

The Western Mass Recovery Learning Community (RLC) creates conditions that support recovery at both the individual and community level through trauma-sensitive peer supports and the development of a regional network.

We believe that human relationships are at the center of what heal people who have experienced extreme emotional states, trauma, mental health diagnoses and a variety of other challenges in life.

Our lived experience and ‘humanness’ is what unites us.  
Our stories, collective wisdom and strength is what guides us and our community to wellness.

## **APRIL 2012 UPDATE & CALENDAR**

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**This newsletter and previous editions are available  
at our website, [www.westernmassrlc.org](http://www.westernmassrlc.org).**

*To sign up to receive this newsletter each month via postal mail,  
or to receive monthly email alerts, please sign up at our website  
or contact us at [info@westernmassrlc.org](mailto:info@westernmassrlc.org) or (413) 539-5941.*

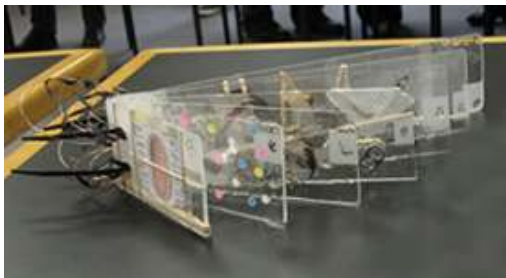
## The GlassBook Project is coming to Pittsfield & Holyoke Fostering an Understanding of Self-Inflicted Injury

### What is the GlassBook Project?

The GlassBook Project is a mysterious and evolving artwork that seeks to challenge systems and programs to be more responsive and helpful to survivors of trauma. Evocative and innovative, these books of glass build understanding of how people might respond to trauma ... and in so doing, the project hopes to lessen the stigma and discrimination that often keeps people disconnected from community and their support networks. Visual and Performing Arts students at Rutgers were challenged by their professor to offer an experimental and provocative view of self-harm.



Ruta Mazelis, a consultant to the federal Center for Mental Health Services, told the students their work could help stimulate reform. “The general public sees this as purely pathological behavior, or sensation-seeking,” said Mazelis, a mental health professional who confessed having once been addicted to cutting herself. “Society shames and medicates them, maybe even takes away their freedom by institutionalizing them; but we know it’s a universal way of coping, across all cultures.”



### *The GlassBooks will be at:*

**RLC Pittsfield Center, 152 North Street, Suite 230**

**Monday & Tuesday, April 2&3 from 12:00pm – 3:00pm**

*Reception (light fare & discussion) Tuesday 3:00pm – 6:00pm*

**RLC Holyoke Center, 187 High Street, Suite 303**

**Wednesday, April 4 from 12:00pm – 7:00pm**

*Reception (light fare & discussion) from 3:00pm – 6:00pm*

**Thursday, April 5 from 12:00pm – 4:00pm**

*Provocative and beautiful... the GlassBooks are a must see and touch!*

### *Training Opportunity:*

Voices of the Heart & MHEP, Inc are excited to announce the “Save The Dates” for April 24-26, 2012 as VOH/MHEP share the training “Human Rights Advocacy & Organizing” presented by International Human Rights Expert Tina Minkowitz. Please join VOH and MHEP for this two and a half-days training.

### **Training costs for overnight accommodations and food will be \$300**

At the end of the training all participants will have:

- An Understanding of International Human Rights.
- An Understanding of how we can use Human Rights in our Advocacy.
- An Understanding of how Human Rights Principles are practiced in Peer Support & Organizing.
- An Understanding of the Convention of the Rights of Persons with Disabilities (CRPD).
- Developed Advocacy skills for state & federal governments to comply with Human Rights.

The Training will take a hands-on approach using exercises to explore what it means to “do human rights”. Thematic issues will be addressed according to the interests of participants: (Prison & Mental Systems, legal capacity, reparations for psychiatric torture, poverty, right to work, and/or implications of the CRPD for mental health policy.)

Please contact Daniel Hazen @ [voicesdirector@gmail.com](mailto:voicesdirector@gmail.com) or call 518-798-1100 with any questions.

Application and registration visit [www.voicesoftheheart.net](http://www.voicesoftheheart.net)



## The Western Mass RLC will open Massachusetts' 1st Peer Respite!

As you may know, peer respites are quite different than the traditional respites many of us may be familiar with. Peer Respites are 100% Peer Run and focus on one-to-one intentional interaction as a means of support during a visitor's stay. All things "clinical" are kept to an absolute minimum if they exist at all. Instead, it's about you directing your time while you're at the respite, getting your needs met whatever you feel they may be. Statistics show that, not only are peer respites more cost effective, they WORK! reducing hospital admissions among those that have utilized peer respite options. Of course, we think they work on several other levels approaching our most basic of values including offering genuine human relationships, safe environments in which people can heal and encouraging self-determined choice and care.

In the coming months, the RLC will be working feverishly to open the doors for July 1, 2012. A house, located in Northampton, will be renovated and decorated to create a homey and inviting space. It will have room for three guests at a time, be wheelchair accessible, and house the Western Mass Warmline during several evenings per week. The respite, itself, will operate 24/7! In this newsletter (and wherever jobs are listed – newspapers, on-line, etc.) are the job listings for the positions needed to make this amazing respite and warmline happen. Interviews, training and visiting some of the few local neighbors we have running peer respites, (Voices of the Heart in Glens Falls, NY and Rose House in Poughkeepsie, NY) will be among the many activities keeping us all busy straight through to July and beyond!

This is an exciting time for us but, more over, for everyone in the Recovery Movement! Help out by reading through the job descriptions and seeing if you might be who we're looking for or if you know someone who is. Spread the word! Get in on the ground floor of creating something truly unique to Massachusetts and on the cutting edge of recovery supports!

*...of interest...*

## Volunteers In Psychotherapy (V.I.P.)

Please save the date: Wed., April 18. 7-9 PM at University of Hartford Gengras Student Union, Hartford, CT!

Many of you will remember the best-selling novel, ***I Never Promised You a Rose Garden***. **Joanne Greenberg** initially published her book under a pseudonym, since it was a semi-autobiographical depiction of her recovery from "schizophrenia" through psychotherapy with Dr. Frieda Fromm Reichmann, while an inpatient at a psychiatric hospital.

Dr. Greenberg is now a college professor, author of 17 published books, wife and mother. She is an advocate for humane, egalitarian help for people who are emotionally confused, overwhelmed or distraught... the people we now misleadingly refer to as "mentally ill." When Dr. Greenberg heard of greater Hartford's Volunteers In Psychotherapy – she was so enthusiastic for VIP's unique offering of free therapy that people earn through community volunteer work, that she immediately offered to assist VIP.

This April 18 presentation, which is free and open to the public, is Dr. Greenberg's effort to benefit VIP's program. The evening presentation is co-sponsored by Volunteers In Psychotherapy and the Department of Psychology at University of Hartford, its Psi Chi Honors Society and Active Minds.

Joanne Greenberg's talk is a "Friend-raiser"... a way of publicizing the availability of Volunteers In Psychotherapy's nonprofit service – and explaining the rationale for such truly private, humane exploration of people's emotional conflicts and turmoil.

All are invited!

## Peer Respite Workers Wanted

**Peer Respite Director** - Full-time salaried position leading the start-up and ongoing development of a Peer Respite. Responsibilities will include supervision, on-call coverage, community outreach, direct peer support and a variety of administrative tasks. **Requirements:** Past supervision and administrative experience, highly motivated, able to work independently, familiarity with recovery concepts and strong investment in values and peer-driven work.

**Peer Respite Coordinator** - Full-time salaried position as part of the leadership team supporting the start-up and ongoing growth and development of a Peer Respite. Responsibilities will include supervision, on-call responsibilities, direct peer support, and coordination of household tasks. Some overnight hours included. **Requirements:** Some administrative experience, demonstrated leadership ability, experience working directly with people.

**Peer Respite Advocates** – 37.5 hours per week. 3-day work week including some daytime and some overnight hours. Be a part of the start-up and ongoing functioning of a Peer Respite. **Requirements:** Ability to work independently, experience working directly with people.

**Peer Warmline Worker** – 8 to 16 hours (4 4-hour shifts from 8 to midnight) at Peer Respite. Answer calls from individuals seeking support and/or resource information. **Requirements:** Ability to work independently, experience working directly with people, good conversational and listening skills.

**Per Diem Workers** - Fill in as needed at Peer Respite or on Warmline. Responsibilities will include providing direct peer support in person or by phone and assisting with other household tasks. **Requirements:** Ability to work independently, experience working directly with people.

**All Positions based in Northampton and require personal lived experience with psychiatric diagnoses, extreme states and/or trauma.** Established connection to the recovery movement, Certified Peer Specialist, Intentional Peer Support training, bilingual/bicultural (English/Spanish or ASL) a plus! The RLC is a part of the Western Mass Training Consortium. AA/EOE.

Send cover letter/resume by **Monday, April 9th** to the Western Mass RLC, Attn: Sera Davidow, 187 High Street, Suite 303, Holyoke MA 01040 or [info@westernmassrlc.org](mailto:info@westernmassrlc.org).

## Interested in Learning about Aromatherapy?

Check out the Greenfield calendar for details on an opportunity to try out Aromatherapy on Wednesday, April 7<sup>th</sup> from 4:30 pm to 6:00 pm at our Greenfield center!



## Magic Wings Butterfly Conservatory & Yankee Candle

The Pittsfield gang is planning a Saturday, April 14<sup>th</sup> excursion over to the Pioneer Valley.

A brown bag lunch is planned and those with cars willing to drive are especially encouraged to become involved!

If you usually hang at one of the other center in the Pioneer Valley and would like to meet up with them – the more – the merrier!

If interested, stop into the Pittsfield Center or call Lynn, (413)236-5888 to find out more!

## Career Initiatives Grant Opportunity!

*Do you want to start your own business? Do you want to facilitate a workshop? Do you have a hobby that you've always wanted to pursue for self-employment?*

If "yes" - Leadership, Employment, Advocacy, and Development (LEAD) is now accepting applications for Career Initiatives grant 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 4, 2012 by 5:00pm at The Consortium.

### *Examples of past/current grant projects:*

- Home based massage therapist
- Home recording studio
- WRAP groups/ Writing Groups
- E-Bay Store
- Landscaping
- Artists

To receive a grant application, please call 413-536-2401 extension 5513.

You may also download the application at [www.wmtcinfo.org](http://www.wmtcinfo.org) or [www.westernmassrlc.org](http://www.westernmassrlc.org)

To learn more about this exciting grant opportunity please attend one of our technical assistance workshops:

#### **NORTHAMPTON**

April 5, 2012 10 AM – 12 PM  
Starlight Center  
251 Nonotuck St., Northampton, MA

#### **PITTSFIELD**

April 4, 2012, 1 PM – 3 PM  
Pittsfield RCC, Suite 230  
152 North St, Pittsfield, MA

#### **Please note:**

**In order to be eligible for a grant you need to have lived experience with a mental health diagnosis, extreme emotional states, and/or trauma.**

## Massachusetts Coalition for Suicide Prevention Annual Conference

**"Connecting for Safe and Resilient Communities: Suicide Prevention Across the Lifespan."**

May 1 and 2, 2012 at the Best Western Royal Plaza in Marlboro

Alternatives to Suicide Peer Support Group members Janice Sorensen, Jessica Star, Currie Murphy and Carol Star are excited to be presenting: **The Good, the Bad, and the Helpful: ALTERNATIVES TO SUICIDE PEER-RUN SUPPORT GROUPS (Alt2Su)**. This workshop will discuss the Western Massachusetts RLC's development of peer-run support groups for people struggling with suicidal feelings. Facilitators of these groups have lived experience with suicide attempts and/or suicidal thoughts. The premise of the groups is that empathic talking about suicide coupled with an exploration of alternative coping strategies will decrease suicide. Topics to be covered in this session will include myths and misconceptions about suicide, the relationship to self-inflicted injury, the history of and various approaches to our groups, the incorporation of a self-care tools list, how to handle difficult situations, various group formats and the value of lived experience. Workshop will include testimonials from participating community members. Session will include Q&A. Alt2Su groups are made possible through the support of Tapestry Health.

*Great thanks to Sarah Mouser who, though not joining us for the conference, has been a main player in the development of our group and in conference preparation.*

**Want to train to be an Alternatives to Suicide Peer Support Group facilitator? See our Holyoke calendar for information on our April 6<sup>th</sup> training and see our Northampton and Springfield calendars for new Alternatives groups!**

## Administrative Coordinator Wanted

**Administrative Coordinator** - 14 hours per week Monday, Wednesday and Friday (with some flexibility required for events) based at the Western Mass Recovery Learning Community's Holyoke Center. Coordinate schedules and events, provide website support and other administrative tasks. **Requirements:** Computer proficiency, quick learner, able to work independently and manage a variety of tasks, above average writing skills, lived experience with a psychiatric diagnosis, trauma or extreme states. Bilingual/Bicultural in English and Spanish or ASL, familiarity with recovery movement a plus. AA/EOE

Please send cover letter/resume by Monday, April 9<sup>th</sup> to the Western Mass RLC, Attn: Sera Davidow, 187 High Street, Suite 303, Holyoke MA 01040 or [info@westernmassrlc.org](mailto:info@westernmassrlc.org).

## Advocacy Corner

It's so easy to get caught up in our immediate surroundings and lives, but the reality is that there is much going on 'out there' that affects us both directly and indirectly. This includes legislation on issues that impact our community and mistreatment and infringements on the rights of people to whom we are connected personally or through common goals and experiences.

In an effort to provide information on various issues and opportunities to get involved for those who are interested in doing so, the Western Mass RLC will periodically be offering information through our newsletter and/or website on particular issues, laws and more.

**Please note:** Although we will avoid graphic details, some of the issues that are raised here may be very upsetting and refer to abusive treatment or rights violations.

We are starting off this trend with a focus on the Judge Rotenberg Center (JRC). JRC is located in our very own state in Canton. JRC offers educational and residential services to individuals three years of age through adulthood who have been given psychiatric diagnoses, are autistic and/or who have developmental challenges.

So, why are we focusing on JRC? Because JRC uses what are called 'aversives' for many of its students/residents. Aversives are negative consequences for what is seen as 'bad behavior,' and includes painful shocks directly to one's skin, withdrawal of access to food and more. Students are reportedly monitored by video 24-hours per day, including in bathrooms.

United Nations experts have declared the treatment received JRC as torture. Individuals who receive the 'aversive' treatment are impacted, as are the other students around them who witness the treatment. And yet JRC continues to be allowed to lure desperate parents in with beautiful brochures that focus on images of their 'rewards center,' featuring Wizard of Oz-themed animatronics, a movie theatre and an arcade.

Many efforts have been made to shut JRC down, with little success. But a new effort is gathering to stop these abuses in our very own back yard. This effort has named itself 'Occupy JRC.' Interested in getting involved? Consider the following:

1. Join 'Occupy JRC' at the Caring Force Rally on April 2<sup>nd</sup>. Although this rally has a separate purpose, Occupy JRC will be meeting here to share information on JRC and their efforts and gain momentum and interest. E-mail [info@occupyjrc.org](mailto:info@occupyjrc.org) for more information.
2. Like the 'Occupy Judge Rotenberg Center' page on Facebook.
3. Visit [www.occupyjrc.org](http://www.occupyjrc.org) to learn more.

# Holyoke Area

Hampden County • April 2012

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> <ul style="list-style-type: none"> <li>Center Closed</li> </ul>	<b>3</b> <ul style="list-style-type: none"> <li>Center Open 10a-4p</li> <li>Hearing Voices Group 4:30-6p</li> </ul>	<b>4</b> <ul style="list-style-type: none"> <li>Center Open 12-7p</li> <li><b>Stress Management &amp; Relaxation 2-3p</b></li> <li>Deaf/HOH Drop-in 3-6p</li> <li>Ear Acupuncture 3-4p</li> <li>Movie Night 4-6p</li> </ul>	<b>5</b> <ul style="list-style-type: none"> <li>Center Open 12-4p</li> <li><b>NEW:</b> Community Forum 1-3p</li> </ul>	<b>6</b> <ul style="list-style-type: none"> <li>Center Open 12-4p</li> <li><b>Alternatives to Suicide Group Facilitator Training</b> 930a-12:30p</li> <li><b>NEW:</b> Book Group 1-2p</li> </ul>
<b>9</b> <ul style="list-style-type: none"> <li>Center Closed</li> <li><b>Guiding Council of Western Mass 1-3p</b></li> </ul>	<b>10</b> <ul style="list-style-type: none"> <li>Center Open 10a-4p</li> <li>Hearing Voices Group 4:30-6p</li> </ul>	<b>11</b> <ul style="list-style-type: none"> <li>Center Open 12-7p</li> <li><b>Stress Management &amp; Relaxation 2-3p</b></li> <li>Deaf/HOH Drop-in 3-6p</li> <li>Ear Acupuncture 3-4p</li> <li>Movie Night 4-6p</li> </ul>	<b>12</b> <ul style="list-style-type: none"> <li>Center Open 12-4p</li> <li><b>NEW:</b> Community Forum 1-3p</li> </ul>	<b>13</b> <ul style="list-style-type: none"> <li>Center Open 12-4p</li> <li><b>NEW:</b> Book Group 1-2p</li> <li><b>HVN Facilitators' Meeting 1:30p-3p</b></li> </ul>
<b>16</b> <ul style="list-style-type: none"> <li>Center Closed</li> </ul>	<b>17</b> <ul style="list-style-type: none"> <li>Center Open 10a-4p</li> <li>Hearing Voices Group 4:30-6p</li> </ul>	<b>18</b> <ul style="list-style-type: none"> <li>Center Open 12-7p</li> <li><b>Stress Management &amp; Relaxation 2-3p</b></li> <li>Deaf/HOH Drop-in 3-6p</li> <li>Ear Acupuncture 3-4p</li> <li>Movie Night 4-6p</li> </ul>	<b>19</b> <ul style="list-style-type: none"> <li>Center Open 12-4p</li> <li><b>NEW:</b> Community Forum 1-3p</li> </ul>	<b>20</b> <ul style="list-style-type: none"> <li>Center Open 12-4p</li> <li><b>NEW:</b> Book Group 1-2p</li> </ul>
<b>23</b> <ul style="list-style-type: none"> <li>Center Closed</li> </ul>	<b>24</b> <ul style="list-style-type: none"> <li>Center Open 10a-4p</li> <li>Hearing Voices Group 4:30-6p</li> </ul>	<b>25</b> <ul style="list-style-type: none"> <li>Center Open 12-7p</li> <li><b>Stress Management &amp; Relaxation 2-3p</b></li> <li>Deaf/HOH Drop-in 3-6p</li> <li>Warmline Coalition Meeting 1-230p</li> <li>Ear Acupuncture 3-4p</li> <li>Movie Night 4-6p</li> </ul>	<b>26</b> <ul style="list-style-type: none"> <li>Center Open 12-4p</li> <li>Peer Networking Meeting 1130-2p</li> <li><b>NEW:</b> Community Forum 1-3p</li> </ul>	<b>27</b> <ul style="list-style-type: none"> <li>Center Open 12-4p</li> <li><b>NEW:</b> Book Group 1-2p</li> </ul>
<b>30</b> <ul style="list-style-type: none"> <li>Center Closed</li> </ul>	<p><i>The RLC aspires to be scent free. Please avoid wearing scents to any RLC events or spaces. Please contact us if you have additional accommodation requests, including interpreters.</i></p>			

## HOLYOKE AREA / Hampden County • April 2012

Western Mass RLC Trainings, Workshops, Groups, Meetings and Special Events

*Unless otherwise noted, all events in this section are at the Holyoke Center, 187 High St, Suite 303 and all questions and sign ups should be directed to the RLC at (413) 539-5941 or (866) 641-2853 ext. 200.*

**Holyoke Center Hours:** Open every Tuesday 10am-4pm, Wednesday 12-7p, and Thursday & Friday 12-4pm. Peer support and resource info, a computer lab and a library are available during all open hours. Other hours available by appointment or for specific workshops or events as scheduled.

**Alternatives to Suicide Facilitators' Training:** **Friday, April 6<sup>th</sup> from 9:30am – 12:30pm.** For those who have experienced the struggles of feeling and thinking about suicide and who wish to offer support through open dialog. Learn the myths and misconceptions about suicide, the presumed relationship to self-inflicted injury, the Alt2Su group approach, and the incorporation of a self-care tools list. Prior facilitation experience preferred.

**American Sign Language (ASL) for Beginners:** This group will be on break. If you are interested in seeing this group return, please contact us to let us know at (413) 539-5941 ext. 200.

**NEW: Book Group: Every Friday 1-2p,** Join Johnny and Frank for this new book group offering an opportunity to read independently and then come together to talk about what you've read. The first book will be selected at the first meeting. Call Johnny for more info at (413) 539-5941 ext. 318.

**NEW:Community Forum: Every Thursday 1-3p,** The Community Forum is a new weekly meeting intended to serve two purposes. The first half of the meeting will be held in general support group format, with everyone having a chance to check in. The second hour will be focused on community wellness, ideas, concerns and growth. **This is a great opportunity to build our sense of community and connection to one another!**

**Ear Acupuncture: Wednesdays from 3-4pm.** Join certified acupuncturist, Melany for this free session of group ear acupuncture. Great for supporting healing from addictions, anxiety, etc. No pre-registration required, just show up!

**GlassBook Project: Wednesday, April 4<sup>th</sup>, 12:00pm – 7:00pm and Thursday, April 5<sup>th</sup>, 12:00pm – 4:00pm** The GlassBook Project is a provocative approach to understanding self injury. Each book of glass is an artist's interpretation of the experiences of a survivor of self injury. These books will not only be on display but can be handled. **A reception & discussion, held on Wednesday from 3:00pm – 6:00pm, will feature discussion led by a survivor of self injury and light fare will be offered.** For more information, Contact Lisa @ 413-561-3269.

**Guiding Council of Western Mass (GCOW): Monday, April 9<sup>th</sup> from 1-3pm.** 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 **and for April!**) from 1 to 3 at the Holyoke center. Interested in becoming a Council Delegate? Contact Sera at (413) 539-5941 ext. 203 or sera@westernmassrlc.org for more info.

**Hearing Voices Facilitator Networking Meeting: Friday, April 13th from 1:30pm to 3pm.** Join fellow facilitators of Hearing Voices Network groups (or those working on becoming facilitators and starting groups up!) to share ideas, provide support and network. Please RSVP to Lisa at (413) 539-5941 ext. 202. Refreshments provided.

**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?" RLC is lead sponsor, co-sponsored by the Center for Human Development and the Freedom Center.

**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.

**Peer Worker Networking Meeting: Thursday, April 26<sup>th</sup>, from 1130am 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. Please RSVP to Sera at (413) 539-5941 x 203. **Pizza served.**

**Warmline Coalition Meeting: Wednesday, April 25<sup>th</sup>, 1-2:30pm.** 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!



# Springfield Area

## Hampden County • April 2012

Tuesday	Wednesday	Thursday	Friday	Saturday
<b>3</b> <ul style="list-style-type: none"> <li>Center Open 9a-3p</li> <li>Reiki 10a-1p</li> <li><b>First Tuesday Potluck 12-3p</b></li> <li><b>Group Exercise 2-4p NEW</b></li> <li>Yoga (<b>all levels welcome</b>) 2-3:30p (Downtown @ 11 Pearl St, Suite 217)</li> <li>After Incarceration Support Group 4-5p (736 State St.)</li> </ul>	<b>4</b> <ul style="list-style-type: none"> <li>Center Closed</li> <li>Wellness Center Open 12-6p</li> <li><b>NEW Workout Madness 4-6p</b></li> </ul>	<b>5</b> <ul style="list-style-type: none"> <li>Center Open 9a-3p</li> <li>Yoga (<b>all levels welcome</b>) 10-11a</li> <li>Wellness Center Open 12-6p</li> </ul>	<b>6</b> <ul style="list-style-type: none"> <li>Center Open 9a-3p</li> <li>Wellness Center Open 12-6p</li> </ul>	<b>7</b> <ul style="list-style-type: none"> <li>Center Open 11-3p</li> <li><b>NEW Tae Kwon Do 12-1p</b> Wellness Ctr</li> </ul>
<b>10</b> <ul style="list-style-type: none"> <li>Center Open 9a-3p</li> <li>Reiki 10a-1p</li> <li><b>Group Exercise 2-4p NEW</b></li> <li>Yoga (<b>all levels welcome</b>) 2-3:30p (Downtown @ 11 Pearl St, Suite 217)</li> <li>After Incarceration Support Group 4-5p (736 State St.)</li> </ul>	<b>11</b> <ul style="list-style-type: none"> <li>Center Closed</li> <li>Wellness Center Open 12-6p</li> <li><b>NEW Workout Madness 4-6p</b></li> </ul>	<b>12</b> <ul style="list-style-type: none"> <li>Center Open 9a-3p</li> <li>Yoga (<b>all levels welcome</b>) 10-11a</li> <li>Wellness Center Open 12-6p</li> </ul>	<b>13</b> <ul style="list-style-type: none"> <li>Center Open 9a-3p</li> <li>Wellness Center Open 12-6p</li> </ul>	<b>14</b> <ul style="list-style-type: none"> <li>Center Open 11-3p</li> <li><b>NEW Tae Kwon Do 12-1p</b> Wellness Ctr</li> </ul>
<b>17</b> <ul style="list-style-type: none"> <li>Center Open 9a-3p</li> <li>Reiki 10a-1p</li> <li><b>Group Exercise 2-4p NEW</b></li> <li>Yoga (<b>all levels welcome</b>) 2-3:30p (Downtown @ 11 Pearl St, Suite 217)</li> <li>After Incarceration Support Group 4-5p (736 State St.)</li> </ul>	<b>18</b> <ul style="list-style-type: none"> <li>Center Closed</li> <li>Wellness Center Open 12-6p</li> <li><b>NEW Workout Madness 4-6p</b></li> </ul>	<b>19</b> <ul style="list-style-type: none"> <li>Center Open 9a-3p</li> <li>Yoga (<b>all levels welcome</b>) 10-11a</li> <li><b>Pizza &amp; Community Council 11a-12p</b></li> <li>Wellness Center Open 12-6p</li> </ul>	<b>20</b> <ul style="list-style-type: none"> <li>Center Open 9a-3p</li> <li>Wellness Center Open 12-6p</li> <li><b>NEW: Alternatives to Suicide 3:30-5p</b></li> </ul>	<b>21</b> <ul style="list-style-type: none"> <li>Center Open 11-3p</li> <li><b>NEW Tae Kwon Do 12-1p</b> Wellness Ctr</li> <li>•</li> </ul>
<b>25</b> <ul style="list-style-type: none"> <li>Center Open 9a-3p</li> <li>Reiki 10a-1p</li> <li><b>Group Exercise 2-4p NEW</b></li> <li>Yoga (<b>all levels welcome</b>) 2-3:30p (Downtown @ 11 Pearl St, Suite 217)</li> <li>After Incarceration Support Group 4-5p (736 State St.)</li> </ul>	<b>26</b> <ul style="list-style-type: none"> <li>Center Closed</li> <li>Wellness Center Open 12-6p</li> <li><b>NEW Workout Madness 4-6p</b></li> </ul>	<b>27</b> <ul style="list-style-type: none"> <li>Center Open 9a-3p</li> <li>Yoga (<b>all levels welcome</b>) 10-11a</li> <li>Wellness Center Open 12-6p</li> </ul>	<b>28</b> <ul style="list-style-type: none"> <li>Center Open 9a-3p</li> <li>Wellness Center Open 12-6p</li> <li><b>NEW: Alternatives to Suicide 3:30-5p</b></li> </ul>	<b>29</b> <ul style="list-style-type: none"> <li>Center Open 11-3p</li> <li><b>NEW Tae Kwon Do 12-1p</b> Wellness Ctr</li> </ul>
<b>31</b> <ul style="list-style-type: none"> <li>Center Open 9a-3p</li> <li>Reiki 10a-1p</li> <li><b>Group Exercise 2-4p NEW</b></li> <li>Yoga (<b>all levels welcome</b>) 2-3:30p (Downtown @ 11 Pearl St, Suite 217)</li> <li>After Incarceration Support Group 4-5p (736 State St.)</li> </ul>	<p><i>Contact us if you have additional accommodation requests, including interpreters.</i></p>			

## SPRINGFIELD AREA / Hampden County • April 2012

Western Mass RLC Trainings, Workshops, Groups, Meetings and Special Events

*Unless otherwise noted, all events in this section are at the Bowen Resource & Wellness Centers, 340 Main Street, Springfield, MA 01105. Please call (413) 732-1703 for more information.*

**Bowen Resource Center Hours:** Open every Tuesday, Thursday and Friday from 9am-3pm and Saturday 11am-3pm. Peer support and resource info, a computer lab and a library are available during all open hours.

**Bowen Community Wellness Center Hours:** Open Wednesday, Thursday, and Friday from 12-6pm. A variety of treadmills, stair steppers, weight machines, and other fitness equipment are available during Wellness Center hours.

**After Incarceration Support Group:** **Tuesdays from 4pm to 5pm** (people who are new and would like to talk with the facilitator before the group are welcome to come at 330pm), 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.

**Alternatives to Suicide Support Group:** **\*NEW\* Starting Friday, April 20, 3:30pm – 5:00pm** Alternatives to Suicide Peer Support Groups have been developed because we believe that talking about suicide decreases it. Alt2Su is a time when people can share, provide support, and strategize about alternatives to help one another cope with difficult life circumstances; a place where you can talk your experience of feeling suicidal without being judged.

**Pizza & Community Council:** **The 3<sup>rd</sup> Thursday of the month, March 15<sup>th</sup> 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!!! **Pizza served at the end of the meeting.**

**First Tuesday Potluck:** **The first Tuesday of the month: March 6<sup>th</sup>, 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!

**Group Exercise:** **\*NEW\* Tuesdays from 2pm to 4pm** Join Val and others from the community for a group gathering to focus on breathing, relaxing and exercising together. Breathing and relaxation portions will focus particularly on accessibility for individuals who are deaf or hard-of-hearing. Val is bilingual in ASL and English. All welcome.

**Tae Kwon Do (Korean Karate):** **\*NEW\* Saturdays from 12pm to 1pm** in the Wellness Center. Join Pamela for an introduction to 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.

**Reiki:** **Tuesdays from 10a to 1pm** in our new Wellness Center. Come experience a Reiki session with Reiki Master, Posie. 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. **Sign up required!**

**Yoga (all levels welcome):** **Tuesdays from 2 to 3:30pm** in Karoun's private downtown studio: 11 Pearl St., Suite 217, Springfield and **Thursdays from 10 to 11am** at the Bowen Wellness Center. Yoga class is made up of breathing, stretching, strengthening and balancing poses that lead to a greater sense of peace, relaxation, and power! Modifications are always offered so that you can move at your own comfortable pace. If you feel you are not flexible or strong, then come to yoga so that you can build your strength and flexibility! You will also feel more relaxed, calm, and at peace even after one class.

**Workout Madness:** **\*NEW\* Wednesdays from 4:00pm – 6:00pm** in the Wellness Center. Work with Personal Trainer, Reggie, as he designs workouts around your current fitness level and introduces new and creative ways to get healthy. With over 20 years experience, Reggie has something to offer everyone! Come on out and bring your sneakers!

# Pittsfield Area

## Berkshire County • April 2012

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> <ul style="list-style-type: none"> <li>Center Open 12-3p</li> <li><b>12-3p GlassBook Project</b></li> <li><b>General Support Group 11a-12p</b></li> <li>Spiritual Explorations 1230-130p</li> <li>Jewelry Creations 1-3p</li> </ul>	<b>3</b> <ul style="list-style-type: none"> <li>Center Open 12-4p</li> <li>Yoga Means Union 10-1130a</li> <li><b>12-3p GlassBook Project</b></li> <li><b>3-6p GlassBook Project Reception &amp; Discussion</b></li> <li>Crochet 3-4p</li> </ul>	<b>4</b> <ul style="list-style-type: none"> <li>Center Closed</li> <li>UR an Artist 11-1230p</li> <li>Career Initiatives Grant Technical Assistance Workshop 1-4p</li> </ul>	<b>5</b> <ul style="list-style-type: none"> <li>Center Open 12-4p</li> <li>Poker Time 1-230p</li> </ul>	<b>6</b> <ul style="list-style-type: none"> <li>Center Closed</li> </ul>
<b>9</b> <ul style="list-style-type: none"> <li>Center Open 12-3p</li> <li><b>General Support Group 11a-12p</b></li> <li>Spiritual Explorations 1230-130p</li> <li>Jewelry Creations 1-3p</li> </ul>	<b>10</b> <ul style="list-style-type: none"> <li>Center Open 12-4p</li> <li>Yoga Means Union 10-1130a</li> <li>Crochet 3-4p</li> </ul>	<b>11</b> <ul style="list-style-type: none"> <li>Center Closed</li> <li>UR an Artist 11-1230p</li> </ul>	<b>12</b> <ul style="list-style-type: none"> <li>Center Open 12-4p</li> <li>Poker Time 1-230p</li> <li><b>Hearing Voices 430-6p</b></li> </ul>	<b>13</b> <ul style="list-style-type: none"> <li>Center Closed</li> </ul>
<b>16</b> <ul style="list-style-type: none"> <li>Center Open 12-3p</li> <li><b>General Support Group 11a-12p</b></li> <li>Spiritual Explorations 1230-130p</li> <li>Jewelry Creations 1-3p</li> </ul>	<b>17</b> <ul style="list-style-type: none"> <li>Center Open 12-4p</li> <li>Yoga Means Union 10-1130a</li> <li>Crochet 3-4p</li> </ul>	<b>18</b> <ul style="list-style-type: none"> <li>Center Closed</li> <li>UR an Artist 11-1230p</li> </ul>	<b>19</b> <ul style="list-style-type: none"> <li>Center Open 12-4p</li> <li>Poker Time 1-230p</li> </ul>	<b>20</b> <ul style="list-style-type: none"> <li>Center Closed</li> </ul>
<b>23</b> <ul style="list-style-type: none"> <li>Center Open 12-3p</li> <li><b>General Support Group 11a-12p</b></li> <li>Spiritual Explorations 1230-130p</li> <li>Jewelry Creations 1-3p</li> </ul>	<b>24</b> <ul style="list-style-type: none"> <li>Center Open 12-4p</li> <li>Yoga Means Union 10-1130a</li> <li>Crochet 3-4p</li> </ul>	<b>25</b> <ul style="list-style-type: none"> <li>Center Closed</li> <li>UR an Artist 11-1230p</li> </ul>	<b>26</b> <ul style="list-style-type: none"> <li>Center Open 12-4p</li> <li>Poker Time 1-230p</li> <li><b>Hearing Voices 430-6p</b></li> </ul>	<b>27</b> <ul style="list-style-type: none"> <li>Center Closed</li> </ul>
<b>30</b> <ul style="list-style-type: none"> <li>Center Open 12-3p</li> <li><b>General Support Group 11a-12p</b></li> <li>Spiritual Explorations 1230-130p</li> <li>Jewelry Creations 1-3p</li> </ul>	<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 additional accommodation requests, including interpreters.</i></p>			

## PITTSFIELD AREA / Berkshire County • April 2012

Western Mass RLC Trainings, Workshops, Groups, Meetings and Special Events

*Unless specifically noted, all activities are free and take place at the RLC Berkshire Center: 152 North St., Suite 230 located between Pancho's Restaurant and The Garden beneath the Pancho's awning. Once inside follow the signs to the elevator or stairs at the back of the building. We are on the 2nd floor! 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*

**Berkshire Center Community Hours:** Mondays 12:00pm-3:00pm, Tuesdays 12:00pm-4:00pm, and Thursdays 12:00pm-4:00pm unless otherwise noted on the monthly calendar. Peer support, resource information, computer lab, lending library, Wii gaming and other activities are offered. Additional hours are available by appointment. Come on by and drop in. We'd love to see you!

**Crochet Club: Each Tuesday, 3:00pm – 4:00pm.** Come get hooked on crocheting! Join us as we improve on (or begin) our crocheting. It is a great way to share and catch up during this enjoyable hour of friendship. Use supplies offered or bring your own! Patterns are available.

**Career Initiatives Grant Technical Assistance Workshop: Wednesday, April 4<sup>th</sup>, 1:00pm -4:00pm** The LEAD Program, a program of the RLC, yearly awards Career Initiatives grants ranging from \$100 - \$3,000 to individuals who have a passion for a project or career. This technical assistance workshop is being offered to support grant applicants in the process. Call 413-536-2401 extension 5513 for more information.

**General Support Group: Each Monday, 11:00am – 12:00pm.** Offer and receive support in a confidential, non-judgmental peer setting. Share your expertise and those of your peers in this generative environment. Everyone is invited and welcome!

**GlassBook Project: Monday & Tuesday, April 2 & 3, 12:00pm – 3:00pm.** The GlassBook Project is a provocative approach to understanding self injury. Each book of glass is an artist's interpretation of the experiences of a survivor of self injury. These books will not only be on display but can be handled. **A reception & discussion, held on Tuesday from 3:00pm – 6:00pm, will feature discussion led by a survivor of self injury and lite fare will be offered.** For more information, Contact Lisa @ 413-561-3269.

**Hearing Voices Group: Every other Thursday, 4:30pm – 6:00pm.** Although 1 in 10 people hear voices, many choose not to talk about them due to fear of judgment and stigma. A Hearing Voices Group is a place where people can meet to talk about their experiences without such concern. It offers mutual support and friendship, with the opportunity to explore your experiences and learn from others with similar stories. Hearing Voices is real. This is a NEW group currently forming in Pittsfield. Come to a meeting and see what it's all about! For more information contact Lisa @ 413-561-3269 or Colleen @ 413-398-1306.

**Jewelry Creations: Mondays from 1:00pm – 3:00pm:** Jewelry Creations takes small projects from start to end and teaches the basics of stringing and wire jewelry making. Bring your own projects or use the materials provided.

**Poker Time: Thursdays from 1:00pm – 2:30pm.** Tired of faceless computer programs dealing up your hand of Texas hold 'em or always was interested but never learned how to play? Here's your chance to look across the table at your fellow players and learn about the combinations of probability, psychology and game theory that make a good player. Our table is friendly, tutorial and encourages camaraderie and skill development. Chips and wagers will be for points only and hold no monetary value. Open to all regardless of skill level. Pull up a chair!

**Spiritual Explorations: Mondays 12:30pm – 1:30pm.** Discovery of our spiritual nature can be a very important road on our paths to recovery. This exploration is often supported within a group. Spiritual practices, including meditation, prayer and contemplation, are intended to develop an individual's inner life; spiritual experience includes that of connectedness with a larger reality, yielding a more comprehensive self; with other individuals or the human community; with nature or the cosmos; or with the divine realm. Come join us and let the conversation begin.

**UR an Artist: Each Wednesday, 11:00am – 12:30pm.** Join artist Lynn Welker and company on a journey on an adventure of self-discovery and healing through basic art instruction and technique! Find beauty at your finger tips! All levels encouraged to participate. Come join in the fun!

**Yoga means Union: Each Tuesday, 10:00am – 11:30am.** Yoga is a great way to take care of your body and your mind and a great addition to your wellness practices. This time will include (but is not limited to) energy awareness (prana-Chi), asana (postures), pranayama (breathing exercises) and meditation/contemplation/prayer. It is low impact and accommodations are made for individuals of any fitness level. All levels are encouraged to participate.

# Greenfield Area

Franklin County • April 2012

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> <ul style="list-style-type: none"> <li>• RLC Support Forum 10-1p</li> <li>• Open Hours 1-4p</li> </ul>	<b>3</b> <ul style="list-style-type: none"> <li>• <b>Circle of Friends 11:30a-1:30p</b></li> <li>• Alternatives to Suicide Peer Support Group 5-6:30p</li> <li>• <b>Rob Hayden Self-care for Pain Management Training 6:30-9p (group is full)</b></li> </ul>	<b>4</b> <ul style="list-style-type: none"> <li>• Gentle Yoga 9:30-10:50a</li> <li>• Sip &amp; Chat 11-12p</li> <li>• Acupuncture 12-1p</li> <li>• Veterans Support: Yoga Warriors 3-4:30p</li> <li>• <b>Aromatherapy 4:30-6p</b></li> </ul>	<b>5</b> <ul style="list-style-type: none"> <li>• Open Hours 10-12p</li> <li>• Introduction to Mindfulness, Awareness and Meditation 12-1p</li> <li>• <b>Women's Self Care Support Group 5:30-7:30p</b></li> </ul>	<b>6</b> <ul style="list-style-type: none"> <li>• Coming Alive with Breath 4-6:30p</li> </ul>
<b>9</b> <ul style="list-style-type: none"> <li>• RLC Support Forum 10-1p</li> <li>• Open Hours 1-4p</li> </ul>	<b>10</b> <ul style="list-style-type: none"> <li>• Alternatives to Suicide Peer Support Group 5-6:30p</li> </ul>	<b>11</b> <ul style="list-style-type: none"> <li>• Gentle Yoga 9:30-10:50a</li> <li>• Sip &amp; Chat 11-12p</li> <li>• Acupuncture 12-1p</li> <li>• Veterans Support: Discussion Grp 3-4:30p</li> </ul>	<b>12</b> <ul style="list-style-type: none"> <li>• Open Hours 10-12p</li> <li>• Introduction to Mindfulness, Awareness and Meditation 12-1p</li> <li>• Women's Self Care Support Group 5:30-7:30p</li> </ul>	<b>13</b> <ul style="list-style-type: none"> <li>• <b>GAME NITE!!</b> 6-8p</li> </ul>
<b>16</b> <ul style="list-style-type: none"> <li>• RLC Support Forum 10-1p</li> <li>• Open Hours 1-4p</li> </ul>	<b>17</b> <ul style="list-style-type: none"> <li>• Alternatives to Suicide Peer Support Group 5-6:30p</li> <li>• <b>Rob Hayden Self-care for Pain Management Training 6:30-9p (group is full)</b></li> </ul>	<b>18</b> <ul style="list-style-type: none"> <li>• Gentle Yoga 9:30-10:50a</li> <li>• Sip &amp; Chat 11-12p</li> <li>• Acupuncture 12-1p</li> <li>• Veterans Support: Yoga Warriors 3-4:30p</li> </ul>	<b>19</b> <ul style="list-style-type: none"> <li>• Open Hours 10-12p</li> <li>• Introduction to Mindfulness, Awareness and Meditation 12-1p</li> <li>• Women's Self Care Support Group 5:30-7:30p</li> </ul>	<b>20</b> <ul style="list-style-type: none"> <li>• Coming Alive with Breath 4-6:30p</li> </ul>
<b>23</b> <ul style="list-style-type: none"> <li>• RLC Support Forum 10-1p</li> <li>• Open Hours 1-4p</li> </ul>	<b>24</b> <ul style="list-style-type: none"> <li>• Alternatives to Suicide Peer Support Group 5-6:30p</li> </ul>	<b>25</b> <ul style="list-style-type: none"> <li>• Gentle Yoga 9:30-10:50a</li> <li>• Sip &amp; Chat 11-12p</li> <li>• Acupuncture 12-1p</li> <li>• Veterans Support: Discussion Grp 3-4:30p</li> </ul>	<b>26</b> <ul style="list-style-type: none"> <li>• Open Hours 10-12p</li> <li>• Introduction to Mindfulness, Awareness and Meditation 12-1p</li> <li>• Women's Self Care Support Group 5:30-7:30p</li> </ul>	<b>27</b> <ul style="list-style-type: none"> <li>• <b>Fourth Friday Art Circle 4-6p New time!</b></li> </ul>
<b>30</b> <ul style="list-style-type: none"> <li>• RLC Support Forum 10-1p</li> <li>• Open Hours 1-4p</li> </ul>	<p><b>This center is only open during the listed activities.</b></p>			

*The RLC aspires to be **scent free**. Please avoid wearing scents to any RLC events or spaces. Please contact us if you have additional accommodation requests, including interpreters. Please see descriptions for locations of each event!*

## **GREENFIELD AREA / Franklin County • April 2012**

Western Mass RLC Trainings, Workshops, Groups, Meetings and Special Events

**All open hours take place at the RLC's Greenfield Center, 74 Federal St..**

**Check descriptions for locations of other activities and events.**

**Call Franklin County Coordinator, Janice Sorensen, for more info at (413) 561-3268.**

**Franklin County Center Open Hours: Mondays, 1-4pm & Thursdays, 10-12pm.** Come by for peer support, to play a board game, to do artwork or just to chat *and* check out other available resources. ***(Please note Our NEW Thursday time!)***

**Acupuncture: Wednesdays, 12-1pm,** At The RECOVER Project, 68 Federal St., Grnfld. This free auricular (ear) acupuncture clinic focusing on five ear points and offered by licensed acupuncturist, Melany, works on a variety of issues including cravings, addictions, insomnia, stress, and anxiety. Acupuncture is a collaboration of The RECOVER Project (RP) & Recovery Learning Community (RLC), both programs of The Consortium. For questions on cancellation, contact: Melany, 413-687-1230

**Alternatives to Suicide Support Group: Tuesdays, 5-6:30pm** The RLC Greenfield Center, 74 Federal St. Alternatives to Suicide Peer Support Groups have been developed because we believe that empathic talking about suicide decreases suicide. The RLC, with support from Tapestry Health, has created a space where people can provide peer support for one another, strategize about alternatives to help each other best cope with difficult life circumstances, and talk about their experience of feeling suicidal without being judged. People in the group share their struggles, provide peer support for one another, and strategize about alternatives to help one another best cope with difficult life circumstances. The Western Mass RLC aspires to be fragrance free. Please avoid wearing scented products.

**Aromatherapy: Wednesday 4<sup>th</sup>, 4:30-6pm.** RLC Greenfield Center, **74 Federal St.** Essential oils can be used to support health, well being, and pleasure. Using various essential oils we will demonstrate and discuss different methods of use including inhalation and dermal application. Kerry Labounty and Anne Marie Martineau are Certified Clinical Aromatherapy Practitioners, through study with Jane Buckle, pioneer in the use of essential oils in clinical settings including use in neonatal and end of life care. *We ask that you not wear scented products to this workshop. While the RLC aspires to be scent free, please know that scented products will be used for this workshop. For info 413-540-1247 or Martineau\_AnnMarie@holyothealth.com*

**Circle of Friends Open Session: *Opening the Heart, Touching the Soul:* Tues, April 3, 11:30-1:30pm,** lunch will be provided. RLC Greenfield Center, **74 Federal St.**

**Greenfield, MA.** Circle of Friends Open Session is a quarterly gathering that uses breathwork, sharing, and psychodrama to open the heart and touch the soul. For many years, Circle of Friends has been meeting to learn new skills to enhance our lives as we find the commonality between us. We now extend the circle to new friends in Greenfield. Please join us and experience the healing that takes place; we welcome you. *For more info: eschreiber@carsoncenter.org 413-579-7570* Circle of Friends Open Session is a collaboration of Valley Human Services in Ware and the Western Mass RLC.

**Coming Alive with Breath: 1<sup>st</sup> and 3<sup>rd</sup> Fridays, April 6 & 20 4-6:30pm,** The RLC Greenfield Center, 74 Federal St., Join us for Coming Alive with Breath, an ongoing circle with Jude and Jontz Johnson. We have become shallow breathers-- fear, grief; repressed pain and anger take our breath away. Overwhelmed by our own and world suffering, we become exhausted, numb and disconnected from our life force. Coming Alive with Breath helps integrate these feelings. As we free restrictions and clear heavy blocks, we connect to the love and joy at our core, feel lighter and clearer, have more energy and come alive!!! Please bring two pillows with you. For questions or cancellation info, contact: judeandjontz@gmail.com or 413-624-3963.

## **GREENFIELD AREA / Franklin County • April 2012 (cont'd)**

**Fourth Friday Art Circle:** Fri, April 27, 4-6pm, The RLC Greenfield Center, 74 Federal St., Fourth Friday Art Circle 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. This is a safe space to show work in progress, talk about what your art means to you, share struggles and breakthroughs, or simply be present. We are going to have an art activity for part of each session, if you have a skill you would like to share please email Star at: [star@westernmassrlc.org](mailto:star@westernmassrlc.org)

**Game Nite!!:** Fri, April 13, 6-8pm The RLC Greenfield Center, 74 Federal St., Join us for an evening of fun & games. We will have many board games to play, you can bring your favorites too! Bring snacks to share if you would like.

**Gentle Yoga:** Weds, 9:30- 10:50am, The RPX (RECOVER Project Extension), One Osgood St., Grnfld., Erica Travis 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 present moment. Multiple variations of poses are presented to encourage individual choices and levels of ability. Class is co-ed! For questions about weather cancellations call 413-561-3268.

**Introduction to Mindfulness, Awareness and Meditation:** Thursdays, 12-1pm, The RLC Greenfield Center, 74 Federal St. Our time will include a meditation practice introduction, two short sits, readings and discussion from books, as well as time for questions and comments. The essence of this practice is the gentleness and loving kindness with which we come to know our own mind. "Whatever arises in our practice is fresh, the essence of realization." Every one is welcome. Facilitators, Tony Walker and Marek Tresnak bring with them years of personal practiced and instruction in the art of meditation in the Shambhala tradition. Tony Walker is the founder and director of the Shelburne Falls Shambhala Center.

**RLC Support Forum:** Mondays, 10-1pm The RLC Greenfield Center, 74 Federal St. Come gather for a time of support and idea sharing around how we as individuals and as the RLC community can grow to be our best and healthiest selves. Feel free to bring a bag lunch.

**Self-Care for Pain Management with Rob Hayden:** Tuesday, March 6, 20 & April 3, 17, 6:30-9pm. The RPX One Osgood St. (This group is full)

**Veteran Support:** Weds, 3-4:30pm, 1<sup>st</sup> & 3<sup>rd</sup> Weds: *Yoga Warriors* (One Osgood St., Grnfld); 2<sup>nd</sup> & 4<sup>th</sup> Weds: *Discussion Group* (74 Federal St. Grnfld) 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? Miss your buddies? Come to a Veteran Support Discussion Group and Yoga Warriors. Yoga Warriors promotes health, wellness and peace of mind from within. Refreshments provided! Call Alex at (413) 774-5489 x14 for more info. (No group on 5th Wed calendar months.) This group is a collaboration of The RECOVER Project (RP) & Recovery Learning Community (RLC), both programs of The Consortium.

**Sip & Chat:** Weds, 11-noon RLC Greenfield Center, 74 Federal St. Wonder what to do with that hour between Yoga and Acupuncture on Wednesdays? Well, here it is, Sip & Chat. Come chat, have some tea or coffee and relax for an hour.

**Women's Self-care Support Group:** Thursdays, 5:30-7:30pm, The Greenfield Women's Resource Center, 278 Federal St, Grnfld. Join facilitators, Janice Sorensen and/or Star for a supportive group where women can share wellness tools and ideas, find a sounding board and support one another. For more info- 413-561-3268.

# Northampton Area

Hampshire County • April 2012

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> <ul style="list-style-type: none"> <li>• Acupuncture Clinic (<b>NEW LOCATION</b>) 430-6p</li> </ul>	<b>3</b>	<b>4</b>	<b>5</b> <ul style="list-style-type: none"> <li>• Yoga 330-5p</li> </ul>	<b>6</b>
<b>9</b> <ul style="list-style-type: none"> <li>• Acupuncture Clinic (<b>NEW LOCATION</b>) 430-6p</li> </ul>	<b>10</b>	<b>11</b>	<b>12</b> <ul style="list-style-type: none"> <li>• Yoga 330-5p</li> </ul>	<b>13</b>
<b>16</b> <ul style="list-style-type: none"> <li>• Acupuncture Clinic (<b>NEW LOCATION</b>) 430-6p</li> <li>• <b>NEW OPEN GROUP:</b> Alternatives to Suicide Group 630-8p</li> </ul>	<b>17</b>	<b>18</b>	<b>19</b> <ul style="list-style-type: none"> <li>• Yoga 330-5p</li> </ul>	<b>20</b> <ul style="list-style-type: none"> <li>• Out to the movies @ Cinemark 1-4p</li> </ul>
<b>23</b> <ul style="list-style-type: none"> <li>• Acupuncture Clinic (<b>NEW LOCATION</b>) 430-6p</li> <li>• <b>NEW OPEN GROUP:</b> Alternatives to Suicide Group 630-8p</li> </ul>	<b>24</b>	<b>25</b>	<b>26</b> <ul style="list-style-type: none"> <li>• Yoga 330-5p</li> </ul>	<b>27</b>
<b>30</b> <ul style="list-style-type: none"> <li>• Acupuncture Clinic (<b>NEW LOCATION</b>) 430-6p</li> <li>• <b>NEW OPEN GROUP:</b> Alternatives to Suicide Group 630-8p</li> </ul>	<p><i>The RLC aspires to be scent free. Please avoid wearing scents to any RLC events or spaces. Please contact us if you have additional accommodation requests, including interpreters.</i></p> <p><b>Please see descriptions for locations of each event!</b></p>			



## **NORTHAMPTON AREA / Hampshire County • April 2012**

Western Mass RLC Trainings, Workshops, Groups, Meetings and Special Events  
*Events in this section are in varying locations. Check event description for locations.*

*Unless otherwise noted, all questions and sign ups should be directed to the RLC at (866) 641-2853 ext. 200 or [info@westernmassrlc.org](mailto:info@westernmassrlc.org). Items are listed alphabetically.*

**Acupuncture Clinic:** Every Monday from 4:30pm to 6pm, Owl and Raven Community Space, 2 Conz St located in the Mapelwood shops below Chameleon Salon. 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).

**NEW GROUP: Alternatives to Suicide Group:** Mondays from 6:30 to 8pm at the Friend's Meeting House in Northampton, 43 Center Street. This is a peer-run group for individuals who want a safe, judgment-free zone to talk about alternatives to suicide. Please call Sarah or 413-539-5941 ext. 318 for more information or to join this group.

**Career Initiatives Grant Technical Assistance Workshop:** Wednesday, April 5<sup>th</sup>, 10:00am -12:00pm at the Starlight Center, 251 Nonotuck Street, Northampton. The LEAD Program, a program of the RLC, yearly awards Career Initiatives grants ranging from \$100 - \$3,000 to individuals who have a passion for a project or career. This technical assistance workshop is being offered to support grant applicants in the process. Call 413-536-2401 extension 5513 for more information.

**Hearing Voices Group:** CURRENTLY ON HIATUS 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, November 18<sup>th</sup>, 12:30pm to 4pm (actual time may vary slightly depending on movie selected) @ Cinemark Theatres at the Hampshire Mall, Rt. 9, Hadley. Join Denise 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, x203 to sign up and/or for more info!

**Writing Group:** The Wednesday writing group will now continue as a Windhorse group. Please contact Windhorse for more information.

**Yoga Classes:** Every Thursday, 3:30-5pm, 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 3:30-4:30pm, a women's group on Fridays at 3pm and a Creative group (writing, drawing, etc.) every Thursday from 1-2:30pm.

**DBSA Group:** Every Wednesday from 6:30-7:30pm, 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](http://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 13 Prospect Street, 1<sup>st</sup> Floor conference room, Greenfield. Join this open art group facilitated by Karen Lowe. Call or email for more info (413) 588-8395 or [klowe@servicenetinc.org](mailto:klowe@servicenetinc.org). 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](mailto: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.

## ADDITIONAL PEER COMMUNITY RESOURCES Cont.

**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 8:30p, 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 individuals with lived experience. Please call (413) 531-5706 for more info.

**Asperger's Syndrome Peer Support Group** Thursdays, 6:15-7:45pm, West Springfield Public Library, 2nd floor, 200 Park Street. More info, Michael Reinlagen, (413) 977-9073, mreinhagen@gmail.com, [www.BuildingAutisticCommunity.org](http://www.BuildingAutisticCommunity.org)

**Asperger's Syndrome Peer Support Group** Westfield Athenaeum Library, 6 Elm Street, Committee Room, Third Saturday of each month, 2-4pm. More info, Michael Reinlagen, (413) 977-9073, mreinhagen@gmail.com, [www.BuildingAutistic-Community.org](http://www.BuildingAutistic-Community.org)

**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.

**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.

**Dual Recovery Anonymous** Tuesdays from 4 to 5pm, @ Lighthouse, 1401 State Street, Springfield. General info at <http://www.draonline.org/>

**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.

## ADDITIONAL PEER COMMUNITY RESOURCES Cont.

**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 x3030 (updated). 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](http://www.anchorhouseartists.org).

**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. This is a closed group, but spots are available. Please call Mike at 413- 230-0660 for more information or to join this group.

**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](mailto:lshuer@servicenetinc.org). Sponsored by ServiceNet, Inc.

**DBSA Support Group:** Wednesdays, 6:30-8:30pm, 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, Florence. Call Carol (527-0532) or Barbara (586-6641) for more information. Sponsored by NAMI.

**Freedom Center Drop-in Support Group:** Every Thursday, 7-9pm, 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 Freedom Center 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.

## ADDITIONAL PEER COMMUNITY RESOURCES Cont.

**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 PEERLINE. 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:** Currently not accepting calls. There is a coalition working to start this back up in the fall. See RLC Holyoke Center calendar.

### 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](mailto: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](mailto:info@bostonresourcecenter.org), [www.metrobostonrlc.org](http://www.metrobostonrlc.org), The RLC in Boston!

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

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

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

### STATEWIDE ORGANIZATIONS, EVENTS & 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 e-mailing to [cps@transformation-center.org](mailto:cps@transformation-center.org) or going to [www.transformation-center.org/cps/](http://www.transformation-center.org/cps/)

**Transformation Center:** 98 Magazine Street, Roxbury, MA 02119, (877) 769-7693, [info@transformation-center.org](mailto:info@transformation-center.org), [www.transformation-center.org](http://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!

**There are lots more resources on our website  
at [www.westernmassrlc.org](http://www.westernmassrlc.org)...Check it out!**