



Western Mass Recovery Learning Community

December Update & Calendar

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Western Mass Recovery Learning Community

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Hearing Voices Network Visits the RLC

We were very fortunate last month to have two visitors from the international Hearing Voices Network (HVN). Ron Coleman, a voice hearer and long-time HVN leader, and Paul Baker, also a long-time HVN leader and the Coordinator of Intervoice, gave a talk in front of about 140 people at Mount Holyoke College on November 18th.

The response to their talk has been amazing. People were moved by the power of Ron's story and the power that Hearing Voices Groups have to change people's lives. Ron talked about how he had been relegated to the life of a back ward psychiatric patient for 10 years until he found the first Hearing Voices group to ever be started in the UK (which was facilitated by Paul Baker). Having a group member tell him that the voices were real was a life changing experience for him.

From then on, instead of trying to suppress the voices or try to make them go away, Ron developed strategies he learned in the group to be able to gain control over the voices and move on with his life. He was able to slowly wean off the many medications he was on, he lost a lot of weight, and he made a full recovery.

Now, Ron is happily married, has five

(Story continued on p. 2)

**The Certified Peer Specialist (CPS)
training is coming to Western Mass
this Spring!**

Find out details on page 3!

First Night in Northampton

The Western Mass RLC will be returning to First Night in Northampton for the 3rd year in a row!

From the First Night website: "On Friday, December 31st, the Center for the Arts invites you to a city-wide celebration of creative community. For the 26th time, we host a 12-hour New Year's Eve party that's a family-friendly festival of the arts. We look forward to gathering with friends, neighbors and visitors at 20 downtown venues for an incredible array of entertainment presented by a wealth of talented performers and supported by generous local sponsors."

The RLC community will join in on the festivities with a meeting time of 5:45pm just in time for the annual fireworks show (beginning at 6:15pm) and will choose from the menu of entertainment options as a group.

We will be able to offer a limited number of free buttons providing admittance to the event, as well as some transportation support. Space is very limited, so please sign up early! (413 539-5941 ext. 301)

For more information on First Night, visit their website at

www.gazettenet.com/firstnight/.



RLC Hosts Robert Whitaker!

Thursday, December 2, 7:30p
Mt. Holyoke College
Cleveland L2

Robert Whitaker will speak about his new book: *Anatomy of an Epidemic*, a well researched manifesto detailing the tremendous rise in "psychiatric disability" in the United States. Whitaker has spoken across the country and around the world on the subject and is a former Boston Globe reporter and Pulitzer Prize nominee.

Work Without Limits Events!:

**Are you someone who is
receiving SSI or SSDI?**

**Have you recently or are you
interested in going back to
work?**

Join us for a workshop that is all about your potential for going back to work, even if you're on benefits!

Wednesday, December 1st 1- 4pm:
War Memorial Auditorium,
310 Appleton St, Holyoke

A bilingual (Spanish/English) benefits specialist will be available at this event.

Thursday, December 2nd 12 -3pm:
Berkshire Athenaeum Auditorium
Pittsfield Public Library,
One Wendell Avenue, Pittsfield

ASL interpreters requested for both dates.

To register, call (413) 539-5941

*This is a Regional Peer Employment
Network (R-PEN) Event*

WESTERN MASS RLC CALENDAR OF EVENTS: Calendar #1
Workshops, Classes & Events in Holyoke Area (Hampden County)

DECEMBER 2010

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>RLC events are wheelchair accessible unless otherwise noted</i></p> <p><i>We aspire to be fragrance free. Please avoid wearing fragrance to any RLC events</i></p>	<p><i>Contact us if you have any other requests for accommodations including interpreters</i></p> <p>ALL LISTINGS TAKE PLACE AT THE HOLYOKE RCC (187 High St, Suite 303) UNLESS NOTED!!!</p> <p>See attached info for details and location of each workshop, event or training!</p>	<p>1 RCC open 12-7p SSI/SSDI Back to Work Training 12-3p (War Memorial Auditorium) ASL Class 12-1p Deaf/HOH Drop-in 1-5p Movie Night 4-6p</p>	<p>2 RCC open 12-4p Knit Happens! 2-345p Alternatives to Suicide Support Group 5-6:30p</p>	<p>3 RCC open 12-4p*</p> <p>*Trabajador Hispana Disponible (Spanish speaker available)</p>
<p>6 RCC CLOSED FOR DROP-IN Guiding Council 1-3p</p>	<p>7 RCC open 10-4p Ear Acupuncture 1230-130p Beading with Jenn 2-330p Hearing Voices Group 430-6p</p>	<p>8 RCC open 12-7p ASL Class 12-1p Deaf/HOH Drop-in 1-5p Movie Night 4-6p</p>	<p>9 Knit Happens! 2-345p Alternatives to Suicide Support Group 5-6:30p</p>	<p>10 RCC open 12-4p*</p> <p>*Trabajador Hispana Disponible (Spanish speaker available)</p>
<p>13 RCC CLOSED FOR DROP-IN</p>	<p>14 RCC open 10-4p Ear Acupuncture 1230-130p Beading with Jenn 2-330p Hearing Voices Group 430-6p</p>	<p>15 RCC open 12-7p ASL Class 12-1p Deaf/HOH Drop-in 1-5p</p>	<p>16 RCC open 12-4p Knit Happens! 2-345p Alternatives to Suicide Support Group 5-6:30p</p>	<p>17 RCC open 12-4p* Community Council 1230-2p</p> <p>*Trabajador Hispana Disponible (Spanish speaker available)</p>
<p>20 RCC CLOSED FOR DROP-IN</p>	<p>21 RCC open 10-4p Ear Acupuncture 1230-130p Beading with Jenn 2-330p Hearing Voices Group 430-6p</p>	<p>22 RCC open 12-7p ASL Class 12-1p Deaf/HOH Drop-in 1-5p Self Advocate Workshop 4-7p</p>	<p>23 RCC open 12-4p Knit Happens! 2-345p Alternatives to Suicide Support Group 5-6:30p</p>	<p>24 RCC Closed Christmas Holiday</p>
<p>27 RCC CLOSED FOR DROP-IN</p>	<p>28 RCC open 10-4p Ear Acupuncture 1230-130p Beading with Jenn 2-330p Hearing Voices Group 430-6p</p>	<p>29 RCC open 12-7p ASL Class 12-1p Deaf/HOH Drop-in 1-5p</p>	<p>30 RCC open 12-4p Knit Happens! 2-345p Alternatives to Suicide Support Group 5-6:30p</p>	<p>31 RCC Closed Christmas Holiday</p> <p>FIRST NIGHT IN NORTHAMPTON: MEETING POINT - 5PM</p>

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

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

UNLESS OTHERWISE NOTED

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

Holyoke RCC Hours: The Holyoke RCC is open every Tuesday 10 – 4, Wednesday 12 – 8p, and Thursday & Friday 12 – 4p and is located at 187 High St., Suite 303. **Please note that the Holyoke RCC will be closed on Friday, December 24th and 31st due to the Christmas and New Year's Holidays.** Peer support and resource info, a computer lab and a library are available during all open hours. Other hours available by appointment. The space will be open for specific workshops or events as scheduled.

Alternatives to Suicide Support Group: Thursdays from 5pm to 6:30pm. This is a peer-run group for individuals who want a safe, judgment-free zone to talk about alternatives to suicide. **This group currently has openings, please contact Oryx at (413) 539-5941 ext. 202 if you would be interested in joining this group.**

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

Beading with Jenn: Tuesdays from 2 to 3:30 pm. Join Jenn to craft colorful jewelry with beads!

Community Council: Usually the fourth Friday of every month but due to the Christmas Holiday we will be meeting on December 17th from 12:30 to 2pm. 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!!!

Crisis Training Planning Meeting: We will NOT be holding our regular monthly crisis training planning meeting during December. Instead, we will be working on sub-committee projects. Please call Sera (413 539-5941 ext 203) if you are interested in getting involved in the sub-committees. The goal of this committee is to develop a training that will share personal experiences, principles and values around what has and has not been helpful to us when we have gone through the process of crisis evaluation or admittance to a hospital or respite. **Individuals who have had experience going through crisis evaluations and being hospitalized/staying at respite are particularly encouraged to join this meeting!**

Ear Acupuncture: Tuesdays from 12:30 to 1:30 pm. Join National Acupuncture Detoxification Association certified (NADA) acupuncturist, Lee Hurter, for group auricular (ear) acupuncture. Great for supporting healing from addictions, anxiety, etc. No pre-registration required, just show up!

First Night in Northampton (Meeting Point for Transportation): Friday, December 31st, 5pm at the RLC's Holyoke Center. Meet up with others traveling from the Holyoke area to join us for First Night in Northampton. The group plans to meet at 5:45pm just in time to find a good spot for the 6:15pm annual fireworks show. The group will then choose from there which shows they wish to visit for the remainder of the night. Sign up is required for anyone wanting transportation support or a free First Night button. (Space and transportation assistance limited! Call (413) 539-5941 ext. 301 for more information and/or to sign up! Visit www.gazettenet.com/firstnight/ for more information on First Night in Northampton.

Guiding Council of Western Mass (GCOW): Monday, December 6th from 1 to 3pm (December 13th is the snow date if 12/6 is cancelled due to weather!) GCOW is the advisory board to the RLC and is open to anyone who has lived experience and lives/works in Western Mass. GCOW normally meets the 1st Monday of every month (2nd Monday when the 1st is a holiday) from 1pm to 3pm at the Holyoke RCC. Interested in becoming a Council Delegate to GCOW? Contact Sera at (413) 539-5941 ext. 203 or sera@westernmassrlc.org for more info.

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

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

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

Peer Worker Networking Meeting: The Peer Worker Networking Meeting is on holiday for December. Please re-join us in the New Year for our next meeting on Thursday, January 27th from 1130am to 2pm.

Self Advocate Workshop: Wednesday, December 22nd from 4 to 7 pm. Join Val and others for a workshop on how to effectively advocate for yourself. This workshop is primarily geared towards folks who are deaf/hard of hearing. *If you are a hearing person who would like an interpreter, please give us at least one week’s notice at 413-539-5941 x203.*

SSI/SSDI Benefits ~ Back-to-Work Training: Thursday, December 2nd from 12 to 3pm at the War Memorial Auditorium, 310 Appleton St, Holyoke. The purpose of this meeting is for anyone who receives SSI/SSDI or anyone who is part of a peer community/group where individuals receive SSI/SSDI to come together and speak as a community about what we need in terms of support, training, networking, resources, etc. to help ourselves and each other go back to work when we want to while receiving SSI/SSDI. This project is intended for ANYONE who receives SSI/SSDI and NOT just the mental health community. For more information call (413)539-5941 x200. *A bilingual (Spanish/English) benefits specialist will be available at this event.*

Warmline Coalition Meeting: The Western Mass Warmline Coalition is taking a break for holidays! Rejoin us in the New Year!

WESTERN MASS RLC CALENDAR OF EVENTS: Calendar #2

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

DECEMBER 2010

Tuesday	Wednesday	Thursday	Friday	Sat
<p>Unless otherwise noted, all activities are held at the Bowen Resource Center at 340 Main St., Springfield (Accessible entrance in the rear!)</p> <p><i>The RLC aspires to be scent free. Please avoid wearing scents to any RLC events or spaces.</i></p> <p><i>Please contact us if you have any other accommodation requests, including interpreter requests</i></p>	<p>1 <u>RCC Closed</u> After Incarceration Support Group 130-230p (736 State St.) Wellness Center Open 12-6</p>	<p>2 <u>RCC Open 9-3p*</u> Yoga for the Rest of Us 10-11a ¡A Relajarse e Imaginar! 330-430p Wellness Center Open 12-6</p>	<p>3 <u>RCC Open 9-3p*</u> Wellness Center Open 12-6</p>	<p>4 <u>RCC Open 11-3p*</u></p>
<p>7 <u>RCC Open 9-3p*</u> Reiki 10a-1p First Tuesday Potluck: 12-2p Hip Hop Dance Class 145-245p Yoga 2-330p (Downtown: 11 Pearl St., Suite 217)</p>	<p>8 <u>RCC Closed</u> After Incarceration Support Group 130-230p (736 State St.) Wellness Center Open 12-6</p>	<p>9 <u>RCC Open 9-3p*</u> Yoga for the Rest of Us 10-11a ¡A Relajarse e Imaginar! 330-430p Wellness Center Open 12-6</p>	<p>10 <u>RCC Open 9-3p*</u> Wellness Center Open 12-6</p>	<p>11 <u>RCC Open 11-3p*</u></p>
<p>14 <u>RCC Open 9-3p*</u> Reiki 10a-1p Hip Hop Dance Class 145-245p Yoga 2-330p (Downtown: 11 Pearl St., Suite 217)</p>	<p>15 <u>RCC Closed</u> After Incarceration Support Group 130-230p (736 State St.) Wellness Center Open 12-6</p>	<p>16 <u>RCC Open 9-3p*</u> Yoga for the Rest of Us 10-11a Community Council 1130-1230a Wellness Center Open 12-6</p>	<p>17 <u>RCC Open 9-3p*</u> Wellness Center Open 12-6</p>	<p>18 <u>RCC Open 11-3p*</u></p>
<p>21 <u>RCC Open 9-3p*</u> Reiki 10a-1p Hip Hop Dance Class 145-245p Yoga 2-330p (Downtown: 11 Pearl St., Suite 217)</p>	<p>22 <u>RCC Closed</u> After Incarceration Support Group 130-230p (736 State St.) Wellness Center Open 12-6</p>	<p>23 <u>RCC Open 9-3p*</u> Yoga for the Rest of Us 10-11a ¡A Relajarse e Imaginar! 330-430p Wellness Center Open 12-6</p>	<p>24 <u>RCC Closed</u> Christmas Holiday</p>	<p>25 <u>RCC Closed</u> Christmas Day</p>
<p>28 <u>RCC Open 9-3p*</u> Reiki 10a-1p Hip Hop Dance Class 145-245p Yoga 2-330p (Downtown: 11 Pearl St., Suite 217)</p>	<p>29 After Incarceration Support Group 130-230p (736 State St.) Wellness Center Open 12-6</p>	<p>30 <u>RCC Open 9-3p*</u> Yoga for the Rest of Us 10-11a ¡A Relajarse e Imaginar! 330-430p Wellness Center Open 12-6</p>	<p>31 <u>RCC Closed</u> New Year's Holiday</p>	<p>*Trabajad or Hispana Disponible (Spanish speaker available)</p>

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

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

Bowen Resource Center Hours: The Bowen Resource Center (Springfield RCC) is open every Tuesday 9 – 3p, Thursday 9 – 3p, Friday 9 – 3p and Saturday from 11 – 3p and is located at 340 Main St., Springfield. Please note that the Springfield RCC will be closed on Friday, December 24th and Friday, December 31st due to the Christmas and New Year's Holidays. Peer support and resource info, a computer lab and a library are available during all open hours.

Bowen Community Wellness Center Hours: The Bowen Community Wellness Center is open Wednesday, Thursday, and Friday from 12 – 6p and is located at 340 Main St., Springfield (down the hall from the Bowen Resource Center). Please note that the Wellness Center will be closed on Friday, December 24th and Friday, December 31st due to the Christmas and New Year's Holidays. A variety of treadmills, stair steppers, weight machines, and other fitness equipment are available during Wellness Center hours.

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

Community Council: NEW TIME! The third Thursday of every month: December 16th from 11:30 am to 12:30 pm. 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!!!

First Tuesday Potluck: The first Tuesday of the month: December 7th, 12 to 2pm. Join the RLC community for a fun celebration with food, games, music, pool and/or Wii! Bring food to share if you can, but please join us even if you aren't able to bring a dish! RSVPs appreciated, but you're welcome to just show up!

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

Individual Support Time: Interested in having a regular or occasional time when you know that someone will have time set aside just for you? Do you need support in finding and learning about new resources? Do you need help with advocacy? Do you just want to talk and be heard? RLC intern, Chris, will be offering regular 45 minute time slots each week for anyone who is interested in meeting with someone individually for any of these reasons. Call the Bowen Resource Center at 413-732-1703 to sign up!

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

¡A Relajarse e Imaginar! (Relax and Visualize!): Todos los jueves de diciembre de 3:30 a 4:30 (excepto 16 de diciembre). En los 1920s, el Dr. Edmundo Jacobson descubrió que con técnicas de relajación, la gente mejoraba su salud. Mejoraron depresión, ansiedad, alta presión y otras condiciones. Serie de 4 jueves, en los cuales van a aprender métodos de relajación/visualización para reducir la ansiedad, estrés y mejorar su bienestar general—*en español*. (Thursdays in December from 3:30 to 4:30 pm (except for December 16th). In the 1920's, Dr. Edmund Jacobson discovered that people would improve their health after teaching them relaxation techniques. They improved depression, anxiety, high blood pressure and many other ailments. For a series of four Thursdays in December, you will learn easy visualization/relaxation methods to reduce anxiety, stress and improve your overall well being—*in Spanish*.)

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!

WESTERN MASS RLC CALENDAR OF EVENTS: Calendar #3

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

DECEMBER 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>*** Unless otherwise noted, all activities are held at the RCC's new space at 152 North Street, Suite 115 (right next to Panchos Restaurant! Accessible entrance in the rear!)</p>	<p><i>Please contact us if you have any other requests for accommodations, including interpreters</i></p> <p>The RLC aspires to be scent free. Please avoid wearing scents to any RLC events or spaces.</p>	<p>1 UR an Artist 11a-12:30p</p>	<p>2 RCC Open Hours 12-4p</p> <p>SSI/SSDI Back to Work Training 12-3p (Pittsfield Library)</p>	<p>3 General Support Group 1-2p</p>	<p>4</p>
<p>6 RCC Open Hours 12-3p</p>	<p>7 Yoga Means Union 10-11:30a</p> <p>RCC Open Hours 12-4p</p> <p>Crochet Club 3-4p</p>	<p>8 UR an Artist 11a-12:30p</p>	<p>9 RCC Open Hours 12-4p</p>	<p>10 General Support Group 1-2p</p>	<p>11</p>
<p>13 RCC Open Hours 12-3p</p>	<p>14 Yoga Means Union 10-11:30a</p> <p>RCC Open Hours 12-4p</p> <p>Crochet Club 3-4p</p>	<p>15 UR an Artist 11a-12:30p</p>	<p>16 RCC Open Hours 12-4p</p> <p>Peer Worker Support 12-1p</p>	<p>17 General Support Group 1-2p</p>	<p>18</p>
<p>20 RCC Open Hours 12-3p</p>	<p>21 Yoga Means Union 10-11:30a</p> <p>RCC Open Hours 12-4p</p> <p>Crochet Club 3-4p</p> <p>Winter Solstice/Yuletide Celebration 4-7p</p>	<p>22 UR an Artist 11a-12:30p</p>	<p>23 RCC Open Hours 12-4p</p>	<p>24 Christmas Eve</p>	<p>25 Christmas Day</p>
<p>27 RCC Open Hours 12-3p</p>	<p>28 Yoga Means Union 10-11:30a</p> <p>RCC Open Hours 12-4p</p> <p>Crochet Club 3-4p</p>	<p>29 UR an Artist 11a-12:30p</p>	<p>30 RCC Open Hours 12-4p</p>	<p>31 New Year's Eve</p>	

Upcoming RLC Trainings, Workshops, and Meetings in Pittsfield Area (Calendar #3)

ALL WORKSHOPS AND MEETINGS IN THIS SECTION ARE AT THE BERKSHIRE RCC

(152 North Street, Suite 115) UNLESS OTHERWISE NOTED!

Berkshire RCC Hours: The Berkshire RCC is open every Monday 12 – 3p, and Tuesday & Thursday 12 – 4p and is located at 152 North St., Suite 115. Please note that the Berkshire RCC will be closed on Friday, December 24th and Friday, December 31st due to the Christmas and New Year's Holidays. Peer support and resource info, a computer lab and a library are available during all open hours. Other hours available by appointment. The Berkshire RCC phone number is: **(413) 236-5888** (Fax: 413-236-2995).

Crochet Club: Tuesdays, 3 to 4pm. Come get hooked on crocheting! Join Amber as she guides beginners and the more experienced into the world of crochet. Fun and satisfying, make prayer shawls for charity among other projects. Use supplies offered or bring your own!

General Support Group: Fridays from 1 to 2pm except for *December 24th and 31st*. Come 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 Support Group: Thursday, November 18th from 12 to 1pm (Bring your lunch!). Peer workers are people, too! Support the supporters! If you are a peer worker in the mental health world, this is your hour to get what you offer to others. This newly formed group is open to all peer workers, paid or volunteer! Spend your lunch hour sharing with others doing the same work. Learn coping strategies as well as personal wellness approaches. Share some of your best lessons with others! For more info or questions: (413)236-5888.

SSI/SSDI Benefits ~ Back-to-Work Training: Thursday, December 2nd at the Pittsfield Athenaeum (Library) from 12 to 3pm. The purpose of this meeting is for anyone who receives SSI/SSDI or anyone who is part of a peer community/group where individuals receive SSI/SSDI to come together and speak as a community about what we need in terms of support, training, networking, resources, etc. to help ourselves and each other go back to work when we want to while receiving SSI/SSDI. This project is intended for ANYONE who receives SSI/SSDI and NOT just the mental health community. For more information call (413)236-5888.

UR an Artist: Wednesdays from 11am to 12:30pm. Join artist Lynn Welker and 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.

Winter Solstice/Yuletide Celebration: Tuesday, December 21st from 4 to 7pm. This festive potluck is a great way to come together and celebrate our vital and growing community. Bring a yummy dish (call or sign up to let us know what is coming, food-wise) or simply bring yourself and friends! Call: (413)236-5888.

Yoga means Union - Yoga for Everyone! Tuesdays from 10 to 11:30am. Yoga is a great way to take care of your body and your mind! Justin is pleased to continue yoga after the wonderful reception the activity received from our community members. This practice will include (but is not limited to) energy (prana-Chi) awareness, asana (postures), pranayama (breathing exercises), and meditation/contemplation/prayer. It is low impact and accommodations will be made for individuals of any fitness level. An optional meditation period will conclude each session.

WESTERN MASS RLC CALENDAR OF EVENTS: Calendar #4

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

DECEMBER 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>See attached info for details and location of each workshop, event or training as locations vary throughout Franklin County</i></p>	<p><i>We aspire to be fragrance free. Please avoid wearing fragrances to any RLC events. RLC events are wheelchair accessible unless otherwise noted.</i></p>	<p>1 <u>Wellness Wednesdays</u> Gentle Yoga 9:30-10:50a Acupuncture 12-1p</p>	<p>2 RCC Open Hours 9-12p</p>	<p>3</p>	<p>4</p>
<p>6 Facilitation Essentials 9a-12p RCC Open Hours 1-4p Women's Self Care Support Group 630-830p</p>	<p>7 Circle of Friends Open Session: Opening the Heart, Touching the Soul 11:30a-1:30p</p>	<p>8 <u>Wellness Wednesdays</u> Gentle Yoga 9:30-10:50a Acupuncture 12-1p</p>	<p>9 <i>Abierto para gente de habla hispana</i> Open Hours for Spanish Speakers 1-4p</p>	<p>10</p>	<p>11</p>
<p>13 RCC Open Hours 1-4p Holiday Potluck and Party 10:30a-1p Women's Self Care Support Group 630-830p</p>	<p>14</p>	<p>15 <u>Wellness Wednesdays</u> Gentle Yoga 9:30-10:50a Acupuncture 12-1p</p>	<p>16 RCC Open Hours 9-12p</p>	<p>17</p>	<p>18</p>
<p>20 RCC Open Hours 1-4p Women's Self Care Support Group 630-830p</p>	<p>21</p>	<p>22 <u>Wellness Wednesdays</u> Gentle Yoga 9:30-10:50a Acupuncture 12-1p</p>	<p>23 RCC Open Hours 9-12p</p>	<p>24</p>	<p>25</p>
<p>27 <i>Abierto para gente de habla hispana</i> Open Hours for Spanish Speakers 1-4p Women's Self Care Support Group CANCELLED</p>	<p>28</p>	<p>29 <u>Wellness Wednesdays</u> Gentle Yoga 9:30-10:50a Acupuncture 12-1p</p>	<p>30 RCC Open Hours 9-12p</p>	<p>31 Fourth Friday Art Circle 7-9p</p>	<p><i>Please contact us if you have any other requests for accommodations, including interpreters</i></p>

Upcoming RLC Trainings, Workshops, and Meetings in Franklin County (Calendar #4)
ALL WORKSHOPS & MEETINGS IN THIS SECTION ARE IN VARYING LOCATIONS.
CHECK EVENTDETAILS FOR LOCATION INFORMATION

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

Franklin RCC Open Hours: Mondays, 1-4pm & Thursdays, 9am to noon at 68 Federal Street, Greenfield. Come see our shared community space with the RECOVER Project, get peer support and check out other resources available. Alternate hours are available by appointment, 413-561-3268. Call (413) 774-5489 during drop in hours. **Abierto para gente de habla hispana con Rosa Guerra!** El segundo Jueves y el Lunes cuarto de cada mes. Venga para apoyo o solo para charlar. **Open Hours for Spanish Speakers with Rosa Guerra!** The second Thursday and fourth Monday of each month.

Acupuncture: Wednesdays from 12 to 1pm, Franklin County RCC, RECOVER Project, 68 Federal Street, Greenfield. This free auricular (ear) acupuncture clinic focusing on five ear points and offered by licensed acupuncturist, Lee Hurter, works on a variety of issues including cravings, addictions, insomnia, stress, and anxiety. Arrive promptly to secure your space! Acupuncture is a part of Wellness Wednesdays, a collaboration of The RECOVER Project and the RLC.

Circle of Friends Open Session: *Opening the Heart, Touching the Soul* INFORMATIONAL SESSION. Tuesday, December 7th from 11:30am-1:30pm, lunch will be provided. The Recovery Annex, 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. **This first gathering will be an informational session.** For more info: eschreiber@carsoncenter.org or 413-579-7570. Circle of Friends Open Session is a collaboration of Valley Human Services in Ware and the Western Mass RLC of Franklin County.

Dance of the Hoop: On hiatus for the winter. We will let you know when in the spring we will recommence with Dance of the Hoop. Thanks, Shenandoah!

Facilitation Essentials: Monday, December 6th from 9am to 12pm at the Recovery Annex, 74 Federal St., Greenfield. Facilitators Oryx Cohen and Janice Sorensen will focus on the basic tools and skills all facilitators need in this delicate art. We will address topics such as establishing safety, balancing personal and group needs, how to keep a group on track, interrupting from the heart, trauma and triggering, disruptions, the proper place for hierarchy, grounding tools, and inclusion. Time will also be devoted to specific requests and participant skill share. Please call 413-561-3268 to sign up.

Fourth Friday Art Circle: NEW Friday! Friday, December 31st, 7 to 9pm (***Fifth Friday this month!!!***). The Recovery Annex, 74 Federal Street, Greenfield. 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. Use the time as you wish. This is a safe space to show works in progress, talk about what your art means to you, share struggles and breakthroughs, or simply be present. For more information or for carpooling, contact Andy 413-325-6245, andy@westernmassrlc.org.

Gentle Yoga: Wednesdays from 9:30 to 10:50am at the Recovery Annex, 74 Federal St, Greenfield. Kelly Savitri's style incorporates light-hearted joyful movement with a reverent and consistent focus on breath and deepening awareness. A variation of poses is presented to honor individual choice and levels of ability. ***This class is co-ed!***

RLC Holiday Potluck and Party: Monday December 13th from 10:30am to 1pm. The Recovery Annex, 74 Federal St., Greenfield. Join us for an RLC Holiday Potluck and Party complete with group games and a regift exchange-- Yankee swap style! Bring a "preloved" wrapped item (something that you already own but are ready to part with) to exchange. Feel free to bring a sweet or savory dish or treat to share, and while you're at it, bring a friend!

Women's Self-care Support Group: Mondays from 6:30 to 8:30pm (***except for December 27th***) at the Greenfield Women's Resource Center, 278 Federal Street, Greenfield. Join facilitator Janice Sorensen for a supportive group where women can share wellness tools and ideas, find a sounding board and support one another. For more info please call 413-561-3268.

WESTERN MASS RLC CALENDAR OF EVENTS: Calendar #5

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

DECEMBER 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Locations will vary throughout Hampshire County. Please check detailed descriptions for more information.	<i>We aspire to be fragrance free. Please avoid wearing fragrances to any RLC events. RLC events are wheelchair accessible unless otherwise noted.</i>	1 Writing Group: 2-3p	2 Yoga 330-5p	3	4	
	6 Acupuncture clinic 430pm	7 Alternatives to Suicide Group 630-8p	8 Writing Group: 2-3p	9 Yoga 330-5p	10	11
	13 Acupuncture clinic 430pm	14 Alternatives to Suicide Group 630-8p Peer Worker Support Group ON HOLD	15 Writing Group: 2-3p	16 Yoga 330-5p	17 Out to the Movies @ Cinemark 1-4p	18
	20 Acupuncture clinic 430pm	21 Alternatives to Suicide Group 630-8p	22 Writing Group: 2-3p	23 Yoga 330-5p	24	25
	27 Acupuncture clinic 430pm	28 Alternatives to Suicide Group 630-8p	29	30	31 First Night in Northampton!! 545pm – 12am	

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

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

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

Alternatives to Suicide Group: Tuesdays from 6:30 to 8pm at the Quaker Meeting House in Northampton. This is a peer-run group for individuals who want a safe, judgment-free zone to talk about alternatives to suicide. Please call Kelly at 413-330-5269 for more information and to be placed on a waiting list (the group is currently full).

First Night in Northampton Friday, December 31st, 545pm. The group plans to meet at 5:45pm just in time to find a good spot for the 6:15pm annual fireworks show. The group will then choose from there which shows they wish to visit for the remainder of the night. Sign up is required for anyone wanting transportation support or a free First Night button. (Space and transportation assistance limited! Call (413) 539-5941 ext. 301 for more information and/or to sign up! Visit www.gazettenet.com/firstnight/ for more information on First Night in Northampton.

Out to the Movies @ Cinemark: The 3rd Friday of the month, December 17th, 1230pm to 4pm (**actual time may vary slightly depending on movie selected**) @ Cinemark Theatres at the Hampshire Mall, Rt. 9, Hadley. Join Sera and other community members for an afternoon at the movies. **6 SPOTS AVAILABLE FOR FREE TICKETS, AND 3 TO 4 SPOTS AVAILABLE FOR TRANSPORTATION ASSISTANCE. You MUST SIGN UP for this event and early sign up is recommended.** The actual film and exact meeting time will be determined by Wednesday of that week. Please call Sera at (413) 539-5941 203 to sign up and/or for more info!

Peer Worker Support Group: This is a general support group intended for individuals working locally in paid and volunteer peer roles. The group is held in a casual, restaurant atmosphere. It is currently on hold while we look for a new facilitator. Please contact Sera at (413) 539-5941 ext. 203 if you are interested in facilitating.

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

Yoga Classes: Every Thursday, 3:30 to 5pm, with teacher, Sally, at Forbes Library, West St, Northampton. **No group on Thanksgiving day!** *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 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 T/Th/F from 5p – 9p, Ad Lib, 215 North Street, Pittsfield. Drop in for support and interactions with peers. Ad Lib defines 'peer' as individuals with varied lived experiences that include mental health diagnoses and/or physical disabilities, etc. Run Ad Lib is a Center for Independent Living. (800 232-7047) **Please note: New visitors are welcome, but will be asked to do a brief intake process. Call Ad Lib for more info.** Ad Lib also offers a variety of peer-run (and other types of) groups and individual supports. Some of the peer-run groups include a Diabetes support group every Thursday from 330 to 430p, a women's group on Fridays at 3pm and a Creative group (writing, drawing, etc.) every Thursday from 1 to 2:30pm.

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

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

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

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

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

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

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

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

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

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

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

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

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

Anxiety/Phobia Support Group: Every Thursday from 7p to 8:30p, Trinity Church, 361 Sumner Ave, Springfield. This is a peer-run support group for anyone who has experience anxiety and/or phobias. Sponsored independently by a individuals with lived experience. Please call (413) 531-5706 for more info.

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

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

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

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

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

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

Peer-to-Peer Support Group: Every Wednesday 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 Trish for more info at 734-3071. 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.

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

HAMPSHIRE COUNTY (Northampton, Easthampton, etc.):

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

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

DBSA Support Group - Thursdays: Thursday, 7p to 830p, Easthampton Police Station, Main St, Easthampton. 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. Another group is about to start up in Easthampton (call Mike for more info at 413 230-0660).

DBSA Support Group - Wednesdays: Wednesday, 7p to 9p (often running late), CDH Outpatient Center, 3rd floor, 10 Main St, Florence. 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. Another group is about to start up in Easthampton (call Mike for more info at 413 230-0660)

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

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

Manic Depression/Depression 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 Trish for more info at 734-3071. For individuals who have been diagnosed with depression or manic depression. Sponsored by NAMI.

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

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

WARMLINES

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

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

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

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

RLCs IN OTHER AREAS OF THE STATE

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

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

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

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

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

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

STATEWIDE ORGANIZATIONS & TRAININGS

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

MPower: 98 Magazine Street, Roxbury MA 02119, (617) 442-3301. info@m-powerblog.org. MPower offers a variety of groups, trainings and other services directed at advocacy and recovery initiatives.

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!