



Western Mass Recovery Learning Community

January Update & Calendar: Year in Review

Table of Contents:

January Newsletter	Page 1 - 5
Holyoke Area Calendar (Hampden County)	Page 6
<i>Holyoke Area Descriptions</i>	Pages 7 - 8
Springfield Area Calendar (Hampden County)	Page 9
<i>Springfield Area Descriptions</i>	Pages 10
Pittsfield Area Calendar (Berkshire County)	Page 11
<i>Pittsfield Descriptions</i>	Page 12
Greenfield Area Calendar (Franklin County)	Page 13
<i>Greenfield Area Descriptions</i>	Page 14
Northampton Area Calendar (Hampshire County)	Page 15
<i>Northampton Area Descriptions</i>	Page 16
Community Peer-run Resources Outside the RLC	Pages 17 - 20

Western Mass Recovery Learning Community

Phone (413) 539-5941 Fax (413) 536-5466 info@westernmassrlc.org

RLC Year in Review

As we welcome a new year, we would like to take a moment to reflect on 2010 and thank all of the individuals who have helped make our community and the RLC's Resource Connection Centers (RCC) what they are!

THANK YOU TO ALL!

First, we would like to thank our team of RLC workers and regular consultants: Janice Sorensen (Franklin County Coordinator) who returned to us this summer, Val Ennis (Deaf Community Coordinator), Amanda B (Peer Community Coordinator in Holyoke soon to move to a training-focused role), Lisa Forestell (Berkshire County Coordinator), Andy Grant (Franklin County Peer Worker), Dan Sullivan (Peer Consultant in Hampden County), Lynn Welker (Berkshire County Peer Worker), Luis Colon (Peer Community Coordinator in Springfield), Magdalena Murrero (Peer Worker in Springfield) and Pamela Barrow (Peer Worker in Springfield). We'd also like to thank Marylou Sullivan, Kristel Applebee, Maria Rodman, Janet Nieves, Nicole Darden, Rebecca Waugh, Kathy Chaisson, Lori-Ann Bruyette and so many others at The Consortium (our umbrella organization) for all of their ongoing support and patience, as well as Susan Sprung at the Department of Mental Health who has continued to be flexible and supportive as we've grown.

And we can't miss the opportunity thank our growing community of volunteers, stipended workers, consultants, friends and allies. Your contributions in 2010 are what defined us and helped us continue to expand our reach!

Sincerely,

Sera & Oryx
Co-Directors, Western Mass RLC

Special Thanks and Reflections

Cheryl A. & Posie E.: For offering your Reiki healing in Holyoke and Springfield!

Alvilda: For your art, energy and enthusiasm!

Denise A: For your flexibility and generosity with your time!

Rene A: For your support over some of the bumpy roads and growing pains!

Deb B and Lamar: For once again going above and beyond as ASL interpreters!

Marianne C.: For exhibiting your art and teaching others with Recover Art!

Gineen C: For your support with the writing and Alternatives to Suicide groups!

Danielle N: For your willingness to keep moving forward and find new ways to work together!

Lisa D: For stepping in to help cover during Amanda's leave!

Terry F.: For bringing your wisdom and knowledge to our employment and benefits projects!

Daniel Mackler: For sharing 'Take These Broken Wings' and yourself with us and being so open to learning about our perspective!

Michael O.: For your commitment to the Alternatives to Suicide groups!

Karla L.: For your deep compassion and for reaching out to those who can't come in to a center!

Jenn M.: For being the most flexible volunteer ever, always willing to jump in where needed!

Margo M.: For your ongoing commitment to GCOW and for your weekly updates!

Sally M.: For taking part in so many big events and for your ongoing Yoga classes!

Carol M.: For your ongoing commitment to Hearing Voices and your participation in the first HV training!

Kimberly C.: For choosing us for your service learning!

Special Thanks and Reflections

Ken Paul Rosenthal: For sharing your film, Crooked Beauty, with us and spending a whole week learning about Western Mass!

Maura P: For bringing Zentangles, Community Voice and Transformation Center to the Western Mass RLC!

Robert Whitaker: For sharing yourself, your new book and your inspiring energy with us!

Tim N: For sharing your story perspectives of Spiritual Emergence with our community!

Nanteeza: For your kind presence and your volunteer support!

Mark J.: For your ongoing commitment to Peer Facilitator groups at AISS and Parkview!

Ron Coleman: For sharing your moving and inspiring story and the Hearing Voices Network!

Carol J.: For your ongoing commitment to our Holyoke Center!

Laura P.: For your continued training support with the Peer Facilitator Program!

Scott Johnston: For visiting us and sharing your film, "OC87," and your vision of a new website (Recovery Diaries)

Ruthie P.: For your perseverance and advocacy statewide and your leadership with the Peer Employment Network project!

Kermit C.: For thinking of us and sending Scott our way!

Highlights Inside this Issue:

Thank You to Organizations	PAGE 2
PIZZA Focus Group Opportunity	PAGE 3
Guiding Council Annual Meeting Announcement and Invitation	PAGE 3

Thanks & Reflections Cont.

Paul Baker: For taking time to attend our Peer Networking meeting and the Hearing Voices presentation and class!

Frank D.: For always showing up with a smile on your face and greeting everyone.

Howard R.: For your warm, gentle spirit and for being willing to help out with anything. We miss you and hope you are enjoying Florida!

Elinor: For donating crafting supplies!

Ernestine: For sharing your needlework skills and helping others with their knitting projects!

Kelly K.: For your ongoing enthusiasm and your support of the Alternatives to Suicide Group!

Chris: For your support of another member of the community through a miscarriage and difficult time!

Gail H.: For your non-stop giving of yourself to support the Hearing Voices movement and the RLC, and for all your coordination efforts and wisdom!

Thia H.: For your humor through even the most difficult topics and for your willingness to share your experiences and wisdom in so many ways!

Rhiannon: For bringing Hip Hop to Bowen!

Pam: For your positive energy and willingness to volunteer at Bowen!

Briana W.: For sticking out some difficult times and for your vision and voice around cultural issues!

Art B.: For all of your outreach and the connections you made at Bowen!

Linda S.: For navigating a challenging internship and for continuing to stay connected!

Pam B.: For your willingness to support our community with your internship supervision skills!

Joah C.: For coordinating the most memorable beach trip ever and so much more!

Chris H.: For your help with interviews and day-to-day needs!

Bonnie J.: For your commitment to the warmline and to GCOW!

Vivian L.: For your support in Holyoke and Springfield and for hanging in through challenging times!

Rosa G: For your bright spirit and commitment to Open Hours for Spanish Speakers!

Gilbert: For your integrity, willingness to share your many talents, and your help with the holiday party!

Star: For your belief in our community and enthusiasm for silliness!

Tim RB: For your warm and dignified approach to just about everything!

Stephanie: For your ability to “show up” in more ways than one and your interest in gaining peer work skills!

Tony: For sharing your carpentry skill on the Recovery Annex!

Patsy and Peggy: For offering your collective authenticity and wisdom to the Recovery Annex Co-Council!

Josefina: For all your volunteer work at Bowen Center and referring your son - Gracias!

Nydia: For your wisdom and contributions to the Bowen Center - Gracias!

Anelis: For your participation at the volunteer training and help with interpretation in various settings!

Rafy S.: For your willingness to help out at the Bowen Center!

Rain: For starting to step up at the Bowen Center, including some heavy lifting!

Sandy T.: For your help keeping everything at the Bowen Center together!

Bruce B.: For being an amazing landlord and friend to the RLC!

Rafy T.: For staying connected and teaching our community valuable computer skills!

Kate: For being our very first yoga intern and helping so much with our Springfield classes!

Sarah: For your energy, humor and your volunteer work at the Bowen Center!

Adrian, Alice T., Claudine M., Maure BC, Legend, and Julie: For making our world a more interesting and compelling place through the RLC peer art series.

Margaret O.: For your warmline work and being a GCOW vet!

Robert L.: For your volunteerism at the Pittsfield center.

Amber B.: For your volunteer help with the center, the crochet group and the 3rd birthday party!

Sean R.: For volunteering and support of the art group!

Scott C.: For volunteering and your leadership with the music group!

Hannah S.: For volunteering and support with jewelery making!

Stephanie W.: For bringing hooping to our 3rd birthday party!

Sahina: For your bellydancing expertise and entertainment!

Amanda W.: For your cake baking contributions!

Casey M.: For your volunteerism and helping out with community members’ kids!

Robyn M.: For being our littlest volunteer in the Berkshires!

Rachel S.: For sharing your story!

Ann Marie J.: For sharing your story!

Hillary B.: For your unrelenting support and being an ally!

Maureen F.: For being the ‘in-a-pinch’ queen!

Michael H., Gina & Baxter C., Elizabeth H., and Annemarie M., : For helping facilitate and make possible the connection we have developed with (respectively) Berkshire Medical, Holyoke Hospital, Parkview and Cooley Dickinson.

Marcia W.: For keeping us in the loop and helping to represent Western Mass statewide!

Deb D. & Lyn L.: For making the trip to hear our voice on statewide issues!

Maura: For helping to develop our Franklin County Inner Workings Series and jumping right in!

Brigid: For reaching out to us and volunteering with the RLC to improve policies around sheltering!

Please see our last note on thank you’s on Page 5!

Community Resources:

New Wave/Nueva Onda

New Wave/Nueva Onda is a substance abuse treatment and HIV/AIDS rapid testing and referral program serving adolescents aged 13-17 and young adults ages 18-24 who reside in the geographic area of the North End, South End, Mason Square, and Liberty Heights neighborhoods of Springfield.

New Wave/Nueva Onda is a free and offers a comprehensive program for young people struggling with substance abuse and mental health issues.

Some of the topic areas covered in the free program are as follows:

- Taking Back Your Power
- Grounding
- Self Nurturing
- Honesty
- Healthy Relationships
- Discovery
- Community Resources
- Creating Meaning
- Healing from Anger

For more information you can contact the Gandara Center at 413-736-4017

Please also consider attending an informational session at the RLC's Bowen Resource Center, 340 Main St., Springfield:

Friday, January 21st, 10 to 11am

Wilfredo Sanchez and Lewis Hackman from the New Wave/Nueva Onda program will be presenting on what they can offer young people age 13 to 24. Please come if you are interested in learning more.

SCHEDULE CHANGE

Fridays in Springfield Now Open to Everybody Age 18 and Over

Due to popular demand, Fridays at the Bowen Resource Center are now open to all ages over 18!

We are open 9am to 3pm.

Come one, come all!

CANCELLATION LINE

As winter is upon us, the likelihood of cancellations now increases. To double check whether a particular group is still happening as planned, call (413) 539-5941 ext. 314 (or toll free to 866 641 2853 ext. 314).

Please do NOT count on phone calls or e-mails for cancellations.

One Last Thank You!

Thank you to everyone who may have been missed on this list or to those whose contributions we had to boil down to a few words, but who have given so much more!

Thank you to all of your who do informal outreach for the RLC by word of mouth and by leaving calendars and events materials about in the community.

Thank you to all of you who contacted us for assistance with various needs. You help us learn to help others with similar challenges to yours.

And finally, thank you to all of you who are 'working your recovery.' You provide hope and inspiration for us all!

ABBREVIATIONS/DEFINITIONS

WRAP: WRAP stands for 'Wellness Recovery Action Plan,' a format that supports individuals to use their wisdom and expertise about themselves to develop their own plans for wellness and recovery. WRAP was developed by Mary Ellen Copeland. Find out more at www.copelandcenter.com.

RLC: RLC stands for 'Recovery Learning Community.' The RLC is a community based on the value of peer-to-peer support and creating a regional peer network. It is funded primarily through a grant from DMH.

DMH: DMH stands for the Department of Mental Health.

GCOW: GCOW stands for the Guiding Council of Western Massachusetts, a leadership council that serves as the advisory committee to the RLC.

RCC: RCC stands for Resource Connection Center. RCCs are the physical sites within the RLC community that offer safe space and access to a variety of resources and events.

Lived Experience: Someone with 'lived experience' is someone who identifies as being a 'consumer,' has been given a mental health diagnosis, has experienced trauma or experience other significant life struggles.

Trauma-Sensitive: When we refer to being 'trauma-sensitive,' we mean that we are aspiring to develop our "community with knowledge that many of us have been impacted by trauma and that that has greatly affected our needs, ways of coping and so on.

RFI: RFI stands for 'Request for Information.' DMH typically puts out an RFI, asking individuals, groups and organizations for input on contracts and projects they are considering putting out for bid.

RFR: RFR stands for 'Request for Response.' DMH typically puts out an RFR when they are asking for organizations interested in bidding on a particular contract to describe how they will implement its terms.

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

JANUARY 2011

Monday	Tuesday	Wednesday	Thursday	Friday
<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><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>3 RCC CLOSED FOR DROP-IN Guiding Council</p> <p>ANNUAL MEETING!</p> <p>1230-3p</p>	<p>4 RCC open 10-4p</p> <p>Beading with Jenn 2-330p</p> <p>Hearing Voices Group 430-6p</p>	<p>5 RCC open 12-7p</p> <p>ASL Class 12-1p</p> <p>Deaf/HOH Drop-in 1-5p</p> <p>Ear Acupuncture 3-4p</p> <p>Movie Night 4-6p</p>	<p>6</p> <p>Knit Happens! 2-345p</p> <p>Alternatives to Suicide Support Group 5-6:30p</p>	<p>7 RCC open 12-4p*</p> <p>Pizza Focus Group: DMH Risk Management Forms 1-4p</p>
<p>10 RCC CLOSED FOR DROP-IN</p>	<p>11 RCC open 10-4p</p> <p>Beading with Jenn 2-330p</p> <p>Hearing Voices Group 430-6p</p>	<p>12 RCC open 12-7p</p> <p>ASL Class 12-1p</p> <p>Deaf/HOH Drop-in 1-5p</p> <p>Ear Acupuncture 3-4p</p> <p>Movie Night 4-6p</p>	<p>13 RCC open 12-4p</p> <p>Knit Happens! 2-345p</p> <p>Alternatives to Suicide Support Group 5-6:30p</p>	<p>14 RCC open 12-4p*</p>
<p>17 RCC CLOSED FOR DROP-IN</p> <p>Martin Luther King Day</p>	<p>18 RCC open 10-4p</p> <p>Beading with Jenn 2-330p</p> <p>Hearing Voices Group 430-6p</p>	<p>19 RCC open 12-7p</p> <p>ASL Class 12-1p</p> <p>Deaf/HOH Drop-in 1-5p</p> <p>Ear Acupuncture 3-4p</p> <p>Movie Night 4-6p</p>	<p>20 RCC open 12-4p</p> <p>Knit Happens! 2-345p</p> <p>Alternatives to Suicide Support Group 5-6:30p</p>	<p>21 RCC open 12-4p*</p>
<p>24/31 RCC CLOSED FOR DROP-IN</p>	<p>25 RCC open 10-4p</p> <p>Beading with Jenn 2-330p</p> <p>Hearing Voices Group 430-6p</p>	<p>26 RCC open 12-7p</p> <p>ASL Class 12-1p</p> <p>Deaf/HOH Drop-in 1-5p</p> <p>Warmline Coalition 1-3p</p> <p>Ear Acupuncture 3-4p</p> <p>Movie Night 4-6p</p> <p>Deaf Forum 4-6p</p>	<p>27 RCC open 12-4p</p> <p>Peer Worker Networking 1130-2p</p> <p>Knit Happens! 2-345p</p> <p>Alternatives to Suicide Support Group 5-6:30p</p>	<p>28 RCC open 12-4p*</p> <p>Community Council 1230-2p</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. 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 Gineen at (413) 219-0569 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: Fourth Friday of every month: January 28th 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!!!

Deaf Community Forum: Wednesday, January 26th from 4pm to 6pm. Join Valerie Ennis and others for an informal conversation about issues in the deaf community that are important to you. **Pizza to be served.**

Ear Acupuncture: Wednesdays from 3pm to 4pm (**Return to old time!**). Join National Acupuncture Detoxification Association certified (NADA) acupuncturist, Caroline, for group auricular (ear) acupuncture. Great for supporting healing from addictions, anxiety, etc. No pre-registration required, just show up!

Guiding Council of Western Mass (GCOW) – Annual Meeting: Monday, January 3rd from 12:30 to 3pm. GCOW (the advisory board to the RLC) will be hosting its annual meeting in January. This is a great time to get to learn about the council, hear updates about the RLC and share some great food! Bring a dish to share if you can, but otherwise just join us and check GCOW out.

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: Thursday, January 27th 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.

Pizza Focus Group:DMH Risk Management Friday, January 7th from 1 to 4pm. The Department of Mental Health has a variety of forms they used to help support individuals receiving services who have been identified as being ‘high risk’ in a certain area. They are in the process of re-evaluating and updating this process and are interested in our feedback! Are you someone who receives or has received mental health services? Come help give input into these forms! Peer workers also welcome. Please RSVP so that we can have enough pizza! (413) 539-5941 ext. 203

Warmline Coalition Meeting: The Western Mass Warmline Coalition is returning on Wednesday, January 26 from 1 to 3pm. Anyone from a provider organization or the community is welcome to come and help us evaluate what warmline services we need and want in our area and how to implement our vision!

WESTERN MASS RLC CALENDAR OF EVENTS: Calendar #2

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

JANUARY 2011

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>4 RCC Open 9-3p* 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>5 RCC Closed After Incarceration Support Group 130-230p (736 State St.) Wellness Center Open 12-6</p>	<p>6 RCC Open 9-3p* Yoga for the Rest of Us 10-11a Wellness Center Open 12-6</p>	<p>7 RCC Open 9-3p* Wellness Center Open 12-6</p>	<p>1 RCC Open 11-3p*</p>
<p>11 RCC Open 9-3p* Reiki 10a-1p Hip Hop Dance Class 145-245p Yoga 2-330p (Downtown: 11 Pearl St., Suite 217)</p>	<p>12 RCC Closed Volunteer Training 930a-1230p After Incarceration Support Group 130-230p (736 State St.) Wellness Center Open 12-6</p>	<p>13 RCC Open 9-3p* Yoga for the Rest of Us 10-11a Wellness Center Open 12-6</p>	<p>14 RCC Open 9-3p* Safe Passage Presentation 10a-12p Wellness Center Open 12-6</p>	<p>8 RCC Open 11-3p*</p>
<p>18 RCC Open 9-3p* Reiki 10a-1p Hip Hop Dance Class 145-245p Yoga 2-330p (Downtown: 11 Pearl St., Suite 217)</p>	<p>19 RCC Closed After Incarceration Support Group 130-230p (736 State St.) Wellness Center Open 12-6</p>	<p>20 RCC Open 9-3p* Yoga for the Rest of Us 10-11a Community Council 11a-12p Wellness Center Open 12-6</p>	<p>21 RCC Open 9-3p* New Wave/ Nueva Onda Presentation 11a-12p Wellness Center Open 12-6</p>	<p>15 RCC Open 11-3p*</p>
<p>25 RCC Open 9-3p* Reiki 10a-1p Hip Hop Dance Class 145-245p Yoga 2-330p (Downtown: 11 Pearl St., Suite 217)</p>	<p>26 After Incarceration Support Group 130-230p (736 State St.) Wellness Center Open 12-6</p>	<p>27 RCC Open 9-3p* Yoga for the Rest of Us 10-11a Wellness Center Open 12-6</p>	<p>28 RCC Open 9-3p* Wellness Center Open 12-6</p>	<p>22 RCC Open 11-3p*</p>
<p>29 RCC Open 11-3p*</p>	<p>29 RCC Open 11-3p*</p>	<p>29 RCC Open 11-3p*</p>	<p>29 RCC Open 11-3p*</p>	<p>29 RCC Open 11-3p*</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. 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). 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: The third Thursday of every month: January 20th 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!!!

First Tuesday Potluck: The first Tuesday of the month: January 4th, 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!

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!

New Wave/Nueva Onda Presentation: Friday, January 21st from 10 to 11am. Wilfredo Sanchez and Lewis Hackman from the New Wave/Nueva Onda program will be presenting on what they can offer young people age 13 to 24. They offer intensive substance abuse and mental health support free of charge. Please come if you are interested in learning more.

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.

Safe Passage Presentation: Friday, January 14th from 10am to 12pm. Tori Ecklund from Safe Passage will be presenting on what Safe Passage can offer the community. She will also be presenting general information on domestic violence that we should all know!

Volunteer Training: Wednesday, January 12th from 9:30am to 12:30pm. Volunteers are the backbone of our growing community! If you're someone that would like to see the RCC open more often; if you'd like to become more familiar with the philosophies and defining principles of the RLC and would like to offer your special talents to our growing community then this is a MUST ATTEND! Let us know that you plan to attend by calling 413-732-1703!

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)

JANUARY 2011

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>				1
<p>3 RCC Open Hours 12-3p</p>	<p>4 Yoga Means Union 10-11:30a</p> <p>RCC Open Hours 12-4p</p> <p>Crochet Club 3-4p</p>	<p>5 UR an Artist 11a-12:30p</p>	<p>6 RCC Open Hours 12-4p</p>	<p>7 General Support Group 1-2p</p>	8
<p>10 RCC Open Hours 12-3p</p>	<p>11 Yoga Means Union 10-11:30a</p> <p>RCC Open Hours 12-4p</p> <p>Crochet Club 3-4p</p>	<p>12 UR an Artist 11a-12:30p</p>	<p>13 RCC Open Hours 12-4p</p>	<p>14 General Support Group 1-2p</p>	15
<p>17 RCC Open Hours 12-3p</p> <p>Martin Luther King Day Remembrance and Discussion 2-4p</p>	<p>18 Yoga Means Union 10-11:30a</p> <p>RCC Open Hours 12-4p</p> <p>Crochet Club 3-4p</p> <p>RLC Speaker's Bureau 4:30-6p</p>	<p>19 UR an Artist 11a-12:30p</p>	<p>20 Mindfulness 11a-12p</p> <p>RCC Open Hours 12-4p</p> <p>Peer Worker Support 12-1p</p>	<p>21 General Support Group 1-2p</p>	22
<p>24 RCC Open Hours 12-3p</p> <p>Berkshire Open Forum 4-5:30p</p>	<p>25 Yoga Means Union 10-11:30a</p> <p>RCC Open Hours 12-4p</p> <p>Crochet Club 3-4p</p>	<p>26 UR an Artist 11a-12:30p</p>	<p>27 Mindfulness 11a-12p</p> <p>RCC Open Hours 12-4p</p>	<p>28 General Support Group 1-2p</p>	29
<p>31 RCC Open Hours 12-3p</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).

Berkshire Open Forum: Thursday, January 24th from 4 to 5:30pm. Come one and all! With 2011 upon us, it is time to reflect on what we have accomplished in the old year and brainstorm on what we would like our new year to bring. We need your reflection, your foresight and your commitment to our growing community! What went well? What could be better? What would we like to see? And...how will we come together and make it happen? Outreach – Advocacy – Mutual Support – Social Events – Training Opportunities – More...Let's make 2011 a stand out year for the Western Mass Recovery Learning Community!

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. 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!

Martin Luther King Day Remembrance and Reflection: Monday, January 17th from 2 to 4pm. A day of reflection for a great man who led a nation-changing civil rights movement. It will also be an opportunity to look at the parallels that exist among marginalized populations including those that wear the labels of the mental health world. How can each of us to change our world? How do we honor mutuality? How do we each achieve our own potential? How do we encourage a society to strive for mutuality and respect? Keeping the words and ideals of this wonderful man alive, we will embark on an inspiring conversation about the power of being an Agent For Change.

Mindfulness: Thursdays from 11am to 12pm beginning January 20th! Explore the world of mindfulness with Chris Hamper. 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.

Peer Worker Support Group: Thursday, January 20th 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.

RLC Speaker's Bureau: Tuesday, January 18th from 4:30 to 6pm. Telling your story can be rewarding for both you and your audience. Hearing your own story in your own words can be cathartic. Changing even one audience member's perception about mental health is amazing. We think it's about time to take our stories on the road! If you're interested in community education about recovery, advocacy and inspiration, this is an awesome opportunity! Find your voice. Offer your voice. Share your truth. Put forth your wisdom. We will be meeting (at least) monthly, training is provided and we will be acting as an outreach and education offering from the Recovery Learning Community. Change the world one story at a time! By the way, this is often a paying gig. For more information, contact Lisa @ 413-358-8558 or email @ lisa@westernmassrlc.org.

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.

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)

JANUARY 2011

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><i>Please contact us if you have any other requests for accommodations, including interpreters</i></p>			1
<p>3 RCC Open Hours 1-4p Trabajador Hispana Disponible (<i>Spanish speaker available</i>) Women's Self Care Support Group 630-830p</p>	<p>4 Circle of Friends Open Session: Opening the Heart, Touching the Soul 11:30a-1:30p</p>	<p>5 Wellness Wednsdys Gentle Yoga 9:30-10:50a Acupuncture 12-1p</p>	<p>6 RCC Open Hours 9-12p</p>	7	8
<p>10 RCC Open Hours 1-4p Trabajador Hispana Disponible (<i>Spanish speaker available</i>) Women's Self Care Support Group 630-830p</p>	11	<p>12 Wellness Wednsdys Gentle Yoga 9:30-10:50a Acupuncture 12-1p</p>	<p>13 RCC Open Hours 9-12p</p>	14	15
<p>17 RCC Closed Martin Luther King Day</p>	18	<p>19 Wellness Wednsdys Gentle Yoga 9:30-10:50a Acupuncture 12-1p</p>	<p>20 RCC Open Hours 9-12p Inner Working Series: Spiritual Emergency 6-8p</p>	21	22
<p>24 RCC Open Hours 1-4p Trabajador Hispana Disponible (<i>Spanish speaker available</i>) Volunteer Meeting 10a-12p Women's Self Care Support Group 630-830p</p>	25	<p>26 Wellness Wednsdys Gentle Yoga 9:30-10:50a Acupuncture 12-1p</p>	<p>27 RCC Open Hours 9-12p Inner Working Series: Spiritual Emergency 6-7:30p</p>	28 Fourth Friday Art Circle 7-9p	29
<p>31 RCC Open Hours 1-4p Trabajador Hispana Disponible (<i>Spanish speaker available</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* Tuesday, January 4th 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. *For more info: eschreiber@carsoncenter.org 413-579-7570* Circle of Friends Open Session is a collaboration of Valley Human Services in Ware and the Western Mass RLC 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!

Fourth Friday Art Circle: Friday, January 28th, 7 to 9pm. 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!***

Inner Workings Series presents *Spiritual Emergency with Tim Ness*: Thursday, January 20th from 6-8pm *with follow-up discussions on January 27 & February 3, 6 to 7:30pm (snowdate: Thursday, February 17)*. The Recovery Annex, 74 Federal St., Greenfield. Tim Ness will recount the 2009 events which he refers to as his Spiritual Emergency. These experiences have also been called psychic opening, shaktipat, unitive consciousness, and religious conversions. Join us for an exciting exploration into Mr. Ness's spiritual experiences. For questions, comments or to reserve your spot email: maura@westernmassrlc.org.

RLC Volunteer Meeting: Monday, January 24th from 10:30am to 12:30pm. The Recovery Annex, 74 Federal St., Greenfield. Come gather for a time of support and idea sharing around how to make volunteering the best experience ever. If you've been through the RLC Volunteer Training (or even if you haven't!) find out how you can participate more fully in the RLC community. Bring your talents, ideas and willingness.

Women's Self-care Support Group: Mondays from 6:30 to 8:30pm (*except for January 17th*) 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)

JANUARY 2011

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Locations will vary throughout Hampshire County. Please check detailed descriptions for more information.</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>Stay tuned for a new Hearing Voices group coming to Northampton soon!</p>		<i>1</i>
<p>3 Acupuncture clinic 430pm</p>	<p>4 Alternatives to Suicide Group 630-8p</p>	<p>5 Writing Group: 2-3p</p>	<p>6 Yoga 330-5p</p>	<p>7</p>	<p>8</p>
<p>10 Acupuncture clinic 430pm</p>	<p>11 Alternatives to Suicide Group 630-8p</p> <p>Peer Worker Support Group ON HOLD</p>	<p>12 Writing Group: 2-3p</p>	<p>13 Yoga 330-5p</p>	<p>14</p>	<p>15</p>
<p>17 Martin Luther King Day</p> <p>Acupuncture clinic 430pm</p>	<p>18 Alternatives to Suicide Group 630-8p</p>	<p>19 Writing Group: 2-3p</p>	<p>20 Yoga 330-5p</p>	<p>21 Out to the Movies @ Cinemark 1-4p</p>	<p>22</p>
<p>24/31 Acupuncture clinic 430pm</p>	<p>25 Alternatives to Suicide Group 630-8p</p>	<p>26</p>	<p>27</p>	<p>28</p>	<p>29</p>

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).

Out to the Movies @ Cinemark: The 3rd Friday of the month, January 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. *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: 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.

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 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@servicenetinc.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.)

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.

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!