



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 2012 UPDATE & CALENDAR

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**This newsletter and previous editions are available
at our website, 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 or (413) 539-5941.*

Hearing Voices Facilitator Training Returns to Western Mass:

We are pleased to announce the next (long awaited) Hearing Voices group facilitator training. Hearing voices facilitator trainings are specifically intended for people interested in starting a hearing voices group and are open to people who have lived experience with hearing voices, seeing visions and/or other unusual experiences as well as providers interested in being co-facilitators. This will be a four day training as follows:

Monday, September 17*: 10:00am to 4:00pm

Tuesday, September 18*: 10:00am to 4:00pm

Monday, October 1*: 10:00am to 4:00pm

Tuesday, October 2*: 10:00am to 4:00pm

*Location to be announced but will be in the Holyoke, Massachusetts area.

ATTENDANCE AT ALL FOUR TRAINING DAYS IS REQUIRED TO COMPLETE THE TRAINING.

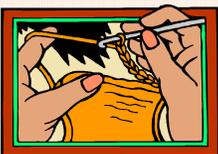
Application Process: An application is required and can be found at www.westernmassrlc.org. Applications will be due at 12pm on Thursday, August 16th. Applicants who already have the support (financial, philosophical, etc.) of an organization or community to start a group will be prioritized. Intent to start a group is required.

Training Requirements: In addition to attending all four days of this training, participants will be also be expected to do some homework (primarily reading) during the two weeks in between the two two-day sessions.

Trainers: Internationally recognized Hearing Voices trainer, Jacqui Dillon, will facilitate the first two-day session. HVN-trained facilitators Sera Davidow and Lisa Forestell will facilitate the second two-day session with additional guest trainers to be announced.



Jacqui Dillon



Loops: A New Crocheting Group in Holyoke

When: Wednesdays from 12:30 to 2:00pm

Where: RLC's Holyoke Center,
187 High Street, Suite 303

Loops is a new group for anybody who wants to learn to crochet, or brush up on their rusty skills. Absolutely no experience necessary - we'll start at the very beginning, with a simple scarf, and learn more at the group's own pace. If you can tie knots, you can learn to crochet! This group is open to both women and men, and we'd all love to see a few fellas who want to learn a craft join in. All materials will be provided.

This is also a great way to help us welcome Mitzi Iserman, the RLC's new Administrative Coordinator, will be sharing her crocheting expertise with us and facilitating this group! Even if you don't want to crochet, please consider coming by to say hello! ☺

The Western Mass Peer Support Line Opens August 4th

The Western Mass Peer Support Line will open on Saturday, August 4th and be open every Thursday through Monday from 8pm to midnight. It will be available to anyone 18 and up who is looking for support, a listening ear or resource information. The line will be answered by individuals who identify as having lived experience with psychiatric diagnosis, extreme states and/or trauma.



Western Mass Peer Support Line #:
(888) 407-4515

Peer Respite (Blog)

~Ponderings on our Peer Respite "in-the-works"

Afiya (A-FEE-yah)

Meaning emotional, physical and spiritual health and wholeness



Afiya will be the first peer run respite in Massachusetts and the 14th in the country.

What is a Peer Respite?

Afiya has been designed with the intent to provide a healing space within which each person can find the balance and support needed to turn what is so often referred to as a 'crisis' into a learning and growth opportunity. **Afiya** is based in a residential neighborhood and set up as a homey, comfortable space to 'be.' The people working at **Afiya** themselves identify as having lived experience with psychiatric diagnoses, extreme states and/or trauma. There are no clinically oriented supports offered, and the fundamental belief upon which **Afiya** is founded is that connection to others itself can be healing.

Up-Date:

Energy has continued to build throughout July as **Afiya's** opening nears. **Please note:** Last month, we had published the 'open date' for **Afiya** as July 30th. **However, it has been moved to Saturday, August 4th to allow for additional pre-opening visits and outreach.**

Frequently Asked Questions about **Afiya**:

How do I access **Afiya?** Figuring out whether or not **Afiya** is a fit for you right now starts with a conversation. You are not required to have any particular diagnosis or be connected to the Department of Mental Health or any other services in order to access **Afiya**. As long as you are 18 or older and feel that you may benefit from a 24-hour peer-supported environment, give a call and let's talk.

If I am staying at **Afiya can I come and go when I need to?** Absolutely. You are welcome to come and go for any reason including going to work or school, taking a walk, keeping an appointment or meeting a friend.

Will I have my own space at **Afiya?** Yes. We understand how hard it can be to have to share a room with another person, especially when you're already in a difficult place. You will have your own bedroom, as well as access to shared spaces including a kitchen and living room.

Can I have visitors at **Afiya?** Yes. We understand that keeping connections with people in your life can be instrumental to your own healing. We also have a meeting room with a separate entrance that is perfect for visitors when others staying at the house may prefer privacy.

What if I need help with medications or other medical issues? In order to keep connections mutual and based on principles of peer support, it is important that individuals working at **Afiya** not get involved in handling medication or other medical issues. For that reason, we are not able to help give medications or provide medical attention. People staying at **Afiya** are asked to handle their own medications and medical issues or to arrange for the support of friends or family to help them as needed. We do provide a locked box for medications or other belongings in each bedroom.

WESTERN MASS Recovery Learning Community

www.westernmassrlc.org • August 2012 Newsletter

A Farewell to Franklin County Coordinator, Janice Sorensen:

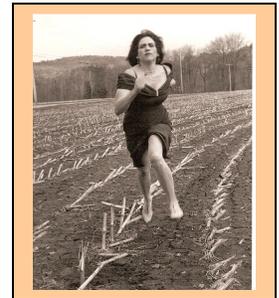
As you likely know by now, Janice Sorensen will soon be leaving her role as Franklin County Coordinator for the Western Mass RLC. Her last official day will be Friday, August 17th. But before we focus on her last days, I would like to focus on her *first* days and on her work that will continue to impact us through all our days to come.

Janice became a part of this work as a member of the Guiding Council of Western Mass (GCOW) in 2005. She jumped right in with her signature enthusiasm, full of ideas and has been invested ever since. In 2007, Janice became a consultant to the RLC and contributed something that will stay with us forever: Our boot and flowers logo! She was also responsible for much of the art and design of our first center space in Holyoke. Only a handful of months later, she took on her current position as Franklin County Coordinator. Her contributions since that time have been tremendous. It's easy to point to her work with the Rolling Coffee House, the art shows she was instrumental in developing, the Bridge of Flowers race fundraising work she led, the work she's done to expand the Alternatives to Suicide groups (and her own art that hangs in many of our spaces), the presentations at national conferences and so much more that will have a lasting impact. However, it would be easy to miss – and so important not to! – all the *people* with whom she has connected and all the 'behind the scenes' or not as readily visible work that she has done to support others and the growth of our community. Both the visible and the less visible deserve recognition.

We're lucky that Janice will not be leaving entirely, and that she will be continuing some aspects of her work as a consultant, but I hope you will join me in thanking Janice for her tremendous contributions and recognize the loss for our community as she moves on to other focuses. I say this even as I am excited to welcome in new Franklin County Coordinator, Sarah Mouser, who will officially begin her position as of Monday, August 13th.

-Sera

And now, a few words from Janice herself...



Hey RLC Community!

Just wanting to check in and give the word to you all that, as number of you know, I will be shifting my role at the RLC from County Coordinator to consultant. While the decision was fraught with questions and excitement and doubt and fear and possibility (as things in the unknown often are!), I am finding clarity each day as to the ways in which I will still be present in the RLC world and what the nuts and bolts of my tomorrow holds.

I want to thank everyone who has been a part of my RLC experience because I feel like, while I have definitely been a part of something big and amazing, the day to day of the RLC work has quite intimate and full of rich conversation and connection. So much has happened and I am grateful to have been and still be a part of something that holds this kind of dialectical truth of the superlative nature of the micro and macro in one great arching swoop.

So, now I join you in welcoming Currie Murphy to the role of Peer Worker in Franklin County. Notice I did not welcome her to Franklin County or to the RLC as that is not necessary. Currie has been a strong and positive presence here for quite some time. Currie brings warmth, enthusiasm, knowledge of this practice and the insider view of Franklin County and its workings to her new role.

And Sarah! Welcome Sarah Mouser, the new Franklin County Coordinator! Sarah's instinct for this work is so right on and rich; she really "gets" the minutia of what we are doing and why we are doing it. Sarah is generous in sharing the lemonade she has made of her lemons, using the lessons of her life experiences to navigate and advocate for herself and others (with just the right amount of fire when needed). She has an excellent listening ear too! Use it!

See you all around,

-Janice

WESTERN MASS Recovery Learning Community

www.westernmassrlc.org • August 2012 Newsletter

Community Resources:

A Review of Loraine's Kitchen

A number of people from our community in Holyoke have begun researching local resources. As a part of that project, they visited Loraine's Kitchen in July. The Kitchen is located at 170 Pendexter Avenue in Chicopee. Their phone number is (413) 592-9528.

Community Review: This building does not look like a church and is open 4:30 pm to 6:00 pm Monday through Friday. The kitchen serves a hot, free, restaurant quality meal. The meal was served restaurant style – plates of food served to the tables that were already set. Meals include a salad, at least one serving of a fruit, meat and vegetables and milk. Some of us wished that the serving sizes were larger and/or that seconds were provided. No information was required of us and we were treated with dignity and respect. There was a prayer offered before the meal and we were welcome to choose to participate in the prayer or not. On the way out, loaves of specialty baked breads were offered. We found this visit to be a very positive experience.

Certified Peer Specialist Training Announcement!

The Transformation Center has released the announcement for the fall session of the Certified Peer Specialist training. Two classes will run in the fall with one in the Lawrence area and the other in the Holyoke area. The applications are now available on-line at www.transformation-center.org (as well as on our website). The process requires an interview (which is also where you turn in your completed application). Interviews are being scheduled now for dates in August, so be sure to schedule your appointment soon! Please note: The Western Mass RLC is NOT responsible for the CPS training, but we are helping to make applications available in our area.

Team Changes and Additions:

Throughout the last few months, you've probably heard of a lot of shifts and additions to the RLC team including everyone who is joining us to support our new Peer Respite, Afiya (Jack, Dani, Jess, Opeyemi, Andrew, Alton, Wyatt, Tisa and more!). You've also heard about Janice's departure from her role, and Sarah and Currie coming on board in Franklin County. Additionally, you've heard about Kaylie joining us with the Peer Support Line and Mitzi as our new administrative Coordinator (and crocheting expert)!

As if that weren't enough transition, there is more!!!!

We're pleased to announce that Sean Donovan will also be joining us and working at the RLC's Holyoke Center where he has been a volunteer throughout much of the last year. (You may also know Sean as one of our Alternatives to Suicide group facilitators.) Additionally, Lisa, who began with us in 2007 as the Berkshire County Coordinator (and moved into the Interim Assistant Director role when Sera was on maternity leave) has now officially transitioned into a new position. In June, the Guiding Council (the RLC's advisory board) welcomed Lisa to the new title of 'Director of Community Supports.' In this new role, Lisa will focus on ongoing development and facilitation of our community throughout the region, supporting local leadership in areas like Pittsfield and Springfield to keep up the great work they've already got rolling and explore new ideas to create impact through projects, trainings and more.

Guiding Council of Western Mass Updates:

The Guiding Council of Western Mass (GCOW) will be on VACATION FOR THE MONTH OF AUGUST!

However, they will be regrouping and coming back together on Monday, September 10th (2nd Monday due to the Labor Day Holiday), and need more delegates to take part in the RLC's advisory board and help look at the big picture of where the RLC has been and where it is headed!

GCOW typically meets once per month (first Monday of the month from 1 to 3pm) at the RLC's Holyoke Center. Anyone from the RLC community can apply to be a Delegate which requires a one-year commitment and ability to regularly attend meetings and speak to the needs, hopes and dreams from the perspective of the area they are representing.

If you are interested in learning more, please e-mail info@westernmassrlc.org or call Sera at (413) 539-5941 ext. 203

Advocacy Corner:

Community Forum: Five Fundamental Rights

As a community, many of us know that there is such thing as the 'Five Fundamental Rights' that applies to any DMH licensed or operated facility or program. However, we also regularly hear from one another how those rights are not acknowledged, misunderstood or not known of at all by people in provider roles as well as by people receiving services. We also regularly hear about people attempting to use those rights or make complaints when they are not followed and finding that they don't seem to hold any 'teeth.'

While we don't know quite what we – as a community – want to or should do about this, it seems time that we got together to talk about it and take leadership of some of the next steps.

As a starting point, we will be holding a community forum as follows:

WHEN: Thursday, August 23rd from 3:30pm to 5:00pm

WHERE: RLC's Holyoke Center, 187 High Street, Suite 303

Space will be limited but we will do our best to accommodate anyone who comes. We hope that this can at least be a starting point for a conversation about our concerns, hopes and ideas for how to move forward on this topic as a community.

Five Fundamental Rights Include:

Reasonable access to phones (including privacy) * Receive sealed, unopened, uncensored mail * Receive visitors at reasonable times and in private * Humane physical and psychological environment * Receive or refuse contact from lawyer, legal advocate, physician, psychologist and other providers

Rally Notice: Next Steps in Advocacy Against Aversives at the Judge Rotenberg Center

Several members of the Western Mass RLC community will be travelling to New York on Thursday, August 9th to join others from across the country to protest at the State House in Albany and ask New York legislators to stop sending children across state lines to Massachusetts to the Judge Rotenberg Center.

The Rally will be held from 12:30 to 3:30 pm on the West Capitol Lawn, Swan Street Steps in Albany.

This gathering is co-sponsored by Occupy JRC, Voices of the Heart and Youth Power!

For more information, visit www.occupyjrc.org

About the Judge Rotenberg Center: The Judge Rotenberg Center (JRC) is a school and treatment facility based in Canton, Massachusetts that uses electric shocks (remotely administered through devices that are required to be worn on the student's body throughout the day), withholding of food and other abuses in the name of 'behavioral change' all geared toward kids and adults with developmental challenges, autism and/or psychiatric and emotional difficulties. Other accusations against the school have included reports of excessive use of restraints and forced inhalation of ammonia. Former teachers, parents and advocates have spoken out about the obvious traumatic impact of these measures on both the children who are treated in this way and the children who witness their classmates being treated.

IT IS THE ONLY SCHOOL IN THE NATION THAT USES THIS PAINFUL 'AVERSIVE' CONDITIONING.

Holyoke Area

Hampden County • August 2012

Monday	Tuesday	Wednesday	Thursday	Friday
<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>		<p>1</p> <ul style="list-style-type: none"> Center Open 12-7p Loop Crochet 1230-2p Acupuncture on Hiatus Movie Night 4-6p 	<p>2</p> <ul style="list-style-type: none"> Center Open 12-4p Community Forum 1-3p 	<p>3</p> <ul style="list-style-type: none"> Center Open 12-4p
<p>6</p> <ul style="list-style-type: none"> Center Closed Guiding Council of Western Mass ON VACATION! 	<p>7</p> <ul style="list-style-type: none"> Center Open 10a-4p Hearing Voices Group 4:30-6p 	<p>8</p> <ul style="list-style-type: none"> Center Open 12-7p Loop Crochet 1230-2p Acupuncture on Hiatus Movie Night 4-6p 	<p>9</p> <ul style="list-style-type: none"> Center Open 12-4p Community Forum 1-3p 	<p>10</p> <ul style="list-style-type: none"> Center Open 12-4p Hearing Voices Networking Meeting 130-3p
<p>13</p> <ul style="list-style-type: none"> Center Closed 	<p>14</p> <ul style="list-style-type: none"> Center Open 10a-4p Hearing Voices Group 4:30-6p 	<p>15</p> <ul style="list-style-type: none"> Center Open 12-7p Loop Crochet 1230-2p Acupuncture on Hiatus Movie Night 4-6p 	<p>16</p> <ul style="list-style-type: none"> Center Open 12-4p Community Forum 1-3p HEARING VOICES TRAINING APPS DUE 12p 	<p>17</p> <ul style="list-style-type: none"> Center Open 12-4p
<p>20</p> <ul style="list-style-type: none"> Center Closed 	<p>21</p> <ul style="list-style-type: none"> Center Open 10a-4p Hearing Voices Group 4:30-6p 	<p>22</p> <ul style="list-style-type: none"> Center Open 12-7p Loop Crochet 1230-2p Acupuncture on Hiatus Movie Night 4-6p 	<p>23</p> <ul style="list-style-type: none"> Center Open 12-4p Community Forum 1-3p Special Community Forum: Five Fundamental Rights 3:30-5p 	<p>24</p> <ul style="list-style-type: none"> Center Open 12-4p
<p>27</p> <ul style="list-style-type: none"> Center Closed 	<p>28</p> <ul style="list-style-type: none"> Center Open 10a-4p Hearing Voices Group 4:30-6p 	<p>29</p> <ul style="list-style-type: none"> Center Open 12-7p Loop Crochet 1230-2p Warmline Coalition 1-230p Acupuncture on Hiatus Movie Night 4-6p 	<p>30</p> <ul style="list-style-type: none"> Center Open 12-4p Peer Networking Meeting 11:30a-2p Community Forum 1-3p 	<p>31</p> <ul style="list-style-type: none"> Center Open 12-4p

HOLYOKE AREA / Hampden County • August 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.

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: PLEASE NOTE that acupuncture is on hiatus while our acupuncturist is on maternity leave.

Guiding Council of Western Mass (GCOW): ON VACATION THIS MONTH! See page 5 for details.

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.

Hearing Voices Networking Meeting: Friday, August 10th at 12:00pm. This meeting is for people who are facilitating Hearing Voices groups near and far to gather and learn from and support one another.

Hearing Voices Training Applications Due: Thursday, August 16th at 12:00pm. The Western Mass RLC has scheduled the next Hearing Voices Group Facilitator Training. Applications are due on the 16th and are available at www.westernmassrlc.org or call Sera at (413) 539-5941 ext. 203 if you do not have access to the web. See page 2 for details.

Loops Crochet: Wednesdays from 12:30 to 2:00pm. Loops is a new group for anybody who wants to learn to crochet, or brush up on their rusty skills. Absolutely no experience necessary - we'll start at the very beginning, with a simple scarf, and learn more at the group's own pace. If you can tie knots, you can learn to crochet! This group is open to both women and men, and we'd all love to see a few fellas who want to learn a craft join in. All materials will be provided. Facilitated by Mitzi.

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, August 30th, 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.**

Special Community Forum – Five Fundamental Rights: Thursday, August 23rd, 3:30pm to 5pm. A forum for people who want to talk about the Five Fundamental Rights that apply to all DMH licensed or operated programs. This forum will be focused on talking about how our community can take steps to educate people about these rights and see that they are taken seriously. See page 6 for more details.

Warmline Coalition Meeting: Wednesday, August 29th, 1-2:30pm. Anyone from a provider organization or the community is welcome to come and help us support the new Western Mass Peer Support Line and determine how to move forward and expand its offerings over the coming months.

Springfield Area

Hampden County • August 2012

Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>Contact us if you have additional accommodation requests, including interpreters.</i></p>	1 <ul style="list-style-type: none"> Center Closed Wellness Ctr Open 12-6p Workout Madness 4-6p 	2 <ul style="list-style-type: none"> Center Open 9a-3p Yoga (all levels welcome) 10-11a Wellness Center Open 12-6p 	3 <ul style="list-style-type: none"> Center Open 9a-3p Wellness Ctr Open 12-6p Alternatives to Suicide 3:30-5p 	4 <ul style="list-style-type: none"> Center Open 11-3p Tae Kwon Do 12-1p Wellness Ctr
	7 <ul style="list-style-type: none"> Center Open 9a-3p Reiki 10a-1p First Tuesday Potluck 12-2p Group Exercise 2-4p (ASL/English speaking facilitator) Yoga (all levels welcome) 2-3:30p (Downtown @ 11 Pearl St, Suite 217) After Incarceration Support Group 4-5p (736 State St.) 	8 <ul style="list-style-type: none"> Center Closed Wellness Ctr Open 12-6p Workout Madness 4-6p 	9 <ul style="list-style-type: none"> Center Open 9a-3p Yoga (all levels welcome) 10-11a Wellness Center Open 12-6p 	10 <ul style="list-style-type: none"> Center Open 9a-3p Wellness Ctr Open 12-6p Alternatives to Suicide 3:30-5p
14 <ul style="list-style-type: none"> Center Open 9a-3p Reiki 10a-1p Group Exercise 2-4p (ASL/English speaking facilitator) Yoga (all levels welcome) 2-3:30p (Downtown @ 11 Pearl St, Suite 217) After Incarceration Support Group 4-5p (736 State St.) 	15 <ul style="list-style-type: none"> Center Closed Wellness Ctr Open 12-6p Workout Madness 4-6p 	16 <ul style="list-style-type: none"> Center Open 9a-3p Yoga (all levels welcome) 10-11a Wellness Center Open 12-6p 	17 <ul style="list-style-type: none"> Center Open 9a-3p Alternatives to Suicide 3:30-5p 	18 <ul style="list-style-type: none"> Center Open 11-3p Tae Kwon Do 12-1p Wellness Ctr
21 <ul style="list-style-type: none"> Center Open 9a-3p Reiki 10a-1p Group Exercise 2-4p (ASL/English speaking facilitator) Yoga (all levels welcome) 2-3:30p (Downtown @ 11 Pearl St, Suite 217) After Incarceration Support Group 4-5p (736 State St.) 	22 <ul style="list-style-type: none"> Center Closed Wellness Ctr Open 12-6p Workout Madness 4-6p 	23 <ul style="list-style-type: none"> Center Open 9a-3p Yoga (all levels welcome) 10-11a Wellness Center Open 12-6p 	24 <ul style="list-style-type: none"> Center Open 9a-3p Alternatives to Suicide 3:30-5p 	25 <ul style="list-style-type: none"> Center Open 11-3p Tae Kwon Do 12-1p Wellness Ctr
28 <ul style="list-style-type: none"> Center Open 9a-3p Reiki 10a-1p Group Exercise 2-4p (ASL/English speaking facilitator) Yoga (all levels welcome) 2-3:30p (Downtown @ 11 Pearl St, Suite 217) After Incarceration Support Group 4-5p (736 State St.) 	29 <ul style="list-style-type: none"> Center Closed Wellness Ctr Open 12-6p Workout Madness 4-6p 	30 <ul style="list-style-type: none"> Center Open 9a-3p Yoga (all levels welcome) 10-11a Wellness Center Open 12-6p 	31 <ul style="list-style-type: none"> Center Open 9a-3p Alternatives to Suicide 3:30-5p 	

Call us at (413) 539-5941

Toll free (866) 641-2853

SPRINGFIELD AREA / Hampden County • August 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.

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: Friday from 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.

First Tuesday Potluck: The first Tuesday of the month: July 10th, 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: 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): 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: 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 • August 2012

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Contact us if you have additional accommodation requests, including interpreters.</i></p> <p><i>The RLC aspires to be scent free. Please avoid wearing scents to any RLC events or spaces.</i></p>		<p>1</p> <ul style="list-style-type: none"> Center Closed UR an Artist 11-1230p 	<p>2</p> <ul style="list-style-type: none"> Center Open 12-4p Poker Time 1-230p 	<p>3</p> <ul style="list-style-type: none"> Center Closed
<p>6</p> <ul style="list-style-type: none"> Center Open 12-3p General Support Group 11a-12p Spiritual Explorations 1230-130p Jewelry Creations 1-3p 	<p>7</p> <ul style="list-style-type: none"> Center Open 12-4p Yoga Means Union 10-1130a NEW Book Group 3-4p 	<p>8</p> <ul style="list-style-type: none"> Center Closed UR an Artist 11-1230p 	<p>9</p> <ul style="list-style-type: none"> Center Open 12-4p Poker Time 1-230p Hearing Voices 430-6p 	<p>10</p> <ul style="list-style-type: none"> Center Closed
<p>13</p> <ul style="list-style-type: none"> Center Open 12-3p General Support Group 11a-12p Spiritual Explorations 1230-130p Jewelry Creations 1-3p 	<p>14</p> <ul style="list-style-type: none"> Center Open 12-4p Yoga Means Union 10-1130a NEW Book Group 3-4p 	<p>15</p> <ul style="list-style-type: none"> Center Closed UR an Artist 11-1230p 	<p>16</p> <ul style="list-style-type: none"> Center Open 12-4p Poker Time 1-230p 	<p>17</p> <ul style="list-style-type: none"> Center Closed
<p>20</p> <ul style="list-style-type: none"> Center Open 12-3p General Support Group 11a-12p Spiritual Explorations 1230-130p 	<p>21</p> <ul style="list-style-type: none"> Center Open 12-4p Yoga Means Union 10-1130a NEW Book Group 3-4p 	<p>22</p> <ul style="list-style-type: none"> Center Closed UR an Artist 11-1230p 	<p>23</p> <ul style="list-style-type: none"> Center Open 12-4p Poker Time 1-230p Hearing Voices 430-6p 	<p>24</p> <ul style="list-style-type: none"> Center Closed
<p>27</p> <ul style="list-style-type: none"> Center Open 12-3p General Support Group 11a-12p Spiritual Explorations 1230-130p Jewelry Creations 1-3p 	<p>28</p> <ul style="list-style-type: none"> Center Open 12-4p Yoga Means Union 10-1130a NEW Book Group 3-4p 	<p>29</p> <ul style="list-style-type: none"> Center Closed UR an Artist 11-1230p 	<p>30</p> <ul style="list-style-type: none"> Center Open 12-4p Poker Time 1-230p 	<p>31</p> <ul style="list-style-type: none"> Center Closed

Call us at (413) 539-5941

Toll free (866) 641-2853

PITTSFIELD AREA / Berkshire County • August 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!

Book Group: *NEW* **Tuesdays from 3:00pm – 4:00pm.** Get hooked on a great book! This new group is looking for the book worm in each of us. Join others in the exploration and enjoyment of the written word. Books will be chosen by those that show up! Bring your ideas and passion!

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!

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 • August 2012

Monday	Tuesday	Wednesday	Thursday	Friday
<p>This center is only open during the listed activities.</p>		<p>1</p> <ul style="list-style-type: none"> Gentle Yoga 9:30-10:50a Sip & Chat 11-12p Acupuncture 12-1p 	<p>2</p> <ul style="list-style-type: none"> Introduction to Mindfulness, Awareness and Meditation 12-1p Veterans Support: Discussion Group 3-4:30p 	<p>3</p>
		<p>6</p> <ul style="list-style-type: none"> RLC Support Forum 10-1p Open Hours 1-4p 	<p>7</p> <ul style="list-style-type: none"> Alternatives to Suicide Peer Support Group 5-6:30p 	<p>8</p> <ul style="list-style-type: none"> Gentle Yoga 9:30-10:50a Sip & Chat 11-12p Acupuncture 12-1p
<p>13</p> <ul style="list-style-type: none"> RLC Support Forum 10-1p Open Hours 1-4p <p>Sarah's First Day! (see page 4)</p>	<p>14</p> <ul style="list-style-type: none"> Alternatives to Suicide Peer Support Group 5-6:30p 	<p>15</p> <ul style="list-style-type: none"> Gentle Yoga 9:30-10:50a Sip & Chat 11-12p Acupuncture 12-1p 	<p>16</p> <ul style="list-style-type: none"> Introduction to Mindfulness, Awareness and Meditation 12-1p Veterans Support: Discussion Group 3-4:30p 	<p>17</p> <p>Janice's last day (see page 4)</p>
<p>20</p> <ul style="list-style-type: none"> RLC Support Forum 10-1p Open Hours 1-4p 	<p>21</p> <ul style="list-style-type: none"> Alternatives to Suicide Peer Support Group 5-6:30p 	<p>22</p> <ul style="list-style-type: none"> Gentle Yoga 9:30-10:50a Sip & Chat 11-12p Acupuncture 12-1p 	<p>23</p> <ul style="list-style-type: none"> Introduction to Mindfulness, Awareness and Meditation 12-1p Veterans Support: Discussion Group 3-4:30p Women's Self Care Support Group 5:30-7:30p 	<p>24</p>
<p>27</p> <ul style="list-style-type: none"> RLC Support Forum 10-1p Open Hours 1-4p 	<p>28</p> <ul style="list-style-type: none"> Alternatives to Suicide Peer Support Group 5-6:30p 	<p>29</p> <ul style="list-style-type: none"> Gentle Yoga 9:30-10:50a Sip & Chat 11-12p Acupuncture 12-1p 	<p>30</p> <ul style="list-style-type: none"> Introduction to Mindfulness, Awareness and Meditation 12-1p Veterans Support: Discussion Group 3-4:30p 	<p>31</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!

Call us at (413) 539-5941

Toll free (866) 641-2853

GREENFIELD AREA / Franklin County • August 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.

While our team is in transition, please call the Greenfield Center, 1 (413) 772-0715 for more info.

Franklin County Center Open Hours: Mondays, 1-4pm. Come by for peer support, to play a board game, to do artwork or just to chat *and* check out other available resources.

Acupuncture: Wednesdays, 12-1pm, at The RECOVER Project, 68 Federal St., Grnfl. 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 the month of August, Karen Adams will be filling in for Melany while she is away.**

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.

Fantastic Fridays Grab Bag, GAME NITE!! 6-8pm, The RLC Greenfield Center, 74 Federal St., Join us for an evening of fun & games. We will have 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., Grnfl., 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 1 (413) 772-0715.

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. **One of the best ways to get to know the RLC!** 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.

Veteran Support: Discussion Group: EVERY THURS, 3-4:30, The RLC Greenfield Center, 74 Federal St. 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. Refreshments provided! Call Alex at (413) 774-5489 x14 for more info. This group is a collaboration of The RECOVER Project (RP) & Recovery Learning Community (RLC), both programs of The Consortium. *Yoga Warriors is currently on hiatus.*

Sip & Chat: Wednesdays, 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: Every 2nd and 4th Thursday, 5:30-7:30pm, The Turners Falls Women's Resource Center, 41 3rd St., Turners Falls. Join us for a supportive group where women can share wellness tools and ideas, find a sounding board and support one another. For more info- 1 (413) 772-0715. This group is a collaboration of the Western Mass RLC and the Turners Falls Women's Resource Center.

Northampton Area

Hampshire County • August 2012

Monday	Tuesday	Wednesday	Thursday	Friday
<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>		1	2 • Yoga 330-5p	3
6 • Acupuncture Clinic (NEW LOCATION) 430-6p • Hearing Voices, 4pm • NEW OPEN GROUP: Alternatives to Suicide Group 630-8p	7	8	9 • Yoga 330-5p	10
13 • Acupuncture Clinic (NEW LOCATION) 430-6p • Hearing Voices, 4pm • NEW OPEN GROUP: Alternatives to Suicide Group 630-8p	14	15	16 • Yoga 330-5p	17 • Out to the movies @ Cinemark 1-4p
20 • Acupuncture Clinic (NEW LOCATION) 430-6p • Hearing Voices, 4pm • NEW OPEN GROUP: Alternatives to Suicide Group 630-8p	21	22	23 • Yoga 330-5p	24
27 • Acupuncture Clinic (NEW LOCATION) 430-6p • Hearing Voices, 4pm • NEW OPEN GROUP: Alternatives to Suicide Group 630-8p	28	29	30 • Yoga 330-5p	31

Call us at (413) 539-5941

Toll free (866) 641-2853

NORTHAMPTON AREA / Hampshire County • August 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. Items are listed alphabetically.

Acupuncture Clinic: Every Monday from 4:30pm to 6pm, Owl and Raven Community Space, 2 Conz St located in the Maplewood 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 Sean at 413-539-5941 ext. 318 for more information or to join this group.

Hearing Voices Group: Mondays, 4pm 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, 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. (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, 1st 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. Sponsored by ServiceNet, Inc.

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

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

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

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 Reinagen, (413) 977-9073, mreinhagen@gmail.com, 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 Reinagen, (413) 977-9073, mreinhagen@gmail.com, 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.

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. 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, The Recovery Learning Community for Central Mass!

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

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

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

Southeast RLC: 71 Main St, Suite 1100, Taunton, MA 02780 (508) 880-8527. 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 or going to www.transformation-center.org/cps/

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

**There are lots more resources on our website
at www.westernmassrlc.org...Check it out!**