



WESTERN MASS  
Recovery  
Learning  
Community

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.

## AUGUST 2011 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.*



## SAMHSA NAMES RLC & OTHER CONSORTIUM COMMUNITIES A 'MODEL PROGRAM'

The Western Mass RLC – along with other peer-to-peer Consortium communities in Franklin County, was one of three programs chosen nationally this year as a 'Model Program' by the Substance Abuse and Mental Health Services Administration (SAMHSA). In June, a film crew spent a week in Greenfield filming to capture their work. Below is an excerpt from an article that appeared in the June 11<sup>th</sup> edition of The Recorder, written by Recorder staff, David Rainville.:

A local human service network has received national recognition and will be used as a model for similar programs across the country. All week, a film crew has been documenting the efforts and approach of programs offered through the Western Massachusetts Training Consortium [in Franklin County], [including] the Recover Project, the [Western Mass] Recovery Learning Community, the Greenfield Women's Resource Center, the Greenbook Project and the Women's Idea Factory. They will produce a 20-minute video, which will be used by SAMHSA, a division of the U.S. Department of Health and Human Services, to help other human service programs understand and implement the principles and techniques used by the Consortium.

"What we do here, and how we approach recovery is unique," said Linda Sarage, director of the Recover Project. "Out of all the programs in the country, we were chosen as an example of exemplary practices, because of our trauma-informed, peer-to-peer, and recovery-focused support." Volunteers and employees working for the programs know what the people they serve are going through, because they've been there themselves.

"We have no formally trained clinicians," said Sascha Gottschalk ... "Everyone here is in recovery of one kind or another." He said this creates a more relaxed environment, where people feel more comfortable talking about their troubles.

Programs offered by the Consortium offer support to victims of trauma and domestic violence, and people with mental health issues, and those with a history of substance or alcohol abuse.

"This is really about the Greenfield community, and their recognition and embrace of recovery in all its forms," said Sarage.

The film crew has also interviewed Mayor William Martin, Sheriff Christopher Donelan, and Greenfield Community College President Robert Pura for the video.

## RLC Community Goes to Alternatives!

The Alternatives conference is the oldest national mental health conference organized by and for individuals who have first-hand experience with mental health issues and recovery. We are pleased to announce that the Western Mass RLC will be strongly represented this year! First, a member of our community, **Timothy Ranney Blake**, will appear as a **Keynote Speaker** on Friday October 28<sup>th</sup>. Tim describes himself as "a gay African-American Viet Nam-era military veteran in recovery from insomnia, depression and suicidal ideation." Amongst his many strengths and experiences, he is an accomplished group facilitator who has been co-facilitating the RLC's Veterans support group since its inception. Joining Tim at Alternatives will be RLC Franklin County Coordinator, **Janice Sorensen**, along with fellow artist and RLC community/consultant, **Andy Grant** to present a workshop entitled, "The ARTIST FIRST Approach to Peer Work in Mental Health Recovery: Finding, Engaging and Connecting the Artists in Our Communities." Although we know it's a trip, we hope to see many of you there!



October 26 to 30 in  
Orlando, Florida!

**Interested in going to  
the Alternatives  
Conference?**

Visit  
[www.alternatives2011.org](http://www.alternatives2011.org)  
for more info!



**RLC Team Update**

The summer is moving by so quickly. There have been some really exciting things happening all over our region and we want to make sure everyone continues to stay in the loop! In addition to our on-going activities and events, there have been some changes to our Western Mass RLC team and, of course, there's our new RLC Center in Greenfield is open! (Check it out at 74 Federal Street!) More changes are afoot as follows:

**Sera Davidow:** As many of you may already know, Sera (RLC Director) is coming up on 7 months pregnant and we're anticipating her taking a 12-week leave upon the arrival of her new baby girl beginning in (or around) early October. Plans to support the community throughout her leave are already taking shape, including as noted below.

**Lisa Forestell:** Lisa has been a part of the RLC community as the Berkshire County Coordinator since 2007, and we're pleased to announce that she will now be stepping into the Interim Assistant Director role. While she'll still devote considerable time to the Berkshire part of our area, she'll also be expanding her hours and focus to the rest of the region and using her skills and talents to support the growth of the whole RLC community, particularly during Sera's leave.

**Donna LaPerle:** Donna joined the RLC community as a Peer Worker in Holyoke in early 2011 and has grown quickly into her role. In August, she will be transitioning into the Peer Community Coordinator position in Holyoke. This will mean that she'll be available all four days that the Holyoke Center is open and

taking on some additional support responsibilities. She's excited to expand her role and welcomes community to connect with her regarding hopes for the future!

**New Hires:** In addition to the above mentioned changes, we will also be hiring for about 18 additional Peer Worker hours to work with Donna, support the Holyoke Center and round out our team. Check out our website's classified section for more info on these new hours!

**Anna Keller:** As of the end of June, Anna has left the team to pursue other opportunities. We wish her the best of luck in her new direction!

**Christian Lalli:** We will also be saying goodbye to Springfield College Social Work intern, Chris, at the start of August. Chris has been with us for most of the past year and we hope you will join us in thanking him for his time and commitment.

We thank you all for your part in the RLC community and encourage you to reach out to Sera, Lisa, Donna and any of our other team members (Lynn, Hope, Pamela, Magdalena, Luis, Mark, Janice, Star), consultants (Val, Amanda, Andy, Rosa and more!), Guiding Council and many great volunteers and members of our community with your thoughts, questions and/or ideas!

**C H E C K I T O U T**

Come check out our new RLC Center space at 74 Federal Street in Greenfield and support Janice, Star and others in our community to help it continue to take shape! See the Greenfield Calendar for open hours and other opportunities to visit!

**C H E C K I T O U T**

**The 2010/2011 Alternative Perspective Series Finals!**

The Alternative Perspectives Series held its final film screening during the week of July 11<sup>th</sup> featuring Daniel Mackler's third film, 'Open Dialogue,' at nine locations throughout the state. Over 300 individuals saw the film and participated in community dialogue at each screening event which took place in a variety of locations from libraries to colleges to support centers and provider settings.

Other films screened during the 2010/2011 season included 'Crooked Beauty' (Ken Paul Rosenthal), 'Take These Broken Wings' (Daniel Mackler), 'Healing Homes' (Daniel Mackler), and 'Between the Lines' (Sophie Constantinou and featuring Ruta Mazelis).

We'd like to thank all co-sponsors who participated in one or more of these screenings including the Carson Center, the Central Mass RLC, the National Alliance for Mental Illness Berkshire County, the Metro Boston RLC, The Metro Suburban RLC, Windhorse Integrative Mental Health, River Valley Counseling, the Transformation Center, Mount Holyoke College and Holyoke Medical Center. **A very special thanks goes out to** Advocates, Inc., the Brien Center, the Center for Human Development and Clinical & Support Options for co-sponsoring a screening for all five films!

And finally, thank you to Ken Paul Rosenthal, Ruta Mazelis and, of course, Daniel Mackler for visiting our community and giving so much of themselves to get to know us and share their wisdom and experiences!



**Community Resource:  
Community Crisis  
Response Team**

**From their website:** “Community Crisis Response Team (CCRT) provides coordinated support to victims of crime or trauma. CCRT helps thousands of people affected by drunk driving crashes, robbery, industrial accidents, hate crimes, homicide, abuse, and more. CCRT's services are always free of charge to crime victims and there's no incident too small and no time limit on when people can receive services.”

[As a part of their service to the community, CCRT also offers] “Healing Arts programs where participants learn about how trauma affects the body, mind and spirit and how to heal on all levels. These programs are free to people recovering from crime-related trauma as well as to service providers who also support trauma survivors.”

**Programs coming up include:**

**Trauma Recovery Using Transformational Kinesiology,** Tuesday August 2<sup>nd</sup>, 5-7pm at CCRT Office, 277 Main st, 4<sup>th</sup> Floor, Greenfield.

**SafeArt Movement for Women -** Thursday, September 8<sup>th</sup>, 330-5pm at Green River Yoga, 158 Main Street, Greenfield.

For more information about these programs or CCRT, visit their website at [www.communitycrisis.info](http://www.communitycrisis.info) or contact them at (413) 773-5090 or [ccrt@communication.us](mailto:ccrt@communication.us)

**RLC Hiring:  
Peer Worker in Holyoke**

**Peer Worker:** Participate in individual/group support and facilitation of community growth and development. Includes some administrative responsibilities. 19 hours per week, Tuesday through Friday (may be split between two Peer Workers). Ability to work independently, clear written communication, computer literacy and basic administrative skills important. Lived experience with a psychiatric diagnosis, trauma or extreme states required.

Bilingual/Bicultural in English and Spanish or ASL a plus. \$12 per hour. AA/EOE

*The Western Mass RLC is a Peer-run community where individuals can use the wisdom and knowledge gained through their lived experience in an intentional way to support one another and build connections and opportunities to heal.*

Please send cover letter/resume by Friday, August 5<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).

**Community Acupuncture Update:  
Meet Melany!**

Melany Benoit-Jambazian is a licensed acupuncturist who received her master’s degree from Phoenix Institute of Herbal Medicine and Acupuncture, where she specialized in women’s health and pediatrics, fostering a passion for helping women in all stages of their reproductive health. She also has advanced training in community-style and ear acupuncture, both of which allow a greater portion of the community to experience the healing benefits of acupuncture.

While working in a low-cost clinic in Phoenix, Melany successfully treated a wide range of complaints, including digestive problems, chronic and acute pain, migraines, menopausal syndrome, infertility, anxiety, and depression. In her spare time she enjoys spending time with her husband and two young daughters, as well as cooking, knitting, and gardening.

**Meet Melany at our FREE Wednesday acupuncture groups in Holyoke (3 to 4pm at our Holyoke Center) and Greenfield (12 to 1pm at 68 Federal Street beginning the 2<sup>nd</sup> week of August)!**

**Guiding Council of Western Mass**

The Guiding Council of Western Mass (GCOW) is the advisory board for the Western Mass RLC. All individuals in our community are welcome to attend and **see page 5 for info on becoming a Delegate!**

**The next GCOW meeting will be on Monday, August 1<sup>st</sup>, 1 - 3pm at the RLC’s Holyoke Center, 187 High Street, Suite 303.**

*ASL Interpreters have been requested*



## Will Hall Returns to Greenfield: *Conflict Resolution & Personal Empowerment*

Monday, August 29<sup>th</sup> 1 to 4pm  
RLC's Greenfield Center,  
74 Federal Street  
Greenfield



*Why do interpersonal conflicts escalate? How can they de-escalate? How can conflicts reach a satisfactory resolution, rather than cycle repeatedly?*

Many of us carry family and institutional trauma around out of control and hurtful conflicts, and personal histories where we were abused or wounded in conflict. As a result we back down, avoid disagreements, or stay quiet when we need to speak up - or we turn around and act like our abusers, bullying others. Faced with conflict we forget our power and rank, identify with the wounded and powerless parts of ourselves, and lose the opportunity to successfully navigate conflicts.

Is there more to dealing with conflict than acting nice when we don't feel nice, agreeing to disagree, or negotiating a compromise that no one is satisfied with? What are some basic skills to help us through interpersonal conflict successfully? How can we feel personally powerful enough to use these skills when we need them? Can conflicts teach us more about who we are, and how to become more empowered in the world?

Through role plays and guided exercises this workshop will offer some practical tools to enter into and successfully resolve disagreements, arguments, and interpersonal conflicts. We will discover areas of our lives where we feel powerful and where we feel powerless, and how these affect how we handle conflict. We will explore communication styles, study body language, and practice concrete skills to clarify, express, unfold, de-escalate, and resolve conflicts.

*Sign up not required, but RSVPs welcome. Contact Janice with RSVPs or questions @ (413) 561-3268 or [janice@westernmassrlc.org](mailto:janice@westernmassrlc.org)*

### Would you be interested in becoming a Council Delegate?

The Guiding Council of Western Mass (GCOW – Advisory Board to the RLC) is beginning a new year as of this month and that means we're looking for NEW Council Delegates!

#### What does it mean to become a Council Delegate?

Council Delegates make a year-long commitment to attend monthly GCOW meetings, to represent the voice of the county where they work or live, and to help shape the future direction for the RLC community at large!

Contact Sera (413 539-5941 x 203 or [sera@westernmassrlc.org](mailto:sera@westernmassrlc.org)) for more info or come to our next meeting on August 1<sup>st</sup>!

### About Will Hall:

Will Hall, MAPW, is a schizophrenia diagnosis survivor, Process Work therapist, and consultant recognized internationally for his innovative work as a leading organizer with the peer recovery movement. Co-founder of Freedom Center, host of Madness Radio, and Director of Portland Hearing Voices, Will has facilitated, groups, couples, and family communication in several countries, and brings more than 20 years experience as a community organizer to his work on power and conflict resolution.

[www.willhall.net](http://www.willhall.net).

# Holyoke Area

## Hampden County • August 2011



Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> <ul style="list-style-type: none"> <li>Center Closed</li> <li>Guiding Council Meeting 1-3p</li> </ul>	<b>2</b> <ul style="list-style-type: none"> <li>Center Open 10-4p</li> <li>Hearing Voices Group 4:30-6p</li> </ul>	<b>3</b> <ul style="list-style-type: none"> <li>Center Open 12-7p</li> <li>ASL Class 12-1p</li> <li>Deaf/HOH Drop-in 1-5p</li> <li><b>Acupuncture on vacation today!</b></li> <li>Movie Night 4-6p</li> <li>HVN Facilitator Network Meeting 430-6p</li> </ul>	<b>4</b> <ul style="list-style-type: none"> <li>Center Open 12-4p</li> <li><b>Last Women's Self Defense Class 12-1p</b></li> <li>Body Awareness &amp; Eating Disorders Support Group, 4-530p</li> </ul>	<b>5</b> <ul style="list-style-type: none"> <li>Center Open 12-4p</li> </ul>
<b>8</b> <ul style="list-style-type: none"> <li>Center Closed</li> </ul>	<b>9</b> <ul style="list-style-type: none"> <li>Center Open 10-4p</li> <li>Hearing Voices Group 4:30-6p</li> </ul>	<b>10</b> <ul style="list-style-type: none"> <li>Center Open 12-7p</li> <li>ASL Class 12-1p</li> <li>Deaf/HOH Drop-in 1-5p</li> <li>Ear Acupuncture 3-4p</li> <li>Movie Night 4-6p</li> </ul>	<b>11</b> <ul style="list-style-type: none"> <li>Center Open 12-4p</li> <li>Body Awareness &amp; Eating Disorders Support Group, 4-530p</li> </ul>	<b>12</b> <ul style="list-style-type: none"> <li>Center Open 12-4p</li> </ul>
<b>15</b> <ul style="list-style-type: none"> <li>Center Closed</li> </ul>	<b>16</b> <ul style="list-style-type: none"> <li>Center Open 10-4p</li> <li><b>Pizza &amp; Community Council 1-3p</b></li> <li>Hearing Voices Group 4:30-6p</li> </ul>	<b>17</b> <ul style="list-style-type: none"> <li>Center Open 12-7p</li> <li>ASL Class 12-1p</li> <li>Deaf/HOH Drop-in 1-5p</li> <li>Ear Acupuncture 3-4p</li> <li>Movie Night 4-6p</li> </ul>	<b>18</b> <ul style="list-style-type: none"> <li>Center Open 12-4p</li> <li><b>Volunteer Support Meeting 2-4p</b></li> <li><b>Last Body Awareness &amp; Eating Disorders Support Group, 4-530p</b></li> </ul>	<b>19</b> <ul style="list-style-type: none"> <li>Center Open 12-4p</li> </ul>
<b>22</b> <ul style="list-style-type: none"> <li>Center Closed</li> </ul>	<b>23</b> <ul style="list-style-type: none"> <li>Center Open 10-4p</li> <li>Hearing Voices Group 4:30-6p</li> </ul>	<b>24</b> <ul style="list-style-type: none"> <li>Center Open 12-7p</li> <li>ASL Class 12-1p</li> <li>Deaf/HOH Drop-in 1-5p</li> <li>Ear Acupuncture 3-4p</li> <li>Movie Night 4-6p</li> </ul>	<b>25</b> <ul style="list-style-type: none"> <li>Center Open 12-4p</li> <li><b>Peer Networking Meeting 1130-2p</b></li> </ul>	<b>26</b> <ul style="list-style-type: none"> <li>Center Open 12-4p</li> </ul>
<b>29</b> <ul style="list-style-type: none"> <li>Center Closed</li> </ul>	<b>30</b> <ul style="list-style-type: none"> <li>Center Open 10-4p</li> <li>Hearing Voices Group 4:30-6p</li> </ul>	<b>31</b> <ul style="list-style-type: none"> <li>Center Open 12-7p</li> <li>ASL Class 12-1p</li> <li><b>Warmline Coalition Meeting 1-3p</b></li> <li>Deaf/HOH Drop-in 1-5p</li> <li>Ear Acupuncture 3-4p</li> <li>Movie Night 4-6p</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 • August 2011

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:** On hiatus this month.

**American Sign Language (ASL) for Beginners:** Wednesdays from 12-1pm. 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.

**Community Council:** Third Tuesday of every month from 1-3pm (**new day/time!!**) 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!!! **Pizza served.**

**Deaf Community Forum:** Wednesday, June 29th from 4-6pm. 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 3-4pm (**EXCEPT FOR AUGUST 3<sup>rd</sup>**). 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!

**Guiding Council of Western Mass (GCOW):** Monday, August 1, 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) 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](mailto: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? RLC is lead sponsor, co-sponsored by the Center for Human Development and the Freedom Center.

**HVN Facilitator Networking Meeting:** Wednesday, August 3<sup>rd</sup> from 4:30 to 6pm. This meeting is an opportunity for individuals who have been trained as Hearing Voices group facilitators to come together, network, share ideas and support one another. Light snacks will be served. Please RSVP to Sera at 539-5941 x 203 or [sera@westernmassrlc.org](mailto:sera@westernmassrlc.org).

**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, June 25th, 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. Please RSVP to Sera at (413) 539-5941 x 203. **Pizza served.**

**Support Group- Body Awareness & Eating Disorders:** Thursdays, ending August 18<sup>th</sup>, 4pm to 5:30pm. Johnna Bossuet and Don Wentworth will lead this drop-in support group for individuals wishing to explore issues around eating disorders and body awareness. The goal will be to provide a safe, comfortable and non-judgmental environment to talk about the ways we think about ourselves and act toward ourselves and how they can affect our relationship to food and our bodies.

**Volunteer Support Meeting:** Thursday, August 18 2 to 4 pm. Join Amanda and others from the local RLC community to talk about issues related to volunteering, get support and grow! This month, we will focus on challenging situations.

**Warmline Coalition Meeting:** The Western Mass Warmline Coalition will be held on Wednesday, August 31, 1-3pm. 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! We are currently moving toward implementing a weekend warmline for the New Year!!

**Women’s Self Defense Class:** Thursdays ending August 4<sup>th</sup>, from 12 to 1pm. 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.

# Springfield Area

## Hampden County • August 2011



Tuesday	Wednesday	Thursday	Friday	Saturday
<b>2</b> <ul style="list-style-type: none"> <li>Center Open 9-3p</li> <li>Reiki 10-1p</li> <li><b>1<sup>st</sup> Tuesday Potluck 12-2p</b></li> <li>After Incarceration Support Group 2:30-3:30p (736 State St)</li> <li>Yoga 2-3:30p (Downtown @ 11 Pearl St, Suite 217)</li> </ul>	<b>3</b> <ul style="list-style-type: none"> <li>Center Closed</li> <li>Wellness Center Open 12-6p</li> </ul>	<b>4</b> <ul style="list-style-type: none"> <li>Center Open 9-3p</li> <li>Yoga for the Rest of Us 10-11a</li> <li>Wellness Center Open 12-6p</li> </ul>	<b>5</b> <ul style="list-style-type: none"> <li>Center Open 9-3p</li> <li>Wellness Center Open 12-6p</li> </ul>	<b>6</b> <ul style="list-style-type: none"> <li>Center Open 11-3p</li> <li>Wellness Center Open 12-3p</li> </ul>
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<b>16</b> <ul style="list-style-type: none"> <li>Center Open 9-3p</li> <li>Reiki 10-1p</li> <li>After Incarceration Support Group 2:30-3:30p (736 State St)</li> <li>Yoga 2-3:30p (Downtown @ 11 Pearl St, Suite 217)</li> </ul>	<b>17</b> <ul style="list-style-type: none"> <li>Center Closed</li> <li>Wellness Center Open 12-6p</li> </ul>	<b>18</b> <ul style="list-style-type: none"> <li>Center Open 9-3p</li> <li>Yoga for the Rest of Us 10-11a</li> <li><b>Social Security Benefits Forum 11-1p</b></li> <li>Wellness Center Open 12-6p</li> </ul>	<b>19</b> <ul style="list-style-type: none"> <li>Center Open 9-3p</li> <li>Wellness Center Open 12-6p</li> </ul>	<b>20</b> <ul style="list-style-type: none"> <li>Center Open 11-3p</li> <li>Wellness Center Open 12-3p</li> </ul>
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<b>30</b> <ul style="list-style-type: none"> <li>Center Open 9-3p</li> <li>Reiki 10-1p</li> <li>After Incarceration Support Group 2:30-3:30p (736 State St)</li> <li>Yoga 2-3:30p (Downtown @ 11 Pearl St, Suite 217)</li> </ul>	<b>31</b> <ul style="list-style-type: none"> <li>Center Closed</li> <li>Wellness Center Open 12-6p</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>		

## SPRINGFIELD AREA / Hampden County • August 2011

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

*Unless otherwise noted, all events in this section are at the 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 **WITH NEW HOURS ON SATURDAY FROM 12 TO 3PM THANKS TO OUR DEDICATED VOLUNTEERS!** A variety of treadmills, stair steppers, weight machines, and other fitness equipment are available during Wellness Center hours.

**After Incarceration Support Group:** NEW DAY/TIME: Tuesdays from 2:30 to 3:30 pm (people who are new and would like to talk with the facilitator before the group are welcome to come at 2pm), 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.

**Pizza & Community Council:** The 4<sup>th</sup> Thursday of this month, August 25<sup>th</sup> (usually the 3<sup>rd</sup> Thursday!) 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: August 2<sup>nd</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!

**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!**

**Social Security Benefits Forum:** Thursday, August 18<sup>th</sup> 11am to 1pm. Ever wonder... *What's the difference between SSI and SSDI? Am I eligible? Can I work and still receive benefits? As a person on benefits, are there any special opportunities I can get to help make ends meet? How do I get a PASS to save for a car? Ticket to Work is just a scam to take away people's checks, right?* These are just some of the questions we will answer at this two-hour community forum. Please bring your lunch and if you can, a little extra for sharing with those who may forget! Amanda Bray, a consultant to the RLC, earned her SSA Benefits Training Qualifications through the Cornell University ILR Employment and Disability Institute, an intensive training offered through a UMASS Medical Center grant.

**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! 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!

# Pittsfield Area

## Berkshire County • August 2011



Monday		Tuesday		Wednesday		Thursday		Friday	
<b>1</b> <ul style="list-style-type: none"> <li>Center Open 12-3p</li> <li>Jewelry Creations 1-3p</li> </ul>		<b>2</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>3</b> <ul style="list-style-type: none"> <li>Center Closed</li> <li>UR an Artist 11-1230p</li> </ul>		<b>4</b> <ul style="list-style-type: none"> <li>Center Open 12-4p</li> <li>Mindfulness 3-4p</li> </ul>		<b>5</b> <ul style="list-style-type: none"> <li>Center Closed</li> <li>General Support Group 1-2p</li> <li>Green Thumb Diggers 230-330p</li> </ul>	
<b>8</b> <ul style="list-style-type: none"> <li>Center Open 12-3p</li> <li>Jewelry Creations 1-3p</li> </ul>		<b>9</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>10</b> <ul style="list-style-type: none"> <li>Center Closed</li> <li>UR an Artist 12-130p</li> </ul>		<b>11</b> <ul style="list-style-type: none"> <li>Center Open 12-4p</li> <li>Mindfulness 3-4p</li> </ul>		<b>12</b> <ul style="list-style-type: none"> <li>Center Closed</li> <li>General Support Group 1-2p</li> <li>Green Thumb Diggers 230-330p</li> </ul>	
<b>15</b> <ul style="list-style-type: none"> <li>Center Open 12-3p</li> <li>Jewelry Creations 1-3p</li> </ul>		<b>16</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>17</b> <ul style="list-style-type: none"> <li>Center Closed</li> <li>UR an Artist 12-130p</li> </ul>		<b>18</b> <ul style="list-style-type: none"> <li>Center Open 12-4p</li> <li>Peer Worker Networking Lunch 12-1p</li> <li>Mindfulness 3-4p</li> </ul>		<b>19</b> <ul style="list-style-type: none"> <li>Center Closed</li> <li>General Support Group 1-2p</li> <li>Green Thumb Diggers 230-330p</li> </ul>	
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<b>29</b> <ul style="list-style-type: none"> <li>Center Open 12-3p</li> <li>Jewelry Creations 1-3p</li> </ul>		<b>30</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>31</b> <ul style="list-style-type: none"> <li>Center Closed</li> <li>UR an Artist 12-130p</li> </ul>		<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>			

## PITTSFIELD AREA / Berkshire County • August 2011

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!

**\*YAY\*Bring-A-Friend Campaign!** Enter our monthly drawing for a \$25 Gift Certificate to Big Y each time you bring someone new to the RLC Berkshire Center. Our new beautiful space has room for more community. You get an entry for each person you bring! If you give them the 'Welcome Tour'...you get to enter twice!

**\*\*NEW\*\* Barter Board:** The RCC has a board where you can post what skills you'd like to offer as well as what you're looking for! Come on by and join the community spirit. Become a "helping hand" and get a "helping hand" in return! I'll barter dog walking services for assistance with grocery shopping for instance! Come check it out!

**General Support Group: Each Friday, 1:00pm-2:00pm.** 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!

**Peer Worker Networking Lunch: 3<sup>rd</sup> Thursday of each month, 12:00pm – 1:00pm (Bring your lunch!)** All peer workers in paid or volunteer positions are invited to attend and share lunch as we use our lunchtime to work to support one another, share ideas and talk about issues relevant to Peer workers in our area. For more info. or questions: **(413)236-5888**.

**Green Thumb Diggers Each Friday from 2:30pm – 3:30pm.** \*\*Gardeners and gardener-want-to-bees take note... The RCC has big beautiful windows that are flooding our space with light and begging to be a part of a planting experience! Each Friday we will meet for fun with seeds, soil, water, companionship, sharing knowledge and hanging but everyone is encouraged to come on by during our 'Community Hours' and tend to the garden. Feel free to bring your own plants, tools, books, etc...but most importantly... bring yourself. Materials will be provided. OMG! The wonderful smells of the herbs and the size of the tomatoes! Need I go on!

**Jewelry Creations: Mondays from 1:00pm – 3:00pm:** Back by popular demand, 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.

**Mindfulness: \*\*Note Time Change\*\*... 3:00pm-4:00pm!** Explore the world of mindfulness with Chris. What is mindfulness and why is everyone recommending the practice? Mindfulness is a way of looking at yourself and the world in an open and non-critical way. The intent is to see things as they are rather than coloring them with past experience, preconceptions, judgment and/or expectations that can trap you in past patterns. Begin to approach life with a fresh outlook. Experience less negativity and let each experience be a new one.

**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.

**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.

# Greenfield Area

## Franklin County • August 2011



Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> <ul style="list-style-type: none"> <li>Center Open 1-4p (Abierto, Horas en Espanol)</li> <li>RLC Support Forum 10-12p</li> <li>Dance of the Hoop 5-6p</li> <li>Women's Self Care Support Group 630-830p</li> </ul>	<b>2</b> <ul style="list-style-type: none"> <li>Center Closed</li> <li><b>Circle of Friends Open Session 1130-130p</b></li> <li>Alternatives to Suicide Peer Support Group 5-630p</li> </ul>	<b>3</b> <ul style="list-style-type: none"> <li>Center Closed</li> <li>Gentle Yoga 930-1050a</li> <li>Acupuncture 12-1p</li> </ul>	<b>4</b> <ul style="list-style-type: none"> <li>Center Open 9-12p</li> <li>Sheltering Greenfield, Soup &amp; Conversation 530-7p</li> <li><b>Inner Working Series: Creating Your Haven 6-730p</b></li> </ul>	<b>5</b> <ul style="list-style-type: none"> <li>Center Closed</li> </ul>
<b>8</b> <ul style="list-style-type: none"> <li>Center Open 1-4p (Abierto, Horas en Espanol)</li> <li>RLC Support Forum 10-12p</li> <li>Dance of the Hoop 5-6p</li> <li>Women's Self Care Support Group 630-830p</li> </ul>	<b>9</b> <ul style="list-style-type: none"> <li>Center Closed</li> <li>Alternatives to Suicide Peer Support Group 5-630p</li> </ul>	<b>10</b> <ul style="list-style-type: none"> <li>Center Closed</li> <li>Gentle Yoga 930-1050a</li> <li>Acupuncture 12-1p</li> <li>Veterans Support Discussion 3-4p</li> <li>Yoga Warriors 4-5p</li> </ul>	<b>11</b> <ul style="list-style-type: none"> <li>Center Open 9-12p</li> <li><b>Social Security Benefits Forum 12-2p</b></li> </ul>	<b>12</b> <ul style="list-style-type: none"> <li>Center Closed</li> </ul>
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<b>29</b> <ul style="list-style-type: none"> <li>RLC Support Forum 10-12p</li> <li><b>Conflict Resolution &amp; Personal Empowerment Workshop with Will Hall 1-4p</b></li> <li>Dance of the Hoop 5-6p</li> <li>Women's Self Care Support Group 630-830p</li> </ul>	<b>30</b> <ul style="list-style-type: none"> <li>Center Closed</li> <li>Alternatives to Suicide Peer Support Group 5-630p</li> </ul>	<b>31</b> <ul style="list-style-type: none"> <li>Center Closed</li> <li>Gentle Yoga 930-1050a</li> <li>Acupuncture 12-1p</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>	

## GREENFIELD AREA / Franklin County • August 2011

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

*All open hours take place at the RLC's Greenfield Center, 74 Federal Street. Check descriptions for locations of other activities and events. Call Franklin County Coordinator, Janice Sorensen, for more information at (413) 561-3268.*

**Franklin County Site Open Hours: Mondays, 1-4pm & Thursdays, 9-12. NOW, at our new Greenfield site(!) at 74 Federal St.** Come 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: Wed, 12-1pm**, 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 **RP** and the **RLC**.

**Alternatives to Suicide Support Group: Tues, 5-6:30pm PLEASE NOTE TIME CHANGE**, 74 Federal St., Alternatives to Suicide 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.

**Artist Reception: The Transmission Series, work of RLC Peer Art Series, Tell Tale Artist, Adrian Montagano. August 25, 5-7pm, 6pm artist's talk.** 74 Federal St., Grfld. The Transmission series, a body of glyphs, ideograms, and pictographs are relational, mathematical, and musical; they are portals, mandalas and yantras to be used in contemplation to familiarize one to the emergence of this new earth.

**Circle of Friends Open Session: *Opening the Heart, Touching the Soul* Tues, August 2, 11:30-1:30pm**, lunch will be provided. 74 Federal St. Greenfield, MA Circle of Friends Open Session is a monthly gathering (first Tuesdays) that uses breath work, 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* This is a collaboration of Valley Human Services and the Western Mass RLC.

**Conflict Resolution & Personal Empowerment Workshop - : Mondays August 29<sup>th</sup>, 1-4pm**, 74 Federal Street. Join Will Hall for his return to Greenfield to present a workshop on this important topic selected by our Greenfield RLC Community. See page 5 for workshop details.

**Dance of the Hoop: Mondays, 5-6pm**, Greenfield Energy Park. Come hula hoop with Shenandoah as she helps us find the dance within this unique form of exercise. The hoop connects your mind to your body. Learn techniques and have fun *while* exercising! It's rhythmic, fun, inspiring and appropriate for **all** ages. Drop-ins and beginners welcomed.

**Fourth Friday Art Circle: Fri, August 26, 7-9pm.** 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.

**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!

**Inner Workings Series presents: Creating Your Haven with Candace Sutton: Thurs, August 4<sup>th</sup>, 6-7:30pm-** 74 Federal Street, Join us for the last in this series of creativity workshops. Participants are taken through a series of art-based approaches to personal space design for mindfulness and ease of living. In addressing organization of personal space, we incorporate creative writing, collage, "repurposing" what we already have, trash to treasure ideas, and various budget sensitive hints. For more info, 413-561-3268 or [janice@westernmassrlc.org](mailto:janice@westernmassrlc.org)

*Greenfield Area descriptions continued on next page!*

**Sheltering Greenfield: Soup & Conversation: Thurs, August 4, 5:30-7pm**, The RPX (Recover Project Extension), One Osgood St., Grnfld. 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, contact Andy at 413-325-6245.

**SOCIAL SECURITY BENEFITS Forum: Answers to FAQ** Thursday, August 11, 12-2pm 74 Federal St. Greenfield, Ever wonder... *What's the difference between SSI and SSDI? Am I eligible? Can I work and still receive benefits? As a person on benefits, are there any special opportunities I can get to help make ends meet? How do I get a PASS to save for a car? Ticket to Work is just a scam to take away people's checks, right?* These are just some of the questions we will answer at this two-hour community forum. Please bring your lunch and if you can, a little extra for sharing with those who may forget! Amanda Bray, a consultant for the RLC, earned her SSA Benefits Training Qualifications through the Cornell University ILR Employment and Disability Institute, an intensive training offered through a UMASS Medical Center grant

**RLC Support Forum: EVERY MONDAY!!, 10-noon.** The RLC Greenfield Site, 74 Federal St. Greenfield. 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.

**Veteran Support Discussion Group: 2nd & 4th Wednesdays, 3-4pm** 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 the Recovery Annex for a Veteran Support Discussion Group. Then stay for Yoga Warriors!

**Yoga Warriors:** 2<sup>nd</sup> & 4<sup>th</sup> Wednesdays, 4-5[ Yoga Warriors is a yoga class intended for veterans! It promotes health, wellness and peace of mind from within. Refreshments provided! Call Alex at (413) 774-5489 x14 for more info. The Recover Project (RP) & Recovery Learning Community (RLC) are programs of The Consortium.

**Women's Self-care Support Group: Mondays, 6:30-8:30**, The Greenfield Women's Resource Center, 278 Federal St, Grnfld. 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- 413-561-3268.

# Northampton Area

## Hampshire County • August 2011



Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> <ul style="list-style-type: none"> <li>• Acupuncture Clinic 430p</li> <li>• Hearing Voices Group 4-530p</li> </ul>	<b>2</b> <ul style="list-style-type: none"> <li>• Alternatives to Suicide Group 630-8p</li> </ul>	<b>3</b>	<b>4</b> <ul style="list-style-type: none"> <li>• Yoga 330-5p</li> </ul>	<b>5</b>
<b>8</b> <ul style="list-style-type: none"> <li>• Acupuncture Clinic 430p</li> <li>• Hearing Voices Group 4-530p</li> </ul>	<b>9</b> <ul style="list-style-type: none"> <li>• Alternatives to Suicide Group 630-8p</li> </ul>	<b>10</b>	<b>11</b> <ul style="list-style-type: none"> <li>• Yoga 330-5p</li> </ul>	<b>12</b>
<b>15</b> <ul style="list-style-type: none"> <li>• Acupuncture Clinic 430p</li> <li>• Hearing Voices Group 4-530p</li> </ul>	<b>16</b> <ul style="list-style-type: none"> <li>• Alternatives to Suicide Group 630-8p</li> </ul>	<b>17</b>	<b>18</b> <ul style="list-style-type: none"> <li>• Yoga 330-5p</li> </ul>	<b>19</b> <ul style="list-style-type: none"> <li>• Out to the movies @ Cinemark 1-4p</li> </ul>
<b>22</b> <ul style="list-style-type: none"> <li>• Acupuncture Clinic 430p</li> <li>• Hearing Voices Group 4-530p</li> </ul>	<b>23</b> <ul style="list-style-type: none"> <li>• Alternatives to Suicide Group 630-8p</li> </ul>	<b>24</b>	<b>25</b> <ul style="list-style-type: none"> <li>• Yoga 330-5p</li> </ul>	<b>26</b>
<b>29</b> <ul style="list-style-type: none"> <li>• Acupuncture Clinic 430p</li> <li>• Hearing Voices Group 4-530p</li> </ul>	<b>30</b> <ul style="list-style-type: none"> <li>• Alternatives to Suicide Group 630-8p</li> </ul>	<b>31</b>	<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 • August 2011**

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, 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.

**Hearing Voices Group:** 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, August 19<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 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](mailto: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](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 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 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 Reinhen, (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 Reinhen, (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).

**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, 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.

**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.

## **ADDITIONAL PEER COMMUNITY RESOURCES Cont.**

**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 calling Karen at (617) 442-4111, 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!**