout Hampshire County. Please check detailed descriptions for more information</p>	<p><i>We aspire to be fragrance free. Please avoid wearing fragrances to any RLC events. RLC events are wheelchair accessible unless otherwise noted.</i></p>			1	2
<p>4 Acupuncture clinic 430p Hearing Voices Group 4-530p</p>	<p>5 Alternatives to Suicide Group 630-8p</p>	<p>6 Writing Group: 2-3p</p>	<p>7 Yoga 330-5p</p>	8	9
<p>11 Acupuncture clinic 430p Hearing Voices Group 4-530p</p>	<p>12 Alternatives to Suicide Group 630-8p Career Initiatives Technical Assistance Workshop 10-12p</p>	<p>13 Writing Group: 2-3p</p>	<p>14 Yoga 330-5p</p>	<p>15 Out to the Movies @ Cinemark 1-4p</p>	16
<p>18 Acupuncture clinic 430p Hearing Voices Group 4-530p</p>	<p>19 Alternatives to Suicide Group 630-8p</p>	<p>20 Writing Group: 2-3p</p>	<p>21 Yoga 330-5p</p>	22	23
<p>25 Acupuncture clinic 430p Hearing Voices Group 4-530p</p>	<p>26 Alternatives to Suicide Group 630-8p</p>	<p>27 Writing Group: 2-3p</p>	<p>29 Yoga 330-5p</p>	29	30

Upcoming RLC Trainings, Workshops, and Meetings in Hampshire County (Calendar #5)
ALL WORKSHOPS & MEETINGS IN THIS SECTION ARE IN VARYING LOCATIONS.
CHECK EVENTDETAILS FOR LOCATION INFORMATION

*Unless otherwise noted, all questions and sign ups should be directed to the RLC at (866) 641-2853 ext. 200
Items are listed alphabetically.*

Acupuncture Clinic: Every Monday from 4:30pm to 6pm, Friends Meeting Space, 43 Center Street, 2nd floor, Northampton. Drop-in auricular acupuncture focuses on five ear points. Arrive promptly to secure your space! *Freedom Center is lead sponsor, co-sponsored by the RLC (877-677-6424 for more info).*

Alternatives to Suicide Group: Tuesdays from 6:30 to 8pm at the Quaker Meeting House in Northampton. This is a peer-run group for individuals who want a safe, judgment-free zone to talk about alternatives to suicide. Please call Kelly at 413-330-5269 for more information or to join this group.

Career Initiatives Technical Assistance Workshop: Tuesday, April 12th 10 to 12pm at Starlight Center, 251 Nonotuck St, Florence. Join Danielle and others from the community to gain information and understanding about the career initiatives grants now available by application to individuals who have lived experience with psychiatric diagnoses, trauma and/or extreme states. See article on page 2 for more info.

Hearing Voices Group: **NEW!!!** Mondays from 4 to 5:30pm at the Windhorse Library, 211 North Street, Northampton. Hearing Voices groups are popular and widespread across the globe, especially England. Hearing Voices groups do not pathologize the experience of hearing voices or experiencing other altered/extreme states, instead they ask what does the experience mean to you? *This group is open to voice hearers and people experiencing other extreme states as well.* Join us for one of few Hearing Voices groups in the United States and share and get support from others with similar experiences!

Out to the Movies @ Cinemark: The 3rd Friday of the month, March 18th, 1230pm to 4pm (**actual time may vary slightly depending on movie selected**) @ Cinemark Theatres at the Hampshire Mall, Rt. 9, Hadley. Join Sera and other community members for an afternoon at the movies. **6 SPOTS AVAILABLE FOR FREE TICKETS, AND 3 TO 4 SPOTS AVAILABLE FOR TRANSPORTATION ASSISTANCE. You MUST SIGN UP for this event and early sign up is recommended.** The actual film and exact meeting time will be determined by Wednesday of that week. Please call Sera at (413) 539-5941 203 to sign up and/or for more info!

Writing Group: Every Wednesday, 2 to 3pm, at Windhorse Associates, 211 North Street, Northampton. Join facilitators Gineen Cooper and David Stark and share and work on your writing. Memoirs, non-fiction and poetry are particularly encouraged but all work is welcomed. Space can be limited so it's a good idea to call Windhorse to let them know you're coming! *Windhorse is the lead sponsor, co-sponsored by the RLC and the Freedom Center.*

Yoga Classes: Every Thursday, 3:30 to 5pm, with teacher, Sally, at Forbes Library, West St, Northampton. *RLC is the lead sponsor, co-sponsored by the Freedom Center.*

ADDITIONAL PEER COMMUNITY RESOURCES

The resources below are listed by area and include peer supports in all four counties of Western Massachusetts as well as some statewide resources like warmlines, the Certified Peer Specialist Program (CPS) and other RLCs. **THESE ORGANIZATIONS, GROUPS, MEETINGS AND WORKSHOPS ARE NOT RUN, SPONSORED (unless otherwise noted) OR OVERSEEN BY THE RLC IN ANY WAY.** The RLC includes these resources for your information and personal use. Inclusion on this list does NOT necessarily mean that the RLC is attesting to the values or quality of any group or organization listed. Rather these resources are included based on the belief that there is strength in connection and the creation of a network of supports, in having and knowing your choices and in understanding that different supports work for different people.

BERKSHIRE COUNTY (Pittsfield, North Adams, etc.):

AD Lib's Peer Drop In Center: Open Monday through Friday from 5p – 9p, Ad Lib, 215 North Street, Pittsfield. Drop in for support and interactions with peers. Ad Lib defines 'peer' as individuals with varied lived experiences that include mental health diagnoses and/or physical disabilities, etc. Run Ad Lib is a Center for Independent Living. (800 232-7047) **Please note: New visitors are welcome, but will be asked to do a brief intake process. Call Ad Lib for more info.** Ad Lib also offers a variety of peer-run (and other types of) groups and individual supports. Some of the peer-run groups include a Diabetes support group every Thursday from 330 to 430p, a women's group on Fridays at 3pm and a Creative group (writing, drawing, etc.) every Thursday from 1 to 2:30pm.

DBSA Group: Every Wednesday from 630 to 730pm, North Adams Regional Hospital, ground floor conference room (near cafeteria). The Depression and Bipolar Support Alliance is a national non-profit organization that offers information and many peer-run support groups throughout the country. Call Pam for more info (413) 664-9156 or visit www.dbsabennington.org. (Stay tuned for a new Pittsfield group on Thursdays in 2009!)

VOICES Consumer Theatre Company: Call to schedule a performance with this theatre group comprised of individuals with lived experience who share their experiences and help to teach others and reduce stigma through their performances. (413) 442-1928. 35 Clinton Ave, Pittsfield, MA 01201.

WRAP Alumni Get Together: Every Friday 2p – 4p, Meet at 59 Hamlin St. Pittsfield MA. Open to anyone who has been through a WRAP workshop (anywhere!) and would like to get together with others who have created their own WRAP plans. For more information call Donna or Sandy at (413) 443-4848. Sponsored by the Brien Center.

FRANKLIN COUNTY (Greenfield, Turners Falls, etc.):

Art Group: Thursdays from 10am to 12pm 239 Main Street #7, Greenfield. Join this open art group facilitated by Lee Shuer. Call or email for more info (413) 588-8395 or lshuer@servicenetinc.org. *Sponsored by ServiceNet, Inc.*

Community Expressions: M-F, 1 to 4 pm. 13 Prospect St., 1st floor, Greenfield. A peer-driven community center offering computers, a comfortable social space, a quiet space and more. *Sponsored by ServiceNet, Inc.*

Drop in For Recovery: Monday through Friday, One Arch Place, Greenfield. Visit this new peer-run support center just to drop in or for any of a variety of offerings including Java Chat on Mondays from 10am to 11am (a time to get to know one another, talk about books, movies, politics, families... the things of life. A time to support one another and a time to make friendships); Pranayama with Mary on Mondays from 11am to 12pm (Pranayama is yoga breathing techniques); Knitting on Wednesdays from 130 to 300pm and so much more! Call (413) 774-1000 x 2027 for more info and hours!

Family/Friend Support Group: The last Wednesday of the month at CSO, 215 Shelburne Rd, Greenfield from 630-830pm (call Jane at 863-5141 or jperciva@hotmail.com for more info) or the second Wednesday at the Quabbin House, 25 West Main St in Orange (Call Jen Mannino or Rich Stemm for more info at 978 544-1859) Sponsored by NAMI.

Greenfield Women's Center: Open Mondays, Tuesdays and Fridays 1p – 4p and Thursdays 5p – 8p. 278 Federal Street, Greenfield. A center for women 18 years and older. They offer coffee & tea, a variety of art materials for art and crafts, a lending library, DSL internet connected computer lab, a free clothing exchange & local resources information. A number of classes and workshops are also available! (413) 775-0010.

Peer-to-Peer Support Group: Fridays from 3:30 to 5pm at 18 Prospect St., Greenfield. Join us for this peer-run recovery support group sponsored by NAMI. Contact us at 413-786-9139.

RECOVER Project: Open Mondays and Wednesdays 1p – 5p, Tuesdays and Thursdays 9a – 5p, and Fridays 9a – 5p & 8p – 11p. 68 Federal Street, Greenfield. The RECOVER Project is a community-driven program that aims to enhance the lives of people in recovery from substance abuse and alcoholism, family members and concerned others. They provide peer-to-peer services, based on the guiding principal that competence and wisdom reside in those with lived experience. Special events and groups also available! (413) 774-5489.

Turner's Falls Women's Center: Open 10a – 1pm on Tuesday and Thursday, and 10a – 1p and 5p – 8p on Wednesday. PO Box 792, 41 Third Street Turners Falls, MA 01376. A center for women 18 years and older. They offer coffee & tea, a variety of art materials for art and crafts, a lending library, DSL internet connected computer lab, a free clothing exchange & local resources information. A number of classes and workshops are also available! (413) 863-4804.

HAMPDEN COUNTY (Springfield, Chicopee, Holyoke, Westfield, etc.):

Anxiety/Phobia Support Group: Every Thursday from 7p to 830p, Trinity Church, 361 Sumner Ave, Springfield. This is a peer-run support group for anyone who has experience anxiety and/or phobias. Sponsored independently by a individuals with lived experience. Please call (413) 531-5706 for more info.

DBSA Support Group-Friday: Every Friday from 6 to 7pm, Agawam (call for location info). The Depression and Bipolar Support Alliance is a national non-profit organization that offers information and many peer-run support groups throughout the country. This group is facilitated by Bill. Call Renee at (413) 626-7627 or Gia at (413) 532-3644 for more info.

DBSA Support Group - Tuesday: Every Tuesday from 6 to 7pm, VFW Post #625, 374 Front Street, Chicopee. The Depression and Bipolar Support Alliance is a national non-profit organization that offers information and many peer-run support groups throughout the country. This group is facilitated by Renee. Call Renee at (413) 626-7627 or Gia at (413) 532-3644 for more info.

DBSA Support Group – Thursday: Every Thursday at 5:45 PM, Grace Episcopal Church, Springfield St, Chicopee. Call Renee at (413) 626-7627 or Gia at (413) 532-3644 for more info.

Family/Friend Support Group: The last Monday of the month at the Council on Aging, 68 Meadowbrook Manor in Agawam (contact Lucille at 786-1236 for more info), and the last Wednesday at Kindred Hospital in the conference room, 1400 State St in Springfield (Contact Bernice at 596-5059 for more info). Sponsored by NAMI.

Hispanic Family/Friend Support Group: Every third Wednesday at Baystate Medical Associates, 3300 Main St, 1st Floor Community Room. Contact Carlos Diaz at 786-9139 or Cruzita Rivera at 739-8590 for more info.

Obsessive-Compulsive Disorder Support Group: First Tuesday of the month at Chicopee Public Library, 449 Front Street, Chicopee. Call Rod for more info 244-6777. For individuals who have been diagnosed with obsessive-compulsive disorder. Sponsored by NAMI.

Peer-to-Peer Support Group: Wednesdays from 6 to 7:30pm in the basement conference room at the Westfield Athenaeum Library, 6 Elm Street, Westfield. For individuals who have been diagnosed with any mental illness. Call Michael for more info at 413-786-9139. Sponsored by NAMI.

Peer-to-Peer Support Group: Wednesdays from 1 to 2:30pm at 324A Springfield St., Agawam. Join Sue and Laurel for this peer-run recovery support group sponsored by NAMI. Contact Sue or Laurel at 413-786-9139.

Peer-to-Peer Support Group: Thursdays from 11am to 12:30pm in the basement conference room at the Second Congregational Church, 1080 Pleasant St., Palmer. For individuals who have been diagnosed with any mental illness. Call Michael for more info at 413-786-9139. Sponsored by NAMI.

Rainbow Support Group: 187 High St., Suite 202, Holyoke. A support group for gay, lesbian, bisexual, transgender, questioning. Supporters welcome. Call Elaine for the next meeting date at 413-536-2401 x3017. *Sponsored by the Western Mass Training Consortium.*

HAMPSHIRE COUNTY (Northampton, Easthampton, etc.):

Anchor House of Artists: Anchor House promotes artists with lived experience and helps to support them with subsidized studio space. Call for more information. (413) 584-4323. 518 Pleasant Street, Northampton. www.anchorhouseartists.org.

Art Group: Wednesdays from 10am to 12pm, NorthEast Program, 2051 Hathaway Farms, Northampton. Join this open art group facilitated by Lee Shuer. Call or email for more info (413) 588-8395 or lshuer@servicenetinc.org. *Sponsored by ServiceNet, Inc.*

DBSA Support Group - Wednesdays: Wednesday, 7p to 930pm, ServiceNet, 129 King Street, Northampton. The Depression and Bipolar Support Alliance is a national non-profit organization that offers information and many peer-run support groups throughout the country. This group is facilitated by Mike. (call Mike for more info at 413 230-0660)

Family/Friend Support Group: Second Tuesday of every month, 10 Main St. Call Carol (527-0532) or Barbara (586-6641) for more information! Sponsored by NAMI.

Freedom Center Drop-in Support Group: Every Thursday, 7p to 9p, Friends Meeting Space, 43 Center Street, 2nd floor, Northampton - Meetings are open to people labeled with mental disorders, survivors of psychiatric abuse, and people struggling with extreme states of consciousness/suffering. Allies and supporters willing to share their personal experiences are also welcome (mental health staff allies are welcome but should contact the call first at 877 677 6424.)

Peer-to-peer Support Group: Every Thursday from 6 to 7pm at the Easthampton Congregational Church, 112 Main St, Corner of Rt. 141 and Rt. 10, Easthampton. Call Michael for more info at 786-9139. For individuals who have been diagnosed with any mental illness. Sponsored by NAMI.

Peer-to-Peer Support Group: Tuesdays from 6:30 to 7:30pm in the basement conference room at ServiceNet, 129 King St., Northampton. For individuals who have been diagnosed with any mental illness. Call Michael for more info at 413-786-9139. Sponsored by NAMI.

Peer Educator Support Group: Fridays from 3pm to 4pm at the Forbes Library, Watson Room, Northampton. This is a voluntary peer-led group run by peer educators with lived mental health experience. Participants at meetings will discuss experiences, 'the tough stuff,' and their journeys through it as a recovery opportunity. Facilitated by Marie Laureano and Tam Ward. Call (413) 584-1508 for more info. *Co-sponsored by ServiceNet and VINFEN.*

Yoga: Every Monday, 7p to 830p, 32 Masonic Street, Northampton. Contact Freedom Center for more info at 877 677 6424.

WARMLINES

Warmlines are phone lines answered by peers ready to provide a friendly voice, support and resource information. Generally, warmline workers are available to answer questions about resources, support an individual to talk through current issues or struggles or just to listen. Warmlines vary in hours and days, but are typically open after hours or on weekends.

Consumer Warm Line: (800) 243-5836. This peer-run warmline operates out of Waltham, MA but is accessible throughout the state via their toll-free number. They also offer a 'call list' and will call you regularly if you put your name on that list. **Open 5pm to 10pm on weekdays and on weekends from 1pm to 10pm.**

Peer Warmline: (877) 733-7563. This peer-run warmline is a collaboration between the Boston and Northeast RLC's and is accessible locally through their toll-free number. This number can be easily remembered as it can be spelled as 877 PEER LNE. **The hours of operation are Tuesday through Sunday from 4-8pm.** A Spanish-speaking warmline worker is available on Sundays and Tuesdays.

Pioneer Valley Warmline: Beginning July 1, 2010, this warmline will no longer be taking calls.

RLCs IN OTHER AREAS OF THE STATE

There are six Recovery Learning Communities throughout the state of Massachusetts. Although the RLCs all have similar missions and maintain a supportive connection to one another, they are all completely separate organizations and may have different looks, values and/or offerings. Check out each one or ask about the 'All RLC meetings' that take place bi-monthly in Worcester to learn more about RLCs in other areas!

Central Mass RLC: 91 Stafford Street, Worcester, MA 01603. (508) 751-9600. Info@centralmassrlc.org, The Recovery Learning Community for Central Mass!

Metro Boston RLC: Solomon Carter Fuller MHC, Room 515, 85 East Newton St, Boston, MA 02118. (617) 305-9974. info@bostonresourcecenter.org, www.metrobostonrlc.org, The RLC in Boston!

Metrosuburban RLC: 460 Quincy Ave, Quincy, MA 02169 (888) 752-5510. info@metrosubrlc.org. www.metrosubrlc.org
The RLC in Metrosuburban Mass!

Northeast RLC: NILP, 20 Ballard Rd, Lawrence, MA 01843. (978) 687-4288. jbower@nilp.org, www.nilp.org. The RLC
in the Northeast part of Mass!

Southeast RLC: 71 Main St, Suite 1100, Taunton, MA 02780 (508) 880-8527. ecampbell@comcounseling.org, The RLC in
the Southeast part of Mass!

STATEWIDE ORGANIZATIONS & TRAININGS

Certified Peer Specialist (CPS) Training: The CPS training is the statewide certification program for individuals interested in working as Peer Specialists as using their own recovery stories and experiences to inspire and support others to move forward on their own recovery journeys. The CPS trainings take place at locations throughout Massachusetts determined at the start of each year, and an application process is required to enter as a student. **Although your local RLC MAY be able to help you get access to a CPS application, link you to others who have already been through the CPS class, or get support around studying for the CPS the RLC's do NOT oversee the CPS class or exam and are not responsible for its content or application process.** The CPS classes are sponsored through the Transformation Center at 98 Magazine Street in Roxbury, MA 02119. You may access more information about the CPS training and/or exam by calling Karen at (617) 442-4111, e-mailing to cps@transformation-center.org or going to www.transformation-center.org/cps/

Transformation Center: 98 Magazine Street, Roxbury, MA 02119, (877) 769-7693, info@transformation-center.org, www.transformation-center.org - The Transformation Center offers a wide variety of trainings including Level II Wellness Recovery Action Plan (WRAP) certification through MASSWRAP and Certified Peer Specialist (CPS) trainings. Call for more info!