



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.

## DECEMBER 2011 UPDATE & CALENDAR

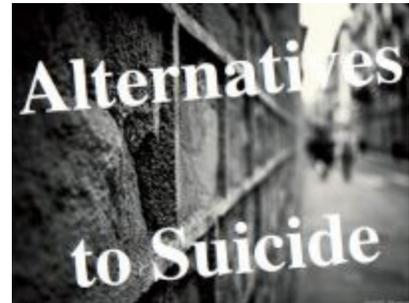
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**This newsletter and previous editions are available  
at our website, [www.westernmassrlc.org](http://www.westernmassrlc.org).**

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

## Alternatives to Suicide Peer Support Group Facilitation Training

Friday, December 2nd, 12-3pm  
At the Western Mass RLC's Greenfield Center  
74 Federal Street, Greenfield, MA



**Are you a person who has experienced the depth of despair? Are you willing to share the skills that have helped you overcome difficult times?**

The Western Mass Recovery Learning Community (RLC), with support from Tapestry Health, is offering an Alternatives to Suicide (Alt2Su) Peer Support Group Facilitator Training for community members who share the struggle of feeling suicidal and who wish to support others who do as well. Learn the myths and misconceptions about suicide, the relationship to self-inflicted injury, the history of and various approaches to our groups, and the incorporation of a self-care tools list. This training is geared toward people who have had some facilitation experience, although the basics for running an Alt2Su group will be reviewed.

**Space is limited, sign up today!!! Call (413) 561-3268**

Alternatives to Suicide Peer Support Groups have been developed because we believe that empathic talking about suicide decreases suicide. These groups are spaces where people can 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.

### Outbound Warmline:

Feeling the stress of the holiday season approaching?  
Not looking forward to colder weather and darker days? Just want someone to talk to?

Don't forget that the Western Mass RLC offers an outbound warmline where you can schedule yourself to receive check in calls and a chat with one of our Warmline workers.

**To sign up, call (413) 539-5941 ext. 313**

### REMINDER: Cancellations

**Winter is coming – no news there...but cancellations are! If the weather is 'iffy,' check to make sure your RLC center is still open and your event(s) are still happening!**

**Call: (866) 641-2853 x314**

**Web: [www.westernmassrlc.org](http://www.westernmassrlc.org)**

**and  
on Facebook**



### **Stress Management & Relaxation Group**

*Extended through the end of December*

*Wednesdays from 2 to 3pm at the RLC's Holyoke Center  
187 High Street, Suite 303*



Stress is the response of the body to meet demands made on it. Stress can be pleasant (eustress) and unpleasant (distress). These demands effect physical, emotional, mental and behavioral well being. Often our perception and reaction to stress is more powerful than the actual stressor. Are you aware of your current stressors; patterns to stress; recognize signs and symptoms and ways to handle stress? Relaxation techniques including mindful breathing, exercises, imagery, progressive relaxation and meditation will be discussed and practiced.

### **First Night in Northampton**

The Western Mass RLC will be returning to First Night in Northampton for the 4<sup>th</sup> year in a row!

From the First Night website: "On Saturday, December 31st, the Center for the Arts and PeoplesBank invite you to a city-wide celebration of creative community. For the 27th time, we host a 12-hour family-friendly festival of the arts that culminates in a traditional ball-raising from the roof of the Hotel Northampton. 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! Call (413) 539-5941 ext. 301

For more information on First Night, visit their website at [www.gazettenet.com/firstnight/](http://www.gazettenet.com/firstnight/)



### **Guiding Council of Western Mass**

The Guiding Council of Western Mass (GCOW) is the advisory board for the Western Mass RLC. All individuals in our community are welcome to attend.

**The next GCOW meeting will be on Monday, December 5<sup>th</sup>, 1 - 3pm at the RLC's Holyoke Center, 187 High Street, Suite 303.**

*ASL Interpreters have been requested*

### **Community Resource:**

**HEARING VOICES  
NETWORK  
USA**



*Voices, Visions & Other Unusual or Extreme Experiences*

We're excited to report that the Hearing Voices Network USA has just launched its website at [www.hearingvoicesusa.org](http://www.hearingvoicesusa.org) (and don't forget to check out their new Facebook page as well at <http://www.facebook.com/#!/pages/Hearing-Voices-Network-USA/128048113952294>)

**From their website:** "The Hearing Voices Network (HVN) USA is one of over 20 nationally-based networks around the world joined by shared goals and values, incorporating a fundamental belief that there are many ways to understand the experience of hearing voices and other unusual or extreme experiences. It is part of an international collaboration between professionals, people with lived experience, and their families to develop an alternative approach to coping with emotional distress that is empowering and useful to people, and does not start from the assumption that they have a chronic illness."

**And did you know...** That Massachusetts is now receiving international recognition as a hub for the development of the Hearing Voices movement in the US? This is due largely to the work in the Western part of the state, including developing and hosting the first ever facilitator's trainings in the US in 2010 through the Western Mass RLC and fellow co-sponsors!

**Winter Solstice Potluck**

*Thursday, December 22<sup>nd</sup>, from 3 to 6pm at the RLC's Pittsfield Center  
152 North Street, Suite 230*

*“The Winter Solstice is unique among days of the year — the time of the longest night and the shortest day. For the Solstice is also a turning point. From now on, the nights grow shorter and the days grow longer... the feasting and merriment of the midwinter season is therefore in order to combat the forces of gloom.” ~Waverly Fitzgerald*

An annual tradition in our Pittsfield Center is upon us once again! So many of us struggle during the holiday season...stress, obligations, loneliness, loss and sometimes just being blue and not really knowing why, are all too common during this hectic time. The Solstice Celebration is a chance to step away from all of that, a time to slow down (as much as we can) to acknowledge the influence nature has upon us, to ask the dark to leave us, to share as a community our wishes for a bright future as the sun begins to become more prominent once more in our daily lives.

As we have done in the past, we will celebrate with food and ask that you bring both food and friends if you are able. Our community boasts some truly talented cooks who annually showcase their talents (Yum!) and this is a great opportunity to introduce new people to the RLC!

There will be food, music, crafts, friends, community and time for reflection!

**For more information, call the Pittsfield Center at (413) 236-5888.** If you plan to bring something yummy...it would be great to hear from you so we have an idea what the table is going to look like!



**Department of Mental Health (DMH) Board seeks new membership!**

If you are someone who has received mental health services in Massachusetts and identify as having lived experience with a mental health diagnosis, extreme states and/or trauma, DMH would like you to consider offering your expertise to their Board. This body is tasked with community input and recommendations for the operations of our local DMH programs.

Meetings are held on the last Wednesday of each month at the DMH Offices, 1 Prince Street, Northampton, from 5:45pm – 7:45pm.

For more information, **contact Judy Fonamh at (413) 774-3111 ext. 301**

# Holyoke Area

Hampden County • December 2011

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>The RLC aspires to be scent free. Please avoid wearing scents to any RLC events or spaces. Please contact us if you have additional accommodation requests, including interpreters.</i></p>			<p><b>1</b></p> <ul style="list-style-type: none"> <li>Center Open 12-4p</li> <li>Arts &amp; Crafts w/Val (Facilitator speaks ASL/English) 2-3p</li> </ul>	<p><b>2</b></p> <ul style="list-style-type: none"> <li>Center Open 12-4p</li> <li><b>Body Awareness Eating Disorder Support Group 4:15-5:45p</b></li> </ul>
<p><b>5</b></p> <ul style="list-style-type: none"> <li>Center Closed</li> <li><b>Guiding Council of Western Mass 1-3p</b></li> </ul>	<p><b>6</b></p> <ul style="list-style-type: none"> <li>Center Open 10a-4p</li> <li>Hearing Voices Group 4:30-6p</li> </ul>	<p><b>7</b></p> <ul style="list-style-type: none"> <li>Center Open 12-7p</li> <li>Deaf/HOH Drop-in 2:30-5:30p</li> <li><b>Stress Management &amp; Relaxation 2-3p</b></li> <li>Ear Acupuncture 3-4p</li> <li>Movie Night 4-6p</li> </ul>	<p><b>8</b></p> <ul style="list-style-type: none"> <li>Center Open 12-4p</li> <li>Arts &amp; Crafts w/Val (Facilitator speaks ASL/English) 2-3p</li> </ul>	<p><b>9</b></p> <ul style="list-style-type: none"> <li>Center Open 12-4p</li> <li><b>HVN Facilitator's Networking Meeting 1:30-3p</b></li> <li><b>Body Awareness Eating Disorder Support Group 4:15-5:45p</b></li> </ul>
<p><b>12</b></p> <ul style="list-style-type: none"> <li>Center Closed</li> </ul>	<p><b>13</b></p> <ul style="list-style-type: none"> <li>Center Open 10a-4p</li> <li>Hearing Voices Group 4:30-6p</li> </ul>	<p><b>14</b></p> <ul style="list-style-type: none"> <li>Center Open 12-7p</li> <li>Deaf/HOH Drop-in 2:30-5:30p</li> <li><b>Stress Management &amp; Relaxation 2-3p</b></li> <li>Ear Acupuncture 3-4p</li> <li>Movie Night 4-6p</li> </ul>	<p><b>15</b></p> <ul style="list-style-type: none"> <li>Center Open 12-4p</li> <li><b>Volunteer Support Meeting 1-3p</b></li> <li>Arts &amp; Crafts w/Val (Facilitator speaks ASL/English) 2-3p</li> </ul>	<p><b>16</b></p> <ul style="list-style-type: none"> <li>Center Open 12-4p</li> <li><b>Body Awareness Eating Disorder Support Group 4:15-5:45p</b></li> </ul>
<p><b>19</b></p> <ul style="list-style-type: none"> <li>Center Closed</li> </ul>	<p><b>20</b></p> <ul style="list-style-type: none"> <li>Center Open 10a-4p</li> <li><b>Pizza &amp; Community Council 1-3p</b></li> <li>Hearing Voices Group 4:30-6p</li> </ul>	<p><b>21</b></p> <ul style="list-style-type: none"> <li>Center Open 12-7p</li> <li>Deaf/HOH Drop-in 2:30-5:30p</li> <li><b>Stress Management &amp; Relaxation 2-3p</b></li> <li>Ear Acupuncture 3-4p</li> <li>Movie Night 4-6p</li> </ul>	<p><b>22</b></p> <ul style="list-style-type: none"> <li>Center Open 12-4p</li> <li>Arts &amp; Crafts w/Val (Facilitator speaks ASL/English) 2-3p</li> </ul>	<p><b>23</b></p> <ul style="list-style-type: none"> <li>Center Open 12-4p</li> <li><b>Body Awareness Eating Disorder Support Group 4:15-5:45p</b></li> </ul>
<p><b>26</b></p> <ul style="list-style-type: none"> <li>Center Closed</li> </ul>	<p><b>27</b></p> <ul style="list-style-type: none"> <li>Center Open 10a-4p</li> <li>Hearing Voices Group 4:30-6p</li> </ul>	<p><b>28</b></p> <ul style="list-style-type: none"> <li>Center Open 12-7p</li> <li>Deaf/HOH Drop-in 2:30-5:30p</li> <li><b>Warmline Coalition Meeting 1-2:30p</b></li> <li><b>Stress Management &amp; Relaxation 2-3p</b></li> <li>Ear Acupuncture 3-4p</li> <li>Movie Night 4-6p</li> </ul>	<p><b>29</b></p> <ul style="list-style-type: none"> <li>Center Open 12-4p</li> <li><b>Peer Networking Mtg 11:30a-2p</b></li> <li>Arts &amp; Crafts w/Val (Facilitator speaks ASL/English) 2-3p</li> </ul>	<p><b>30</b></p> <ul style="list-style-type: none"> <li>Center Open 12-4p</li> <li><b>Body Awareness Eating Disorder Support Group 4:15-5:45p</b></li> </ul>

# HOLYOKE AREA / Hampden County • December 2011

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

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

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

**American Sign Language (ASL) for Beginners: Thursdays 12-1p,** This group will be on break. If you are interested in seeing this group return, please contact us to let us know at (413) 539-5941 ext. 200.

**Arts & Crafts: Thursdays from 1-2pm.** Join Val and others from the community for this arts and crafts group that will offer opportunities to socialize, knit, paint and more. Val is deaf and fluent in ASL and English.

**Community Council: Third Tuesday of every month from 1-3pm,** The Community Council is an open meeting for the local Holyoke community to provide input and discuss issues that are important to you regarding the Holyoke Center and/or the RLC in general. This can include difficulties or challenges that have come up or ideas for the future. We want to hear from you!!! **Pizza served.**

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

**Guiding Council of Western Mass (GCOW): Monday, December 5<sup>th</sup> from 1-3pm.** GCOW is the advisory board to the RLC and is open to anyone who has lived experience and lives/works in Western Mass. GCOW normally meets the 1st Monday of every month (2nd Monday when the 1st is a holiday) from 1pm to 3pm at the Holyoke RCC. Interested in becoming a Council Delegate to GCOW? Contact Lisa at (413) 539-5941 ext. 202 or [lisa@westernmassrlc.org](mailto:lisa@westernmassrlc.org) for more info.

**Hearing Voices Facilitator Networking Meeting: Friday, December 9<sup>th</sup> from 1:30pm to 3pm.** Join fellow facilitators of Hearing Voices Network groups (or those working on becoming facilitators and starting groups up!) to share ideas, provide support and network. Please RSVP to Lisa at (413) 539-5941 ext. 202. Some refreshments provided.

**Hearing Voices Group: Tuesdays from 4:30 to 6pm.** Hearing Voices groups are popular and widespread across the globe, especially England. Hearing Voices groups do not pathologize the experience of hearing voices or experiencing other altered/extreme states (*you do not need to hear voices to attend this group*). Instead they ask, “what does the experience mean to you?” RLC is lead sponsor, co-sponsored by the Center for Human Development and the Freedom Center.

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

**Peer Worker Networking Meeting: Thursday, December 29<sup>th</sup>, from 1130am to 2pm.** All peer workers in paid or volunteer positions are welcome to join this Peer Worker Network and work to support one another, share ideas and talk about issues relevant to Peer workers in our area. Please RSVP to Sera at (413) 539-5941 x 203. **Pizza served.**

**Stress Management & Relaxation: Wednesdays from 2 to 3pm, running to the end of December.** Stress is the response of the body to meet demands made on it. Stress can be pleasant (eustress) and unpleasant (distress). These demands effect physical, emotional, mental and behavioral well being. Often our perception and reaction to stress is more powerful than the actual stressor. Are you aware of your current stressors; patterns to stress; recognize signs and symptoms and ways to handle stress? Relaxation techniques including mindful breathing, exercises, imagery, progressive relaxation and meditation will be discussed and practiced.

**Support Group- Body Awareness & Eating Disorders: Fridays from 4:15pm to 5:45pm, running to the end of December.** Johnna Bossuot and Don Wentworth will lead this drop-in support group for individuals wishing to explore issues around eating disorders and body awareness. The goal will be to provide a safe, comfortable and non-judgmental environment to talk about the ways we think about ourselves and act toward ourselves and how they can affect our relationship to food and our bodies.

**Volunteer Support Meeting: Thursday, December 15<sup>th</sup> 1pm to 3pm.** Join Amanda and others from the local RLC community to talk about issues related to volunteering, get support and grow! This month, we will focus on challenging situations.

**Warmline Coalition Meeting:** The Western Mass Warmline Coalition will be held on **Wednesday, December 28<sup>th</sup>, 1-2:30pm. (with the training sub-committee to meet directly after at 2:30pm).** Anyone from a provider organization or the community is welcome to come and help us evaluate what warmline services we need and want in our area and how to implement our vision! We are currently moving toward implementing a weekend warmline for the New Year!!

# Springfield Area

Hampden County • December 2011

Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>The RLC aspires to be scent free. Please avoid wearing scents to any RLC events or spaces. Please contact us if you have additional accommodation requests, including interpreters.</i></p>		<p><b>1</b></p> <ul style="list-style-type: none"> <li>Center Open 9a-3p</li> <li>Yoga (<b>all levels welcome</b>) 10-11a</li> <li>Beginning Belly Dance 1-2p</li> <li>Wellness Center Open 12-6p</li> </ul>	<p><b>2</b></p> <ul style="list-style-type: none"> <li>Center Open 9a-3p</li> <li>Wellness Center Open 12-6p</li> </ul>	<p><b>3</b></p> <ul style="list-style-type: none"> <li>Center Open 11-3p</li> </ul>
<p><b>6</b></p> <ul style="list-style-type: none"> <li>Center Open 9a-3p</li> <li>Reiki 10a-1p</li> <li><b>First Tuesday Potluck 12-2p</b></li> <li>Yoga (<b>all levels welcome</b>) 2-3:30p (Downtown @ 11 Pearl St, Suite 217)</li> <li>After Incarceration Support Group 4-5p (736 State St.)</li> </ul>	<p><b>7</b></p> <ul style="list-style-type: none"> <li>Center Closed</li> <li>Wellness Center Open 12-6p</li> </ul>	<p><b>8</b></p> <ul style="list-style-type: none"> <li>Center Open 9a-3p</li> <li>Yoga (<b>all levels welcome</b>) 10-11a</li> <li>Beginning Belly Dance 1-2p</li> <li>Wellness Center Open 12-6p</li> </ul>	<p><b>9</b></p> <ul style="list-style-type: none"> <li>Center Open 9a-3p</li> <li>Wellness Center Open 12-6p</li> </ul>	<p><b>10</b></p> <ul style="list-style-type: none"> <li>Center Open 11-3p</li> </ul>
<p><b>13</b></p> <ul style="list-style-type: none"> <li>Center Open 9a-3p</li> <li>Reiki 10a-1p</li> <li>Yoga (<b>all levels welcome</b>) 2-3:30p (Downtown @ 11 Pearl St, Suite 217)</li> <li>After Incarceration Support Group 4-5p (736 State St.)</li> </ul>	<p><b>14</b></p> <ul style="list-style-type: none"> <li>Center Closed</li> <li>Wellness Center Open 12-6p</li> </ul>	<p><b>15</b></p> <ul style="list-style-type: none"> <li>Center Open 9a-3p</li> <li>Yoga (<b>all levels welcome</b>) 10-11a</li> <li><b>Pizza &amp; Community Council 11a-12p</b></li> <li>Beginning Belly Dance 1-2p</li> <li>Wellness Center Open 12-6p</li> </ul>	<p><b>16</b></p> <ul style="list-style-type: none"> <li>Center Open 9a-3p</li> <li>Wellness Center Open 12-6p</li> </ul>	<p><b>17</b></p> <ul style="list-style-type: none"> <li>Center Open 11-3p</li> </ul>
<p><b>20</b></p> <ul style="list-style-type: none"> <li>Center Open 9a-3p</li> <li>Reiki 10a-1p</li> <li>Yoga (<b>all levels welcome</b>) 2-3:30p (Downtown @ 11 Pearl St, Suite 217)</li> <li>After Incarceration Support Group 4-5p (736 State St.)</li> </ul>	<p><b>21</b></p> <ul style="list-style-type: none"> <li>Center Closed</li> <li>Wellness Center Open 12-6p</li> </ul>	<p><b>22</b></p> <ul style="list-style-type: none"> <li>Center Open 9a-3p</li> <li>Yoga (<b>all levels welcome</b>) 10-11a</li> <li>Beginning Belly Dance 1-2p</li> <li>Wellness Center Open 12-6p</li> </ul>	<p><b>23</b></p> <ul style="list-style-type: none"> <li>Center Open 9a-3p</li> <li>Wellness Center Open 12-6p</li> </ul>	<p><b>24</b></p> <p><b>Closed Christmas Eve</b></p>
<p><b>27</b></p> <ul style="list-style-type: none"> <li>Center Open 9a-3p</li> <li>Reiki 10a-1p</li> <li><b>Holiday Potluck Lunch 12-3p</b></li> <li>Yoga (<b>all levels welcome</b>) 2-3:30p (Downtown @ 11 Pearl St, Suite 217)</li> <li>After Incarceration Support Group 4-5p (736 State St.)</li> </ul>	<p><b>28</b></p> <ul style="list-style-type: none"> <li>Center Closed</li> <li>Wellness Center Open 12-6p</li> </ul>	<p><b>29</b></p> <ul style="list-style-type: none"> <li>Center Open 9a-3p</li> <li>Yoga (<b>all levels welcome</b>) 10-11a</li> <li>Beginning Belly Dance 1-2p</li> <li>Wellness Center Open 12-6p</li> </ul>	<p><b>30</b></p> <ul style="list-style-type: none"> <li>Center Open 9a-3p</li> <li>Wellness Center Open 12-6p</li> </ul>	<p><b>31</b></p> <ul style="list-style-type: none"> <li>Center Open 11-3p</li> </ul>

## **SPRINGFIELD AREA / Hampden County • December 2011**

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

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

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

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

**After Incarceration Support Group: Tuesdays from 4pm to 5pm** (people who are new and would like to talk with the facilitator before the group are welcome to come at 330pm), AISS, 736 State Street, Springfield. Join Mark and others from the community who have experienced legal issues and/or being incarcerated as well as trauma or mental health issues for a supportive group with those who have been through similar experiences.

**Beginning Belly Dance: Thursdays from 1pm to 2pm.** Belly Dance is an ancient form of dance. It is a “people’s dance,” all participate in this expression and celebration of life. Belly dance is an enjoyable recreational activity, and can be both fun and relaxing. Individuals at all levels of physical ability can work at their own pace. Each class, led by Michelle(Amina), will progress through warm up stretching, muscle isolation, dance movements and steps, finishing with a cool down. Come join the fun and dance.

**Pizza & Community Council: The 3<sup>rd</sup> Thursday of the month, December 15<sup>th</sup> from 11am to 12pm.** The Community Council is an open meeting for the local Springfield community to provide input and discuss issues that are important to you regarding the Bowen Resource Center, the Wellness Center and/or the RLC in general. This can include difficulties or challenges that have come up or ideas for the future. We want to hear from you!!! **Pizza served at the end of the meeting.**

**First Tuesday Potluck: The first Tuesday of the month: December 6<sup>th</sup>, 12 to 2pm.** Join the RLC community for a fun celebration with food, games, music, pool and/or movies! Bring food to share if you can, but please join us even if you aren’t able to bring a dish! RSVPs appreciated, but you’re welcome to just show up!

**Holiday Potluck Lunch: Tuesday, December 27<sup>th</sup> from 12:00pm to 3:00pm.** 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) 732-1703.

**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.

**We are anticipating starting an “Alternatives to Suicide” support group at the Bowen Resource Center, 340 Main Street in Springfield. This group will begin as soon as we secure co-facilitators and establish community interest.**

**Questions or interested in attending or being a co-facilitator?**

**Call (413) 539-5941 ext. 318**

# Pittsfield Area

Berkshire County • December 2011

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>The RLC aspires to be scent free. Please avoid wearing scents to any RLC events or spaces. Please contact us if you have additional accommodation requests, including interpreters.</i></p>			<p><b>1</b></p> <ul style="list-style-type: none"> <li>Center Open 12-4p</li> <li>Poker Time 1-230p</li> <li>Mindfulness 3-4p</li> <li><b>Hearing Voices 430-6p</b></li> </ul>	<p><b>2</b></p> <ul style="list-style-type: none"> <li>Center Closed</li> </ul>
<p><b>5</b></p> <ul style="list-style-type: none"> <li>Center Open 12-3p</li> <li><b>General Support Group 11a-12p</b></li> <li>Spiritual Explorations 1230-130p</li> <li>Jewelry Creations 1-3p</li> </ul>	<p><b>6</b></p> <ul style="list-style-type: none"> <li>Center Open 12-4p</li> <li>Yoga Means Union 10-1130a</li> <li>Crochet 3-4p</li> </ul>	<p><b>7</b></p> <ul style="list-style-type: none"> <li>Center Closed</li> <li>UR an Artist 11-1230p</li> </ul>	<p><b>8</b></p> <ul style="list-style-type: none"> <li>Center Open 12-4p</li> <li>Poker Time 1-230p</li> <li>Mindfulness 3-4p</li> </ul>	<p><b>9</b></p> <ul style="list-style-type: none"> <li>Center Closed</li> </ul>
<p><b>12</b></p> <ul style="list-style-type: none"> <li>Center Open 12-3p</li> <li><b>General Support Group 11a-12p</b></li> <li>Spiritual Explorations 1230-130p</li> <li>Jewelry Creations 1-3p</li> </ul>	<p><b>13</b></p> <ul style="list-style-type: none"> <li>Center Open 12-4p</li> <li>Yoga Means Union 10-1130a</li> <li>Crochet 3-4p</li> </ul>	<p><b>14</b></p> <ul style="list-style-type: none"> <li>Center Closed</li> <li>UR an Artist 11-1230p</li> </ul>	<p><b>15</b></p> <ul style="list-style-type: none"> <li>Center Open 12-4p</li> <li>Poker Time 1-230p</li> <li>Mindfulness 3-4p</li> <li><b>Hearing Voices 430-6p</b></li> </ul>	<p><b>16</b></p> <ul style="list-style-type: none"> <li>Center Closed</li> </ul>
<p><b>19</b></p> <ul style="list-style-type: none"> <li>Center Open 12-3p</li> <li><b>General Support Group 11a-12p</b></li> <li>Spiritual Explorations 1230-130p</li> <li>Jewelry Creations 1-3p</li> </ul>	<p><b>20</b></p> <ul style="list-style-type: none"> <li>Center Open 12-4p</li> <li>Yoga Means Union 10-1130a</li> <li>Crochet 3-4p</li> </ul>	<p><b>21</b></p> <ul style="list-style-type: none"> <li>Center Closed</li> <li>UR an Artist 11-1230p</li> </ul>	<p><b>22</b></p> <ul style="list-style-type: none"> <li>Center Open 12-4p</li> <li>Poker Time 1-230p</li> <li>Mindfulness 3-4p</li> <li><b>Winter Solstice Potluck 3p-6p</b></li> </ul>	<p><b>23</b></p> <ul style="list-style-type: none"> <li>Center Closed</li> </ul>
<p><b>26</b></p> <p><b>All Activities Cancelled</b></p>	<p><b>27</b></p> <ul style="list-style-type: none"> <li>Center Open 12-4p</li> <li>Yoga Means Union 10-1130a</li> <li>Crochet 3-4p</li> </ul>	<p><b>28</b></p> <ul style="list-style-type: none"> <li>Center Closed</li> <li>UR an Artist 11-1230p</li> </ul>	<p><b>29</b></p> <ul style="list-style-type: none"> <li>Center Open 12-4p</li> <li>Poker Time 1-230p</li> <li>Mindfulness 3-4p</li> <li><b>Hearing Voices 430-6p</b></li> </ul>	<p><b>30</b></p> <ul style="list-style-type: none"> <li>Center Closed</li> </ul>

## PITTSFIELD AREA / Berkshire County • December 2011

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

*Unless specifically noted, all activities are free and take place at the RLC Berkshire Center: 152 North St., Suite 230 located between Pancho's Restaurant and The Garden beneath the Pancho's awning. Once inside follow the signs to the elevator or stairs at the back of the building. We are on the 2nd floor! An automated handicap-accessible door is located in the rear of the building at 152 Renne Avenue. 30 & 90 minute parking is available on street and 3 hour parking in the Columbus Parking Deck located on Summer Street just behind Ad-Lib. The RCC phone: 413-236-5888 & fax: 413-236-2995*

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

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

**General Support Group: *NEW TIME* 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:** Back by popular demand, Jewelry Creations takes small projects from start to end and teaches the basics of stringing and wire jewelry making. Bring your own projects or use the materials provided.

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

**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.

**Winter Solstice Potluck: Thursday December 22<sup>nd</sup>, 3:00pm – 6:00pm.** 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.

# Greenfield Area

Franklin County • December 2011

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>This center is only open during the listed activities.</b></p> <p><i>The RLC aspires to be scent free. Please avoid wearing scents to any RLC events or spaces. Please contact us if you have additional accommodation requests, including interpreters.</i></p>			<p><b>1</b></p> <ul style="list-style-type: none"> <li>• Open Hours 9-12p</li> </ul>	<p><b>2</b></p> <ul style="list-style-type: none"> <li>• <b>Alternatives to Suicide Peer Support Group Facilitator Training</b></li> <li>• Coming Alive with Breath 4-6:30p</li> </ul>
<p><b>5</b></p> <ul style="list-style-type: none"> <li>• RLC Support Forum 10-1p</li> <li>• Open Hours 1-4p (Abierto, Horas en Espanol)</li> <li>• Women's Self Care Support Group 6:30-8:30p</li> </ul>	<p><b>6</b></p> <ul style="list-style-type: none"> <li>• Circle of Friends Open Session 11:30-1:30p</li> <li>• Alternatives to Suicide Peer Support Group 5-6:30p</li> </ul>	<p><b>7</b></p> <ul style="list-style-type: none"> <li>• Gentle Yoga 9:30-10:50a</li> <li>• Sip &amp; Chat 11-12p</li> <li>• Acupuncture 12-1p</li> <li>• Veterans Support:</li> <li>• Yoga Warriors 3-4:30p</li> </ul>	<p><b>8</b></p> <ul style="list-style-type: none"> <li>• Open Hours 9-12p</li> </ul>	<p><b>9</b></p> <ul style="list-style-type: none"> <li>• <b>Non-Violent Communication Training Introductory Session 9:30-11:30a</b></li> </ul>
<p><b>12</b></p> <ul style="list-style-type: none"> <li>• RLC Support Forum 10-1p</li> <li>• Open Hours 1-4p (Abierto, Horas en Espanol)</li> <li>• Women's Self Care Support Group 6:30-8:30p</li> </ul>	<p><b>13</b></p> <ul style="list-style-type: none"> <li>• Alternatives to Suicide Peer Support Group 5-6:30p</li> </ul>	<p><b>14</b></p> <ul style="list-style-type: none"> <li>• Gentle Yoga 9:30-10:50a</li> <li>• Sip &amp; Chat 11-12p</li> <li>• Acupuncture 12-1p</li> <li>• Veterans Support: Discussion Grp 3-4:30p</li> </ul>	<p><b>15</b></p> <ul style="list-style-type: none"> <li>• Open Hours 9-12p</li> </ul>	<p><b>16</b></p> <p>(Coming Alive with Breath <b>CANCELLED</b>)</p> <ul style="list-style-type: none"> <li>• <b>Holiday Clothing Swap 5:30-8:30p</b></li> </ul>
<p><b>19</b></p> <ul style="list-style-type: none"> <li>• RLC Support Forum 10-1p</li> <li>• Open Hours 1-4p (Abierto, Horas en Espanol)</li> <li>• Women's Self Care Support Group 6:30-8:30p</li> </ul>	<p><b>20</b></p> <ul style="list-style-type: none"> <li>• Alternatives to Suicide Peer Support Group 5-6:30p</li> </ul>	<p><b>21</b></p> <ul style="list-style-type: none"> <li>• Gentle Yoga 9:30-10:50a</li> <li>• Sip &amp; Chat 11-12p</li> <li>• Acupuncture 12-1p</li> <li>• Veterans Support: Yoga Warriors 3-4:30p</li> </ul>	<p><b>22</b></p> <ul style="list-style-type: none"> <li>• Open Hours 9-12p</li> </ul>	<p><b>23</b></p> <ul style="list-style-type: none"> <li>• Fourth Friday Art Circle 7-9p</li> </ul>
<p><b>26</b></p> <p><b>All Activities Cancelled</b></p>	<p><b>27</b></p> <ul style="list-style-type: none"> <li>• Alternatives to Suicide Peer Support Group 5-6:30p</li> </ul>	<p><b>28</b></p> <ul style="list-style-type: none"> <li>• Gentle Yoga 9:30-10:50a</li> <li>• Sip &amp; Chat 11-12p (<b>Acupuncture CANCELLED</b>)</li> <li>• Veterans Support: Discussion Grp 3-4:30p</li> </ul>	<p><b>29</b></p> <ul style="list-style-type: none"> <li>• Open Hours 9-12p</li> </ul>	<p><b>30</b></p> <ul style="list-style-type: none"> <li>• Center Closed</li> </ul>

## **GREENFIELD AREA / Franklin County • December 2011**

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

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

**Franklin County Center Open Hours: Mondays, 1-4pm & Thursdays, 9-12.** Come get peer support and check out other resources available. Abierto, Horas en Español a lunes! Venga para apoyo o solo para charlar. **Spanish speaker available on Mondays.** Come by for support or just to chat.

**Acupuncture: Wednesday, 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. *Acupuncture will be CANCELLED Dec 28<sup>th</sup>.*

**Alternatives to Suicide Peer Support Group Facilitation Training: Friday, Dec 2, 12-3pm.** The RLC Greenfield Center, 74 Federal St., The Western Mass Recovery Learning Community (RLC), with support from Tapestry Health, is offering an Alternatives to Suicide Peer Support Group (Alt2Su) Facilitator Training for community members who share the struggle of feeling suicidal and who wish to support others who do as well. Learn the myths and misconceptions about suicide, the relationship to self-inflicted injury, the history of and various approaches to our groups, and the incorporation of a self-care tools list. This training is geared toward people who have had some facilitation experience, although facilitation basics for running an Alt2Su group will be reviewed. *Space is limited, sign up today!!!* 413-561-3268

**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.

**Circle of Friends Open Session: *Opening the Heart, Touching the Soul.* Tuesday, December 6, 11:30-1:30pm,** lunch will be provided. The RLC Greenfield Center, 74 Federal St. Circle of Friends Open Session is a monthly gathering that uses breath work, sharing, and psychodrama to open the heart and touch the soul. For many years, Circle of Friends has been meeting to learn new skills to enhance our lives as we find the commonality between us. We now extend the circle to new friends in Greenfield. Please join us and experience the healing that takes place; we welcome you. *For more info: eschreiber@carsoncenter.org 413-579-7570* This is a collaboration of Valley Human Services and the Western Mass RLC.

**Coming Alive with Breath: 1<sup>st</sup> and 3<sup>rd</sup> Fridays, 4-6:30pm** RLC Greenfield site, 74 Federal St., Join us for Coming Alive with Breath, an ongoing circle with Jude Johnson. We have become shallow breathers-- fear, grief, repressed pain and anger take our breath away. Overwhelmed by our own and world suffering, we become exhausted, numb and disconnected from our life force. Coming Alive with Breath helps integrate these feelings. As we free restrictions and clear heavy blocks, we connect to the love and joy at our core, feel lighter and clearer, have more energy and come alive!!! Please bring two pillows with you. For questions or cancellation info, contact: judeandjontz@gmail.com or 413-624-3963 *Please note: CANCELLED December 16<sup>th</sup>.*

**Fourth Friday Art Circle: Friday, December 23, 7-9pm.** The RLC Greenfield Center, 74 Federal St. Fourth Friday Art Circle is a support group for visual artists who have lived experience with extreme states, a mental health diagnosis or trauma. For many, creativity is a key to wellness. This is a safe space to show work in progress, talk about what your art means to you, share struggles and breakthroughs, or simply be present.

## GREENFIELD AREA / Franklin County • December 2011 (cont'd)

**Gentle Yoga: Weds, 9:30- 10:50am**, The RPX (Recover Project Extension), One Osgood St., Grnfld. Erica Travis incorporates light-hearted joyful movement with a reverent and consistent focus on breath and deepening individual awareness. While this class will be tailored to the beginner and those in recovery, all students are encouraged to practice at a pace that suits their own bodies in the present moment. Multiple variations of poses are presented to encourage individual choices and levels of ability. Class is co-ed!

**HOLIDAY CLOTHING SWAP!!!: Friday December 14<sup>th</sup>, 5:30-8:30pm**. Wanna refresh your closet for the Holidays? Well, here's your chance! Bring your old clothing or accessories and leave with some new ones just in time for the holiday. Bring finger food to share. (5:30-6:15 preview and clothing set up)

**Introduction to NonViolent Communications (NVC): December 9<sup>th</sup>, 9-11:30**. The RPX (Recover Project Extension), One Osgood St., Grnfld. Our NVC 8-week training is filled to capacity *but* all are welcome to attend this introduction to NVC. **Karen Fogolatti** is dedicated to transforming lives through teaching conscious communication, also known as Nonviolent Communication. NVC is a powerful process that increases social emotional intelligence and communication skills; using its principles often dramatically improves relationships by helping focus attention on empathic understanding of others, and by expressing our real feelings and values openly and honestly, yet without blame or criticism. This session is a collaboration of The Recover Project (RP) & Recovery Learning Community (RLC), both programs of The Consortium.

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

**Veteran Support: Wednesdays, 3-4:30pm, 1<sup>st</sup> & 3<sup>rd</sup> Weds: Yoga Warriors** (One Osgood St., Grnfld); **2<sup>nd</sup> & 4<sup>th</sup> Weds: Discussion Group** (74 Federal St. Grnfld) ATTENTION ALL VETERANS: Looking to connect with other Vets? Coping with stress and the transitioning to civilian life? Having issues with housing, employment or health? Want to learn about community resources? Miss your buddies? Come to a Veteran Support Discussion Group and Yoga Warriors. Yoga Warriors promotes health, wellness and peace of mind from within. Refreshments provided! Call Alex at (413) 774-5489 x14 for more info. (No group on 5th Wed calendar months.) This group is a collaboration of The Recover Project (RP) & Recovery Learning Community (RLC), both programs of The Consortium.

**Sip & Chat: 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: Mondays, 6:30-8:30**, The Greenfield Women's Resource Center, 278 Federal St, Grnfld. Join facilitators, Janice Sorensen and/or Star for a supportive group where women can share wellness tools and ideas, find a sounding board and support one another. For more info- 413-561-3268.

# Northampton Area

Hampshire County • December 2011

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>The RLC aspires to be scent free. Please avoid wearing scents to any RLC events or spaces. Please contact us if you have additional accommodation requests, including interpreters.</i></p> <p><b>Please see descriptions for locations of each event!</b></p>			<p><b>1</b></p> <ul style="list-style-type: none"> <li>• Yoga 330-5p</li> </ul>	<p><b>2</b></p>
<p><b>5</b></p> <ul style="list-style-type: none"> <li>• Acupuncture Clinic 430-6p</li> <li>• Hearing Voices Group 4-530p</li> </ul>	<p><b>6</b></p> <ul style="list-style-type: none"> <li>• Alternatives to Suicide Group 630-8p</li> </ul>	<p><b>7</b></p>	<p><b>8</b></p> <ul style="list-style-type: none"> <li>• Yoga 330-5p</li> </ul>	<p><b>9</b></p>
<p><b>12</b></p> <ul style="list-style-type: none"> <li>• Acupuncture Clinic 430-6p</li> <li>• Hearing Voices Group 4-530p</li> </ul>	<p><b>13</b></p> <ul style="list-style-type: none"> <li>• Alternatives to Suicide Group 630-8p</li> </ul>	<p><b>14</b></p>	<p><b>15</b></p> <ul style="list-style-type: none"> <li>• Yoga 330-5p</li> </ul>	<p><b>16</b></p> <ul style="list-style-type: none"> <li>• Out to the movies @ Cinemark 1-4p</li> </ul>
<p><b>19</b></p> <ul style="list-style-type: none"> <li>• Acupuncture Clinic 430-6p</li> <li>• Hearing Voices Group 4-530p</li> </ul>	<p><b>20</b></p> <ul style="list-style-type: none"> <li>• Alternatives to Suicide Group 630-8p</li> </ul>	<p><b>21</b></p>	<p><b>22</b></p> <ul style="list-style-type: none"> <li>• Yoga 330-5p</li> </ul>	<p><b>23</b></p>
<p><b>26</b></p> <ul style="list-style-type: none"> <li>• Acupuncture Clinic 430-6p</li> <li>• Hearing Voices Group 4-530p</li> </ul>	<p><b>27</b></p> <ul style="list-style-type: none"> <li>• Alternatives to Suicide Group 630-8p</li> </ul>	<p><b>28</b></p>	<p><b>29</b></p> <ul style="list-style-type: none"> <li>• Yoga 330-5p</li> </ul>	<p><b>30</b></p> <hr/> <p><b>31 Saturday</b></p> <ul style="list-style-type: none"> <li>• First Night 545p</li> </ul>

## **NORTHAMPTON AREA / Hampshire County • December 2011**

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

*Events in this section are in varying locations. Check event description for locations.*

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

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

**Alternatives to Suicide Group:** Tuesdays from 6:30 to 8pm at the Quaker Meeting House in Northampton. This is a peer-run group for individuals who want a safe, judgment-free zone to talk about alternatives to suicide. Please call Kelly at 413-539-5941 ext. 318 for more information or to join this group.

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

**Out to the Movies @ Cinemark:** The 3rd Friday of the month, November 18<sup>th</sup>, 12:30pm to 4pm (actual time may vary slightly depending on movie selected) @ Cinemark Theatres at the Hampshire Mall, Rt. 9, Hadley. Join Denise and other community members for an afternoon at the movies. 6 SPOTS AVAILABLE FOR FREE TICKETS, AND 3 TO 4 SPOTS AVAILABLE FOR TRANSPORTATION ASSISTANCE. You MUST SIGN UP for this event and early sign up is recommended. The actual film and exact meeting time will be determined by Wednesday of that week. Please call Sera at (413) 539-5941, x203 to sign up and/or for more info!

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

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

**First Night in Northampton: Saturday, December 31<sup>st</sup>, 5:45pm.** The Western Mass RLC will be returning to First Night in Northampton for the 4<sup>th</sup> year in a row! From the First Night website: "On Saturday, December 31st, the Center for the Arts and PeoplesBank invite you to a city-wide celebration of creative community. For the 27th time, we host a 12-hour family-friendly festival of the arts that culminates in a traditional ball-raising from the roof of the Hotel Northampton. 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! Call (413) 539-5941 ext. 301

## ADDITIONAL PEER COMMUNITY RESOURCES

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

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

**AD Lib's Peer Drop In Center:** Open Monday through Friday from 5p – 9p, Ad Lib, 215 North Street, Pittsfield. Drop in for support and interactions with peers. Ad Lib defines 'peer' as individuals with varied lived experiences that include mental health diagnoses and/or physical disabilities, etc. Run Ad Lib is a Center for Independent Living. (800 232-7047) **Please note: New visitors are welcome, but will be asked to do a brief intake process.** Call Ad Lib for more info. Ad Lib also offers a variety of peer-run (and other types of) groups and individual supports. Some of the peer-run groups include a Diabetes support group every Thursday from 3:30-4:30pm, a women's group on Fridays at 3pm and a Creative group (writing, drawing, etc.) every Thursday from 1-2:30pm.

**DBSA Group:** Every Wednesday from 6:30-7:30pm, North Adams Regional Hospital, ground floor conference room (near cafeteria). The Depression and Bipolar Support Alliance is a national non-profit organization that offers information and many peer-run support groups throughout the country. Call Pam for more info (413) 664-9156 or visit [www.dbsabennington.org](http://www.dbsabennington.org). (Stay tuned for a new Pittsfield group on Thursdays in 2009!)

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

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

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

**Art Group:** Thursdays from 10am to 12pm 13 Prospect Street, 1<sup>st</sup> Floor conference room, Greenfield. Join this open art group facilitated by Karen Lowe. Call or email for more info (413) 588-8395 or [klowe@servicenetinc.org](mailto:klowe@servicenetinc.org). Sponsored by ServiceNet, Inc.

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

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

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

## ADDITIONAL PEER COMMUNITY RESOURCES Cont.

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

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

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

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

**Anxiety/Phobia Support Group** Every Thursday from 7p to 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 Reinlagen, (413) 977-9073, mreinhagen@gmail.com, [www.BuildingAutisticCommunity.org](http://www.BuildingAutisticCommunity.org)

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

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

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

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

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

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

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

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

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

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

## ADDITIONAL PEER COMMUNITY RESOURCES Cont.

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

**Rainbow Support Group** 187 High St., Suite 202, Holyoke. A support group for gay, lesbian, bisexual, transgender, questioning. Supporters welcome. Call Elaine for the next meeting date at 413-536-2401 x3030 (updated). Sponsored by the Western Mass Training Consortium.

### HAMPSHIRE COUNTY (Northampton, Easthampton, etc.):

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

[www.anchorhouseartists.org](http://www.anchorhouseartists.org).

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

**DBSA Support Group:** Wednesdays, 6:30-8:30pm, ServiceNet, 129 King Street, Northampton. The Depression and Bipolar Support Alliance is a national non-profit organization that offers information and many peer-run support groups throughout the country. This group is facilitated by Mike. Call Mike for more info at (413) 230-0660.

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

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

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

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

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

Ward. Call (413) 584-1508 for more info. Co-sponsored by ServiceNet and VINFEN.

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

### WARMLINES

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

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

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

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

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

### **RLCs IN OTHER AREAS OF THE STATE**

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

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

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

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

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

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

### **STATEWIDE ORGANIZATIONS, EVENTS & TRAININGS**

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

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

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