



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.

JANUARY 2012 UPDATE & CALENDAR

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**This newsletter and previous editions are available
at our website, www.westernmassrlc.org.**

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

The Tradition of the New Year's Resolution

It is that time of the year again. 2011 will be turning into 2012. The days will begin to lengthen, offering more sunlight to our wintery spirits. Our souls will feel lifted by any number of things: a good holiday season, a new beginning associated with the New Year, fresh starts and clean slates.

It is that undeniable sense of optimism that flickers in us even at some our lowest times that compels us to set a resolution (or two) each year. Over 40% of us will set a new goal at the turn of our calendar year. The idea of bettering ourselves is a great motivator. Those of us actively working on our recovery from mental health diagnosis, extreme states and trauma are already working a natural tendency toward self-improvement and a better understanding of ourselves. And even though the New Year is an arbitrary date, many of us will jump on board as a goal date to prepare for the change, to fire up for the shifts we plan to make.

Setting New Year's resolutions is believed to go as far back as Babylonian times. It's said that Julius Caesar started the tradition of making resolutions on January 1st as a way to honor the Roman mythical god Janus, whose two faces allowed him to look back into the past year and forward to the new year. Romans mostly made morality-based resolutions, such as seeking forgiveness from their enemies.

So if you are one of the many choosing to jump into the New Year's resolution pool, know that you're not alone; that setting a goal (whether you reach it or not) makes you more likely to reach your goal than someone who commits to nothing, and that **'intent'** is one of the steps in getting there.

For tips on setting a New Year's Resolution, read on in this newsletter!

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**

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

and

on Facebook



Body Awareness and Eating Disorder Peer Support Group

Are you interested in knowing more about the Body Awareness and Eating Disorder Peer Support Group?

People, who attend, have struggles with their relationship to food and/or their body image, often to the point of self-harm. We meet as an open group, and strive to form supportive relationships to encourage and support each other, both inside and outside of the group setting.

The Peer Support Group for Body Awareness and Eating Disorders began in June 2011 with a community forum, followed by an eight-week peer support group, which ended in August. The group started up again in September, and continued through the end of the year, meeting on Fridays from 4:15-5:45p.m.

How do we support and help each other? We begin by creating a safe space, with a mutual comfort agreement, which guarantees confidentiality and respect. We listen to each other, show empathy, compassion and caring, and let each other know that we matter. We share our experiences--both positive and negative--which demonstrates that we are not alone in our struggles, and which fosters hope for recovery.

Each group meeting begins with a check-in, where we each share our struggles and/or successes for the past week; then we set goals for the upcoming week, guided by the desire to be healthy and loving to ourselves, in mind and body. We give each other feedback (but only if the person wants it), encourage each other, and remind one another of our accomplishments, which are often difficult for us to see on our own.

**Each of us is the expert of our own experience
We share – learn – listen - grow and recover together**

“It is by far the most comfortable and least threatening place I have found to talk about the connections between body image, food, medication effects and mood.” - Gretchen

We have an optional phone support list, and occasionally we have done things together outside the group. For example, on more than one occasion, someone from the group (OK, more than one person from the group) came to my house to help me attend to my dirty dishes, a dilemma which, if left unattended, could have caused bad eating behavior.

I believe that two reasons this peer group is helpful are that it allows us to see that we are not alone in our struggles -- and that we help each other as understanding and sympathetic peers and friends, which is huge part of how we heal.

We do not have a support group scheduled yet for 2012, but, if you are interested in joining us in the new year, please leave a voice message at (413) 539-5941 ext. 316, and we will get back to you with updates.

Finally, I want to introduce Donna Chambers as the new group co-facilitator. She is awesome!

Thanks, and Happy New Year,
Johnny Bossuot

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, January 9th, 1 - 3pm at the RLC's Holyoke Center, 187 High Street, Suite 303.

ASL Interpreters have been requested



Tips to Resolution Making

Another New Year's Resolution tip list?!?!? Ah yes, skeptics, but read on all the same. The suggestions here can help with why our resolutions, in fact, the goals we set in general, are so often unsuccessful. New Year's goals get a bad rap mostly because we set restrictive resolutions that don't honor our values or ourselves. We set resolutions hastily, minutes before the ball drops, without considering what we truly want. This year, let's change things up a bit create nourishing, positive and lasting goals.

- **Have intent.** We often steel ourselves against the drudgery of meeting our resolution goal. Instead, think of resolutions as intentions. An intention is an aim — a direction in which we are moving. There is no set point or date by which to achieve.
- **Connect with your “why.”** Ask yourself, “Why do you want what you want?” Again, your answer should involve genuine intent. When we have an intention that is a deep desire and we can identify and stay connected to that WHY, it makes for meaningful and achievable resolutions that are obtainable and improve our quality of life.
- **Get out of your own way.** Just setting an intention isn't enough if deep down you don't think you can accomplish it in the first place. Wayne Dyer, suggests in The Power of Intention that “positive change comes not from pushing through with determination and perseverance, but rather through getting out of your own way.” This means ridding ourselves of negative thought patterns about ourselves, or our capacity for change. Recognize negative self talk and turn it to a positive.
- **Theme Time.** Come up with a short mantra that you can repeat or write down and post in a prominent place. This coming year, I think mine may be “Experience Everything.” To me it signifies stepping into life as an active participant, rather than simply witnessing it, and being more authentic about whom I want to be.
- **Values, values, values.** Core values + values-based goal = Action and Success. Identify your core values, such as: respect, optimism, mutuality, self-determination, safety, genuine human relationships (look familiar?) Take your top five and use them to create a personal mission statement. Then set your New Year's goals based on that statement.

An example: “To create time in my life where I can expand my understanding of myself and others in a positive, energizing and stimulating way in order to grow as a person, share in the company of others, and take pride in our achievements.”

- **Ditch deprivation.** People tend to approach New Year's resolutions from a place of deprivation, restriction and punishment. The quintessential example is wanting to lose weight. People often turn to diets or difficult-to-maintain intense exercise — both of which are the antithesis of lasting habits. (Plus, diets don't work!)
- **Check in with yourself.** Celebrate success and be compassionate with failure. None of us is perfect, and most will stumble a bit along the path of change. From a gentle place of clarity, rather than self-judgment, you can continue to move forward.
- **Chop up each goal.** Every goal can be broken down into tiny bits. Achieving each of those can become a celebration as your final goal comes closer.
- **Create a goal-friendly environment.** A common hurdle in accomplishing our goals is creating the settings and circumstances that will help cultivate them. Offer yourself the resources needed to reach your goal: a friend as support or with a similar objective, small changes in your lifestyle that support your intended goal, kindness to yourself as you make the journey to your goal.

Remember that our goals shouldn't be overwhelming but should gently become a part of our lives through intent of purpose and enjoyment of process. Best wishes on your journey through the New Year!

Holyoke Area

Hampden County • January 2012

Monday	Tuesday	Wednesday	Thursday	Friday
2 <ul style="list-style-type: none"> Center Closed 	3 <ul style="list-style-type: none"> Center Open 10a-4p Hearing Voices Group 4:30-6p 	4 <ul style="list-style-type: none"> Center Open 12-7p Deaf/HOH Drop-in 2:30-5:30p Ear Acupuncture 3-4p Movie Night 4-6p 	5 <ul style="list-style-type: none"> Center Open 12-4p Arts & Crafts w/Val (Facilitator speaks ASL/English) 2-3p 	6 <ul style="list-style-type: none"> Center Open 12-4p
9 <ul style="list-style-type: none"> Center Closed Guiding Council of Western Mass 1-3p 	10 <ul style="list-style-type: none"> Center Open 10a-4p Hearing Voices Group 4:30-6p 	11 <ul style="list-style-type: none"> Center Open 12-7p Deaf/HOH Drop-in 2:30-5:30p Ear Acupuncture 3-4p Movie Night 4-6p 	12 <ul style="list-style-type: none"> Center Open 12-4p Arts & Crafts w/Val (Facilitator speaks ASL/English) 2-3p 	13 <ul style="list-style-type: none"> Center Open 12-4p HVN Facilitator's Networking Meeting 1:30-3p
16 <ul style="list-style-type: none"> Center Closed 	17 <ul style="list-style-type: none"> Center Open 10a-4p Pizza & Community Council 1-3p Hearing Voices Group 4:30-6p 	18 <ul style="list-style-type: none"> Center Open 12-7p Deaf/HOH Drop-in 2:30-5:30p Ear Acupuncture 3-4p Movie Night 4-6p 	19 <ul style="list-style-type: none"> Center Open 12-4p Volunteer Support Meeting 1-3p Arts & Crafts w/Val (Facilitator speaks ASL/English) 2-3p 	20 <ul style="list-style-type: none"> Center Open 12-4p
23 <ul style="list-style-type: none"> Center Closed 	24 <ul style="list-style-type: none"> Center Open 10a-4p Hearing Voices Group 4:30-6p 	25 <ul style="list-style-type: none"> Center Open 12-7p Deaf/HOH Drop-in 2:30-5:30p Warmline Coalition Meeting 1-2:30p Ear Acupuncture 3-4p Movie Night 4-6p 	26 <ul style="list-style-type: none"> Center Open 12-4p Peer Networking Mtg 11:30a-2p Arts & Crafts w/Val (Facilitator speaks ASL/English) 2-3p 	27 <ul style="list-style-type: none"> Center Open 12-4p
30 <ul style="list-style-type: none"> Center Closed 	31 <ul style="list-style-type: none"> Center Open 10a-4p Hearing Voices Group 4:30-6p 	<p><i>The RLC aspires to be scent free. Please avoid wearing scents to any RLC events or spaces. Please contact us if you have additional accommodation requests, including interpreters.</i></p>		

HOLYOKE AREA / Hampden County • January 2012

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

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

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, January 9th 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 for more info.

Hearing Voices Facilitator Networking Meeting: **Friday, January 13th 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, January 26th, 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.**

Volunteer Support Meeting: **Thursday, January 19th 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: **Wednesday, January 25th, 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 • January 2012

Tuesday	Wednesday	Thursday	Friday	Saturday
3 <ul style="list-style-type: none"> Center Open 9a-3p Reiki 10a-1p First Tuesday Potluck 12-2p Yoga (all levels welcome) 2-3:30p (Downtown @ 11 Pearl St, Suite 217) After Incarceration Support Group 4-5p (736 State St.) 	4 <ul style="list-style-type: none"> Center Closed Wellness Center Open 12-6p 	5 <ul style="list-style-type: none"> Center Open 9a-3p Yoga (all levels welcome) 10-11a Beginning Belly Dance 1-2p Wellness Center Open 12-6p 	6 <ul style="list-style-type: none"> Center Open 9a-3p Wellness Center Open 12-6p 	7 <ul style="list-style-type: none"> Center Open 11-3p
10 <ul style="list-style-type: none"> Center Open 9a-3p Reiki 10a-1p Yoga (all levels welcome) 2-3:30p (Downtown @ 11 Pearl St, Suite 217) After Incarceration Support Group 4-5p (736 State St.) 	11 <ul style="list-style-type: none"> Center Closed Wellness Center Open 12-6p 	12 <ul style="list-style-type: none"> Center Open 9a-3p Yoga (all levels welcome) 10-11a Beginning Belly Dance 1-2p Wellness Center Open 12-6p 	13 <ul style="list-style-type: none"> Center Open 9a-3p Wellness Center Open 12-6p 	14 <ul style="list-style-type: none"> Center Open 11-3p
17 <ul style="list-style-type: none"> Center Open 9a-3p Reiki 10a-1p Yoga (all levels welcome) 2-3:30p (Downtown @ 11 Pearl St, Suite 217) After Incarceration Support Group 4-5p (736 State St.) 	18 <ul style="list-style-type: none"> Center Closed Wellness Center Open 12-6p 	19 <ul style="list-style-type: none"> Center Open 9a-3p Yoga (all levels welcome) 10-11a Pizza & Community Council 11a-12p Beginning Belly Dance 1-2p Wellness Center Open 12-6p 	20 <ul style="list-style-type: none"> Center Open 9a-3p Wellness Center Open 12-6p 	21 <ul style="list-style-type: none"> Center Open 11-3p
24 <ul style="list-style-type: none"> Center Open 9a-3p Reiki 10a-1p Yoga (all levels welcome) 2-3:30p (Downtown @ 11 Pearl St, Suite 217) After Incarceration Support Group 4-5p (736 State St.) 	25 <ul style="list-style-type: none"> Center Closed Wellness Center Open 12-6p 	26 <ul style="list-style-type: none"> Center Open 9a-3p Yoga (all levels welcome) 10-11a Beginning Belly Dance 1-2p Wellness Center Open 12-6p 	27 <ul style="list-style-type: none"> Center Open 9a-3p Wellness Center Open 12-6p 	28 <ul style="list-style-type: none"> Center Open 11-3p
31 <ul style="list-style-type: none"> Center Open 9a-3p Reiki 10a-1p Holiday Potluck Lunch 12-3p Yoga (all levels welcome) 2-3:30p (Downtown @ 11 Pearl St, Suite 217) After Incarceration Support Group 4-5p (736 State St.) 	<p><i>The RLC aspires to be scent free. Please avoid wearing scents to any RLC events or spaces. Please contact us if you have additional accommodation requests, including interpreters.</i></p>			

SPRINGFIELD AREA / Hampden County • January 2012

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

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

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 3rd Thursday of the month, January 19th 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: January 3th, 12 to 2pm. Join the RLC community for a fun celebration with food, games, music, pool and/or movies! Bring food to share if you can, but please join us even if you aren’t able to bring a dish! RSVPs appreciated, but you’re welcome to just show up!

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

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 • January 2012

Monday	Tuesday	Wednesday	Thursday	Friday
2 <p style="text-align: center;">CLOSED</p>	3 <ul style="list-style-type: none"> • Center Open 12-4p • Yoga Means Union 10-1130a • Crochet 3-4p 	4 <ul style="list-style-type: none"> • Center Closed • UR an Artist 11-1230p 	5 <ul style="list-style-type: none"> • Center Open 12-4p • Poker Time 1-230p 	6 <ul style="list-style-type: none"> • Center Closed
9 <ul style="list-style-type: none"> • Center Open 12-3p • General Support Group 11a-12p • Spiritual Explorations 1230-130p • Jewelry Creations 1-3p 	10 <ul style="list-style-type: none"> • Center Open 12-4p • Yoga Means Union 10-1130a • Crochet 3-4p 	11 <ul style="list-style-type: none"> • Center Closed • UR an Artist 11-1230p 	12 <ul style="list-style-type: none"> • Center Open 12-4p • Poker Time 1-230p • Hearing Voices 430-6p 	13 <ul style="list-style-type: none"> • Center Closed
16 <ul style="list-style-type: none"> • Center Open 12-3p • General Support Group 11a-12p • Spiritual Explorations 1230-130p • Jewelry Creations 1-3p 	17 <ul style="list-style-type: none"> • Center Open 12-4p • Yoga Means Union 10-1130a • Crochet 3-4p 	18 <ul style="list-style-type: none"> • Center Closed • UR an Artist 11-1230p 	19 <ul style="list-style-type: none"> • Center Open 12-4p • Poker Time 1-230p 	20 <ul style="list-style-type: none"> • Center Closed
23 <ul style="list-style-type: none"> • Center Open 12-3p • General Support Group 11a-12p • Spiritual Explorations 1230-130p • Jewelry Creations 1-3p 	24 <ul style="list-style-type: none"> • Center Open 12-4p • Yoga Means Union 10-1130a • Crochet 3-4p 	25 <ul style="list-style-type: none"> • Center Closed • UR an Artist 11-1230p 	26 <ul style="list-style-type: none"> • Center Open 12-4p • Poker Time 1-230p • Hearing Voices 430-6p 	27 <ul style="list-style-type: none"> • Center Closed
30 <ul style="list-style-type: none"> • Center Open 12-3p • General Support Group 11a-12p • Spiritual Explorations 1230-130p • Jewelry Creations 1-3p 	31 <ul style="list-style-type: none"> • Center Open 12-4p • Yoga Means Union 10-1130a • Crochet 3-4p 	<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>		

PITTSFIELD AREA / Berkshire County • January 2012

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

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

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

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: 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.

Poker Time: Thursdays from 1:00pm – 2:30pm. Tired of faceless computer programs dealing up your hand of Texas hold 'em or always was interested but never learned how to play? Here's your chance to look across the table at your fellow players and learn about the combinations of probability, psychology and game theory that make a good player. Our table is friendly, tutorial and encourages camaraderie and skill development. Chips and wagers will be for points only and hold no monetary value. Open to all regardless of skill level. Pull up a chair!

Spiritual Explorations: Mondays 12:30pm – 1:30pm. Discovery of our spiritual nature can be a very important road on our paths to recovery. This exploration is often supported within a group. Spiritual practices, including meditation, prayer and contemplation, are intended to develop an individual's inner life; spiritual experience includes that of connectedness with a larger reality, yielding a more comprehensive self; with other individuals or the human community; with nature or the cosmos; or with the divine realm. Come join us and let the conversation begin.

UR an Artist: Each Wednesday, 11:00am – 12:30pm. Join artist Lynn Welker and company on a journey on an adventure of self-discovery and healing through basic art instruction and technique! Find beauty at your finger tips! All levels encouraged to participate. Come join in the fun!

Yoga means Union: Each Tuesday, 10:00am – 11:30am. Yoga is a great way to take care of your body and your mind and a great addition to your wellness practices. This time will include (but is not limited to) energy awareness (prana-Chi), asana (postures), pranayama (breathing exercises) and meditation/contemplation/prayer. It is low impact and accommodations are made for individuals of any fitness level. All levels are encouraged to participate.

Greenfield Area

Franklin County • January 2012

Monday	Tuesday	Wednesday	Thursday	Friday
2 <ul style="list-style-type: none"> • RLC Support Forum 10-1p • Open Hours 1-4p (Abierto, Horas en Espanol) • Women's Self Care Support Group 6:30-8:30p 	3 <ul style="list-style-type: none"> • Alternatives to Suicide Peer Support Group 5-6:30p 	4 <ul style="list-style-type: none"> • Gentle Yoga 9:30-10:50a • Sip & Chat 11-12p • Acupuncture 12-1p • Veterans Support: Yoga Warriors 3-4:30p 	5 <ul style="list-style-type: none"> • <i>CANCELLED</i> Open Hours • SOCIAL SECURITY BENEFITS forum w/ Peter Travisano 10-noon 	6 <ul style="list-style-type: none"> • NVC 9:30-11:30a (closed group) • Coming Alive with Breath 4-6:30p
9 <ul style="list-style-type: none"> • RLC Support Forum 10-1p • Open Hours 1-4p (Abierto, Horas en Espanol) • Women's Self Care Support Group 6:30-8:30p 	10 <ul style="list-style-type: none"> • Alternatives to Suicide Peer Support Group 5-6:30p 	11 <ul style="list-style-type: none"> • Gentle Yoga 9:30-10:50a • Sip & Chat 11-12p • Acupuncture 12-1p • Veterans Support: Discussion Grp 3-4:30p 	12 <ul style="list-style-type: none"> • Open Hours 9-12p • Introduction to Mindfulness, Awareness and Meditation 12-1p 	13 <ul style="list-style-type: none"> • NVC 9:30-11:30a (closed group)
16 <ul style="list-style-type: none"> • RLC Support Forum 10-1p • Open Hours 1-4p (Abierto, Horas en Espanol) • Women's Self Care Support Group 6:30-8:30p 	17 <ul style="list-style-type: none"> • Alternatives to Suicide Peer Support Group 5-6:30p 	18 <ul style="list-style-type: none"> • Gentle Yoga 9:30-10:50a • Sip & Chat 11-12p • Acupuncture 12-1p • Veterans Support: Yoga Warriors 3-4:30p 	19 <ul style="list-style-type: none"> • Open Hours 9-12p • Introduction to Mindfulness, Awareness and Meditation 12-1p 	20 <ul style="list-style-type: none"> • NVC 9:30-11:30a (closed group) • Coming Alive with Breath 4-6:30p
23 <ul style="list-style-type: none"> • RLC Support Forum 10-1p • Open Hours 1-4p (Abierto, Horas en Espanol) • Women's Self Care Support Group 6:30-8:30p 	24 <ul style="list-style-type: none"> • Alternatives to Suicide Peer Support Group 5-6:30p 	25 <ul style="list-style-type: none"> • Gentle Yoga 9:30-10:50a • Sip & Chat 11-12p • Acupuncture 12-1p • Veterans Support: Discussion Grp 3-4:30p 	26 <ul style="list-style-type: none"> • Open Hours 9-12p • Introduction to Mindfulness, Awareness and Meditation 12-1p 	27 <ul style="list-style-type: none"> • NVC 9:30-11:30a (closed group) • Fourth Friday Art Circle 7-9p
30 <ul style="list-style-type: none"> • CANCELLED RLC Support Forum • Facilitation Essentials 9:30-12:30pm • Open Hours 1-4p (Abierto, Horas en Espanol) • Women's Self Care Support Group 6:30-8:30p • 	31 <ul style="list-style-type: none"> • Alternatives to Suicide Peer Support Group 5-6:30p 	<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><i>This center is only open during the listed activities.</i></p>		

GREENFIELD AREA / Franklin County • January 2012

Franklin County Center Open Hours: Mondays, 1-4pm & Thursdays, 9-12pm. 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, to play a board game, to do artwork or just to chat.

Acupuncture: Wednesdays, 12-1pm, At The RECOVER Project, 68 Federal St., Grnfld. This free auricular (ear) acupuncture clinic focusing on five ear points and offered by licensed acupuncturist, Melany, works on a variety of issues including cravings, addictions, insomnia, stress, and anxiety. Acupuncture is a collaboration of The Recover Project (RP) & Recovery Learning Community (RLC), both programs of The Consortium. For questions on cancellation, contact: Melany, 413-687-1230

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.* New Schedule, Circle of Friends will be meeting quarterly. There will be no January gathering.

Coming Alive with Breath: 1st and 3rd Fridays, 4-6:30pm The RLC Greenfield Center, 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.

Facilitation Essentials: Monday, January 30th, 9:30-12:30pm The RLC Greenfield Center, 74 Federal St., Facilitators Janice Sorensen and Andy Grant will focus on the basic tools and skills all facilitators need in this delicate art. We will address topics such as establishing safety, balancing personal and group needs, how to keep a group on track, interrupting from the heart, trauma sensitive approach, disruptions, the proper place for hierarchy, grounding tools, and inclusion. Time will also be devoted to specific requests and participant skill share. Snacks provided. Please pre-register by calling 413-561-3268 or email janice@westernmassrlc.org

Fourth Friday Art Circle: Friday, January 27th, 7-9pm. 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.

Gentle Yoga: Wednesdays, 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! For questions about weather cancellations call 413-561-3268.

GREENFIELD AREA / Franklin County • January 2012 (cont'd)

Introduction to Mindfulness, Awareness and Meditation: Thursdays in January, 12-1pm (starting January 12), The RLC Greenfield Center, 74 Federal St., Our time will include a meditation practice introduction, two short sits, a reading from and discussion of the book, "Turning Your Mind into an Ally," by Sakyong Mipham, as well as time for questions and comments. The essence of this practice is the gentleness and loving kindness with which we come to know our own mind. "Whatever arises in our practice is fresh, the essence of realization." Everyone is welcome. Facilitators, Tony Walker and Marek Tresnak bring with them years of personal practiced and instruction in the art of meditation in the Shambala tradition. Tony Walker is the founder and director of the Shelburne Falls Shambala Center.

Non Violent Communications (NVC): Friday mornings in January, 9-11:30. This is a closed group

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, 1st & 3rd Wednesdays: Yoga Warriors (One Osgood St., Grnflld); **2nd & 4th Wednesdays: Discussion Group** (74 Federal St. Grnflld) 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.

SOCIAL SECURITY BENEFITS Forum, Answers to FAQ: January 5, 10-noon, The RLC Greenfield Center, 74 Federal St. Greenfield, Ever wonder... *What's the difference between SSI and SSDI? Am I eligible? Can I work and still receive benefits? How does work impact my health care benefits. As a person on benefits, are there any special opportunities I can get to help make ends meet? How do I write a PASS Plan?* These are just some of the questions we will answer at this two-hour community forum. Please bring your lunch and if you can, a little extra for sharing with those who may forget! **Peter Travisano**, is a Community Work Incentives Coordinator at BenePLAN a program of UMass Medical School which provides information to beneficiaries about working, Social Security and government health care benefits.

Women's Self-care Support Group: Mondays, 6:30-8:30, The Greenfield Women's Resource Center, 278 Federal St, Grnflld. 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 • January 2012

Monday	Tuesday	Wednesday	Thursday	Friday
2 <ul style="list-style-type: none"> • Acupuncture Clinic 430-6p • Hearing Voices Group 4-530p 	3 <ul style="list-style-type: none"> • Alternatives to Suicide Group 630-8p 	4	5 <ul style="list-style-type: none"> • Yoga 330-5p 	6
9 <ul style="list-style-type: none"> • Acupuncture Clinic 430-6p • Hearing Voices Group 4-530p 	10 <ul style="list-style-type: none"> • Alternatives to Suicide Group 630-8p 	11	12 <ul style="list-style-type: none"> • Yoga 330-5p 	13
16 <ul style="list-style-type: none"> • Acupuncture Clinic 430-6p • Hearing Voices Group 4-530p 	17 <ul style="list-style-type: none"> • Alternatives to Suicide Group 630-8p 	18	19 <ul style="list-style-type: none"> • Yoga 330-5p 	20 <ul style="list-style-type: none"> • Out to the movies @ Cinemark 1-4p
23 <ul style="list-style-type: none"> • Acupuncture Clinic 430-6p • Hearing Voices Group 4-530p 	24 <ul style="list-style-type: none"> • Alternatives to Suicide Group 630-8p 	25	26 <ul style="list-style-type: none"> • Yoga 330-5p 	27
30 <ul style="list-style-type: none"> • Acupuncture Clinic 430-6p • Hearing Voices Group 4-530p 	31 <ul style="list-style-type: none"> • Alternatives to Suicide Group 630-8p 	<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><i>Please see descriptions for locations of each event!</i></p>		

NORTHAMPTON AREA / Hampshire County • January 2012

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

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

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

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

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

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

ADDITIONAL PEER COMMUNITY RESOURCES

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

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

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

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

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

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

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

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

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

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

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

ADDITIONAL PEER COMMUNITY RESOURCES Cont.

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

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

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

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

Anxiety/Phobia Support Group Every Thursday from 7p to 830p, Trinity Church, 361 Sumner Ave, Springfield. This is a peer-run support group for anyone who has experience anxiety and/or phobias. Sponsored independently by individuals with lived experience. Please call (413) 531-5706 for more info.

Asperger's Syndrome Peer Support Group Thursdays, 6:15-7:45pm, West Springfield Public Library, 2nd floor, 200 Park Street. More info, Michael Reinlagen, (413) 977-9073, mreinhagen@gmail.com, www.BuildingAutisticCommunity.org

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

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

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

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

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

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

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

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

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

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

ADDITIONAL PEER COMMUNITY RESOURCES Cont.

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

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

HAMPSHIRE COUNTY (Northampton, Easthampton, etc.):

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

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, The Recovery Learning Community for Central Mass!

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

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

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

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

STATEWIDE ORGANIZATIONS, EVENTS & TRAININGS

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

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

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