



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.

JULY 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.*

WESTERN MASS Recovery Learning Community

www.westernmassrlc.org • July 2012 Newsletter

AFIYA'S ROLLING OPEN HOUSE!

Afiya's doors are about to open and you are cordially invited to visit the house, meet the new team and welcome the 1st peer respite in the state to the neighborhood! A "rolling" open house means that it will happen over several days, that 20 minute time slots will be offered and reservations will be required first come, first served. (Parking is limited and we don't want to annoy the new neighbors so we're being creative!)

The Rolling Open House:

Times: Thursday, July 26th from 10-5

Friday, July 27th from 3-7

Saturday, July 28th from 11-4

Place: AFIYA

256 Jackson St., Northampton, MA 01060

(2nd house from the intersection of Jackson St. and Bridge Rd.)

Reservations Required:

Please call (413) 539-5941 x301 and leave your contact information and day & time preference.

We'll get back to you and confirm! See how many people you can fit in a single car and all come at once!

Bonus points for tightly packed clown cars!

While gifts are not required, they will certainly NOT be refused! Gift cards to Target, Biy Y, etc. would be most humbly appreciated and go a long way to supporting the house in its inaugural year!

We can't wait to see you at Afiya!

Open Dialogue Presentation Overflows!!

On June 12th, the Western Mass RLC – in co-sponsorship with the Central West Area of the Department of Mental Health – hosted a two-hour presentation on 'Open Dialogue' featuring Mary Olson (national expert), Jaakko Seikkula (one of the main developers), and Markku Sutela (Chief Psychologist in Finland where the approach was developed).

The space was initially set up at the Smith Conference Center for an audience of 100, but overflowed to the tune of 200, using all the chairs in the house and still leaving some standing. The audience included psychiatrists, clinicians, nurses, students, people with lived experience and a variety of others from the community. Despite the crowded conditions, the response was great and served as a powerful message that we **can** and **want** to be offering services in a different way than currently available.

Open Dialogue is an approach developed in Northern Finland that incorporates (amongst other elements) prompt response, low or no medication use, the incorporation of natural support systems and a belief that the 'problem' lies in the 'space between people,' rather than just in the one individual who may be showing 'symptoms.' It is getting the best documented recovery rates in the world. For more information and training opportunities on this model, visit www.dialogicpractice.net.

A big thank you to Mary, Jaakko and Markku for sharing your wisdom and learning!



The Western Mass Peer Support Line is Coming!

The Western Mass Peer Support Line – formerly known as a 'warmline' – will be opening with Afiya on Monday, July 30th.

This line will be open to anyone seeking support, resource information or just wanting to talk.

Hours will be Friday through Monday from 8pm to midnight (with hopes to expand in the future).

Stay tuned for the (toll-free!) number and other information to come!

And please help us in welcoming **Kaylie Harriman** as our main Peer Support Line Worker (with back up from many of our newly hired Peer Respite team!)



Peer Respite (Blog)

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

Afiya (A-FEE-yah)

Meaning emotional, physical and spiritual health and wholeness.



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

What is a Peer Respite?

Afiya will be an intentional and homey place where people can choose to stay when going through difficult times in their life; a safe respite when life becomes overwhelming; where shared wisdom and the validation of each individual experience points toward a path of healing; of wholeness. **Afiya** will be run and led by people who identify with having lived experienced with a psychiatric diagnosis, extreme states and/or trauma, will move side by side in recovery work with the Western Mass RLC and all of its supports.

Up-Date:

June! Where to start?! The physical house continues to shape up with electrical, new windows and appliances. The property has been transformed from a circa-1950's classic (complete with skeleton key) to a blank slate ready for interpretation **Afiya** is born in Northampton!

The **Afiya** team has been hired and is in the midst of training as this **blog** is being typed. We are proud to introduce (at least by name) the newest members of the RLC:

WELCOME! WELCOME! WELCOME!

~~~~~

**Afiya Peer Advocates: Alton Mccray, Andy Beresky, Jess Norris and Opeyemi Parham**

**Afiya Coordinator: Dani Scott**

**Afiya Director: Jack Bonsignore**

**Afiya Per Diem Peer Workers: Wyatt Ferrera, Denise Amato, Currie Murphy, Matt Pierce and Tisa Kent**

As mentioned in last month's **blog**, **Afiya** will open its doors **Monday, July 30!** This shift offers much needed time for the **Afiya** team to lay the groundwork necessary to support the success of the house and those that stay there. On top of that, it will offer us all a chance to meet the new team and get a first peek inside at the **Afiya Rolling Open House** (see coresponding article in this newsletter for complete information!)

Moving in continues at **Afiya** in July! We're always looking for "get it done" DIYers who can paint, mount a shelf, move furniture and generally be 'on-hand' as the place takes shape. If you'd like to be a part of the history of the first peer respite in Massachusetts (and you have skillz!) let us know. Things will be busy during the month of June!

That's about all for now! 'til next month!

**Lisa Forestell**

[lisa@westernmassrlc.org](mailto:lisa@westernmassrlc.org)

**(413)539-5941 x 202**



Western Mass  
Recovery Learning Community

# Call for Artists

for the third round of the  
RLC Peer Art Series

## *“Life Systems”*

Are you an artist with lived experience with mental health issues, extreme states, and/or trauma? Does the nature of your work express your life’s journey?

You are invited to submit an application to participate in the upcoming round of the Recovery Learning Community’s (RLC) Peer Art Series, this year entitled: *“Life Systems.”* *What do you see when walking in the world that most other people don’t and that is not part of the “consensus reality?”* *What are the patterns you are in; what are the patterns in your life?*

The RLC will sponsor solo exhibitions for six accepted artists to be held at the Recovery Learning Community’s Greenfield Center at 74 Federal Street. Accepted artists will, as well, have the opportunity to facilitate a paid two-hour workshop for the RLC community in Franklin County.

**Adrian Montagano**, the curator for Life Systems is an artist who brings his experience with altered realities to his unique role in this series. His black and white glyph paintings have been shown throughout western MA and as a part of our most recent peer art series. Contact Star at 413-768-7529 or [jessicastarphoto@gmail.com](mailto:jessicastarphoto@gmail.com) to request an application. Deadline for submissions is Wednesday, August 15, 2012; applications postmarked by this date will be accepted.

# Holyoke Area

## Hampden County • July 2012

| Monday                                                                                                                        | Tuesday                                                                                                                                                               | Wednesday                                                                                                                                                                                                                      | Thursday                                                                                                                                                             | Friday                                                                                                            |
|-------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------|
| <b>2</b> <ul style="list-style-type: none"> <li>Center Closed</li> <li><b>Guiding Council of Western Mass</b> 1-3p</li> </ul> | <b>3</b> <ul style="list-style-type: none"> <li>Center Open 10a-4p</li> <li><b>SPECIAL DAY:</b> Ear Acupuncture 3-4p</li> <li>Hearing Voices Group 4:30-6p</li> </ul> | <b>4</b> <p style="text-align: center;"><b>CLOSED</b></p> <p style="text-align: center;"><b>Independence Day</b></p> <p style="text-align: center;"><b>4<sup>th</sup> of July!</b></p>                                         | <b>5</b> <ul style="list-style-type: none"> <li>Center Open 12-4p</li> <li><b>Community Forum</b> 1-3p</li> </ul>                                                    | <b>6</b> <ul style="list-style-type: none"> <li>Center Open 12-4p</li> <li><b>NEW Book Group</b> 1-2p</li> </ul>  |
| <b>9</b> <ul style="list-style-type: none"> <li>Center Closed</li> </ul>                                                      | <b>10</b> <ul style="list-style-type: none"> <li>Center Open 10a-4p</li> <li>Hearing Voices Group 4:30-6p</li> </ul>                                                  | <b>11</b> <ul style="list-style-type: none"> <li>Center Open 12-7p</li> <li>Deaf/HOH Drop-in 3-6p</li> <li>Ear Acupuncture 3-4p</li> <li>Movie Night 4-6p</li> </ul>                                                           | <b>12</b> <ul style="list-style-type: none"> <li>Center Open 12-4p</li> <li><b>Community Forum</b> 1-3p</li> </ul>                                                   | <b>13</b> <ul style="list-style-type: none"> <li>Center Open 12-4p</li> <li><b>NEW Book Group</b> 1-2p</li> </ul> |
| <b>16</b> <ul style="list-style-type: none"> <li>Center Closed</li> </ul>                                                     | <b>17</b> <ul style="list-style-type: none"> <li>Center Open 10a-4p</li> <li>Hearing Voices Group 4:30-6p</li> </ul>                                                  | <b>18</b> <ul style="list-style-type: none"> <li>Center Open 12-7p</li> <li>Deaf/HOH Drop-in 3-6p</li> <li><b>On Break: Acupuncture</b></li> <li>Movie Night 4-6p</li> </ul>                                                   | <b>19</b> <ul style="list-style-type: none"> <li>Center Open 12-4p</li> <li><b>Community Forum</b> 1-3p</li> </ul>                                                   | <b>20</b> <ul style="list-style-type: none"> <li>Center Open 12-4p</li> <li><b>NEW Book Group</b> 1-2p</li> </ul> |
| <b>23</b> <ul style="list-style-type: none"> <li>Center Closed</li> </ul>                                                     | <b>24</b> <ul style="list-style-type: none"> <li>Center Open 10a-4p</li> <li>Hearing Voices Group 4:30-6p</li> </ul>                                                  | <b>25</b> <ul style="list-style-type: none"> <li>Center Open 12-7p</li> <li>Deaf/HOH Drop-in 3-6p</li> <li><b>On Break: Acupuncture</b></li> <li><b>Warmline Coalition Meeting</b> 1-230p</li> <li>Movie Night 4-6p</li> </ul> | <b>26</b> <ul style="list-style-type: none"> <li>Center Open 12-4p</li> <li><b>Peer Networking Meeting</b> 11:30a-2p</li> <li><b>Community Forum</b> 1-3p</li> </ul> | <b>27</b> <ul style="list-style-type: none"> <li>Center Open 12-4p</li> <li><b>NEW Book Group</b> 1-2p</li> </ul> |
| <b>30</b> <ul style="list-style-type: none"> <li>Center Closed</li> </ul>                                                     | <b>31</b> <ul style="list-style-type: none"> <li>Center Open 10a-4p</li> <li>Hearing Voices Group 4:30-6p</li> </ul>                                                  | <p><i>The RLC aspires to be scent free. Please avoid wearing scents to any RLC events or spaces.</i></p> <p><i>Please contact us if you have additional accommodation requests, including interpreters.</i></p>                |                                                                                                                                                                      |                                                                                                                   |

## HOLYOKE AREA / Hampden County • July 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.*

**Book Group:** \*NEW\* Every Friday 1-2p, Join Sean and Frank for this new book group offering an opportunity to read independently and then come together to talk about what you've read. The first book will be selected at the first meeting. Call for more info to 539-5941 ext. 200

**Community Forum:** Every Thursday 1-3p, The Community Forum is a new weekly meeting intended to serve two purposes. The first half of the meeting will be held in general support group format, with everyone having a chance to check in. The second hour will be focused on community wellness, ideas, concerns and growth. **This is a great opportunity to build our sense of community and connection to one another!**

**Ear Acupuncture:** PLEASE NOTE CHANGES: Tuesday July 3<sup>rd</sup> and Wednesday July 11<sup>th</sup> and then on break!!! Join certified acupuncturist, Melany for this free session of group ear acupuncture the first two weeks of this month. We will then be on break until we can find a fill in for Melany as she goes on maternity leave!!

**Guiding Council of Western Mass (GCOW):** MEEETING IN NORTHAMPTON THIS MONTH!

**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.

**Peer Worker Networking Meeting:** Thursday, July 26<sup>th</sup>, 11:30am to 2pm. All peer workers in paid or volunteer positions are welcome to join this Peer Worker Network and work to support one another, share ideas and talk about issues relevant to Peer workers in our area. Please RSVP to Sera at (413) 539-5941 x 203. **Pizza served.**

**Guided Relaxation Group:** Wednesdays from 2 to 3pm. Join Denise and others in community for this guided relaxation group as we come together to relieve tension and open up space to relax, be creative, and work toward our own individual state of well-being.

**Warmline Coalition Meeting:** Wednesday, July 25<sup>th</sup>, 1-2:30pm. 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!

# Springfield Area

## Hampden County • July 2012

| Tuesday                                                                                                                                                                                                                                                                                                                                                                                                              | Wednesday                                                                                                                                                  | Thursday                                                                                                                                                                  | Friday                                                                                                                                                                    | Saturday                                                                                                                                |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>3</b></p> <ul style="list-style-type: none"> <li>Center Open 9a-3p</li> <li>Reiki 10a-1p</li> <li>First Tuesday Potluck 12-2p</li> <li><b>NEW Group Exercise 2-4p</b> (ASL/English speaking facilitator)</li> <li>Yoga (<b>all levels welcome</b>) 2-3:30p (Downtown @ 11 Pearl St, Suite 217)</li> <li>After Incarceration Support Group 4-5p (736 State St.)</li> </ul>                                      | <p><b>4</b></p> <p><b>CLOSED</b></p> <p><b>Independence Day!</b></p> <p><b>4<sup>th</sup> of July!</b></p>                                                 | <p><b>5</b></p> <ul style="list-style-type: none"> <li>Center Open 9a-3p</li> <li>Yoga (<b>all levels welcome</b>) 10-11a</li> <li>Wellness Center Open 12-6p</li> </ul>  | <p><b>6</b></p> <ul style="list-style-type: none"> <li>Center Open 9a-3p</li> <li>Wellness Ctr Open 12-6p</li> <li><b>NEW Alternatives to Suicide 3:30-5p</b></li> </ul>  | <p><b>7</b></p> <ul style="list-style-type: none"> <li>Center Open 11-3p</li> <li><b>NEW Tae Kwon Do 12-1p</b> Wellness Ctr</li> </ul>  |
| <p><b>10</b></p> <ul style="list-style-type: none"> <li>Center Open 9a-3p</li> <li>Reiki 10a-1p</li> <li>First Tuesday Potluck 12-2p</li> <li><b>NEW Group Exercise 2-4p</b> (ASL/English speaking facilitator)</li> <li>Yoga (<b>all levels welcome</b>) 2-3:30p (Downtown @ 11 Pearl St, Suite 217)</li> <li>After Incarceration Support Group 4-5p (736 State St.)</li> </ul>                                     | <p><b>11</b></p> <ul style="list-style-type: none"> <li>Center Closed</li> <li>Wellness Ctr Open 12-6p</li> <li><b>NEW Workout Madness 4-6p</b></li> </ul> | <p><b>12</b></p> <ul style="list-style-type: none"> <li>Center Open 9a-3p</li> <li>Yoga (<b>all levels welcome</b>) 10-11a</li> <li>Wellness Center Open 12-6p</li> </ul> | <p><b>13</b></p> <ul style="list-style-type: none"> <li>Center Open 9a-3p</li> <li>Wellness Ctr Open 12-6p</li> <li><b>NEW Alternatives to Suicide 3:30-5p</b></li> </ul> | <p><b>14</b></p> <ul style="list-style-type: none"> <li>Center Open 11-3p</li> <li><b>NEW Tae Kwon Do 12-1p</b> Wellness Ctr</li> </ul> |
| <p><b>17</b></p> <ul style="list-style-type: none"> <li>Center Open 9a-3p</li> <li>Reiki 10a-1p</li> <li><b>NEW Group Exercise 2-4p</b> (ASL/English speaking facilitator)</li> <li>Yoga (<b>all levels welcome</b>) 2-3:30p (Downtown @ 11 Pearl St, Suite 217)</li> <li>After Incarceration Support Group 4-5p (736 State St.)</li> </ul> <p><b>CHECK NORTHAMPTON AREA CALENDAR FOR SPECIAL EVENT TONIGHT!</b></p> | <p><b>18</b></p> <ul style="list-style-type: none"> <li>Center Closed</li> <li>Wellness Ctr Open 12-6p</li> <li><b>NEW Workout Madness 4-6p</b></li> </ul> | <p><b>19</b></p> <ul style="list-style-type: none"> <li>Center Open 9a-3p</li> <li>Yoga (<b>all levels welcome</b>) 10-11a</li> <li>Wellness Center Open 12-6p</li> </ul> | <p><b>20</b></p> <ul style="list-style-type: none"> <li>Center Open 9a-3p</li> <li><b>NEW Alternatives to Suicide 3:30-5p</b></li> </ul>                                  | <p><b>21</b></p> <ul style="list-style-type: none"> <li>Center Open 11-3p</li> <li><b>NEW Tae Kwon Do 12-1p</b> Wellness Ctr</li> </ul> |
| <p><b>24</b></p> <ul style="list-style-type: none"> <li>Center Open 9a-3p</li> <li>Reiki 10a-1p</li> <li><b>NEW Group Exercise 2-4p</b> (ASL/English speaking facilitator)</li> <li>Yoga (<b>all levels welcome</b>) 2-3:30p (Downtown @ 11 Pearl St, Suite 217)</li> <li>After Incarceration Support Group 4-5p (736 State St.)</li> </ul>                                                                          | <p><b>25</b></p> <ul style="list-style-type: none"> <li>Center Closed</li> <li>Wellness Ctr Open 12-6p</li> <li><b>NEW Workout Madness 4-6p</b></li> </ul> | <p><b>26</b></p> <ul style="list-style-type: none"> <li>Center Open 9a-3p</li> <li>Yoga (<b>all levels welcome</b>) 10-11a</li> <li>Wellness Center Open 12-6p</li> </ul> | <p><b>27</b></p> <ul style="list-style-type: none"> <li>Center Open 9a-3p</li> <li><b>NEW Alternatives to Suicide 3:30-5p</b></li> </ul>                                  | <p><b>28</b></p> <ul style="list-style-type: none"> <li>Center Open 11-3p</li> <li><b>NEW Tae Kwon Do 2-1p</b> Wellness Ctr</li> </ul>  |
| <p><b>31</b></p> <ul style="list-style-type: none"> <li>Center Open 9a-3p</li> <li>Reiki 10a-1p</li> <li><b>NEW Group Exercise 2-4p</b> (ASL/English speaking facilitator)</li> <li>Yoga (<b>all levels welcome</b>) 2-3:30p (Downtown @ 11 Pearl St, Suite 217)</li> <li>After Incarceration Support Group 4-5p (736 State St.)</li> </ul>                                                                          | <p><i>Contact us if you have additional accommodation requests, including interpreters.</i></p>                                                            |                                                                                                                                                                           |                                                                                                                                                                           |                                                                                                                                         |

## SPRINGFIELD AREA / Hampden County • July 2012

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

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

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

**Alternatives to Suicide Support Group:** \*NEW\* Friday from 3:30pm – 5:00pm Alternatives to Suicide Peer Support Groups have been developed because we believe that talking about suicide decreases it. Alt2Su is a time when people can share, provide support, and strategize about alternatives to help one another cope with difficult life circumstances; a place where you can talk your experience of feeling suicidal without being judged.

**First Tuesday Potluck:** The first Tuesday of the month: July 10<sup>th</sup>, 12 to 2pm. Join the RLC community for a fun celebration with food, games, music, pool and/or movies! Bring food to share if you can, but please join us even if you aren't able to bring a dish! RSVPs appreciated, but you're welcome to just show up!

**Group Exercise:** \*NEW\* Tuesdays from 2pm to 4pm. Join Val and others from the community for a group gathering to focus on breathing, relaxing and exercising together. Breathing and relaxation portions will focus particularly on accessibility for individuals who are deaf or hard-of-hearing. Val is bilingual in ASL and English. All welcome.

**Tae Kwon Do (Korean Karate):** \*NEW\* Saturdays from 12pm to 1pm in the Wellness Center. Join Pamela for an introduction to Tae Kwon Do (Korean Karate). Tae Kwon Do is the art of kicking and punching. "Tae" means to kick. "Kwon" means to punch, and "Do" means art or a way of life. "Do" expresses a way of approaching life through enlightenment. Come experience Do with us in a safe environment and become empowered through self-determination and personal strength. Call 413-732-1703 to sign up as space is limited.

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

**Yoga (all levels welcome):** Tuesdays from 2 to 3:30pm in Karoun's private downtown studio: 11 Pearl St., Suite 217, Springfield and Thursdays from 10 to 11am at the Bowen Wellness Center. Yoga class is made up of breathing, stretching, strengthening and balancing poses that lead to a greater sense of peace, relaxation, and power! Modifications are always offered so that you can move at your own comfortable pace. If you feel you are not flexible or strong, then come to yoga so that you can build your strength and flexibility! You will also feel more relaxed, calm, and at peace even after one class.

**Workout Madness:** \*NEW\* Wednesdays from 4:00pm – 6:00pm in the Wellness Center. Work with Personal Trainer, Reggie, as he designs workouts around your current fitness level and introduces new and creative ways to get healthy. With over 20 years experience, Reggie has something to offer everyone! Come on out and bring your sneakers!

# Pittsfield Area

## Berkshire County • July 2012

| Monday                                                                                                                                                                                                 | Tuesday                                                                                                                                                    | Wednesday                                                                                                                                                                                                                                                                    | Thursday                                                                                                                                             | Friday                                                                      |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------|
| <b>2</b> <ul style="list-style-type: none"> <li>• Center Open 12-3p</li> <li>• General Support Group 11a-12p</li> <li>• Spiritual Explorations 1230-130p</li> <li>• Jewelry Creations 1-3p</li> </ul>  | <b>3</b> <ul style="list-style-type: none"> <li>• Center Open 12-4p</li> <li>• Yoga Means Union 10-1130a</li> <li>• <b>NEW Book Group 3-4p</b></li> </ul>  | <b>4</b> <ul style="list-style-type: none"> <li>• Center Closed</li> </ul> <p style="text-align: center;"><b>Independence Day!</b></p> <p style="text-align: center;">4<sup>th</sup> of July!</p>                                                                            | <b>5</b> <ul style="list-style-type: none"> <li>• Center Open 12-4p</li> <li>• Poker Time 1-230p</li> </ul>                                          | <b>6</b> <ul style="list-style-type: none"> <li>• Center Closed</li> </ul>  |
| <b>9</b> <ul style="list-style-type: none"> <li>• Center Open 12-3p</li> <li>• General Support Group 11a-12p</li> <li>• Spiritual Explorations 1230-130p</li> <li>• Jewelry Creations 1-3p</li> </ul>  | <b>10</b> <ul style="list-style-type: none"> <li>• Center Open 12-4p</li> <li>• Yoga Means Union 10-1130a</li> <li>• <b>NEW Book Group 3-4p</b></li> </ul> | <b>11</b> <ul style="list-style-type: none"> <li>• Center Closed</li> <li>• UR an Artist 11-1230p</li> </ul>                                                                                                                                                                 | <b>12</b> <ul style="list-style-type: none"> <li>• Center Open 12-4p</li> <li>• Poker Time 1-230p</li> <li>• <b>Hearing Voices 430-6p</b></li> </ul> | <b>13</b> <ul style="list-style-type: none"> <li>• Center Closed</li> </ul> |
| <b>16</b> <ul style="list-style-type: none"> <li>• Center Open 12-3p</li> <li>• General Support Group 11a-12p</li> <li>• Spiritual Explorations 1230-130p</li> <li>• Jewelry Creations 1-3p</li> </ul> | <b>17</b> <ul style="list-style-type: none"> <li>• Center Open 12-4p</li> <li>• Yoga Means Union 10-1130a</li> <li>• <b>NEW Book Group 3-4p</b></li> </ul> | <b>18</b> <ul style="list-style-type: none"> <li>• Center Closed</li> <li>• UR an Artist 11-1230p</li> </ul>                                                                                                                                                                 | <b>19</b> <ul style="list-style-type: none"> <li>• Center Open 12-4p</li> <li>• Poker Time 1-230p</li> </ul>                                         | <b>20</b> <ul style="list-style-type: none"> <li>• Center Closed</li> </ul> |
| <b>23</b> <ul style="list-style-type: none"> <li>• Center Open 12-3p</li> <li>• General Support Group 11a-12p</li> <li>• Spiritual Explorations 1230-130p</li> </ul>                                   | <b>24</b> <ul style="list-style-type: none"> <li>• Center Open 12-4p</li> <li>• Yoga Means Union 10-1130a</li> <li>• <b>NEW Book Group 3-4p</b></li> </ul> | <b>25</b> <ul style="list-style-type: none"> <li>• Center Closed</li> <li>• UR an Artist 11-1230p</li> </ul>                                                                                                                                                                 | <b>26</b> <ul style="list-style-type: none"> <li>• Center Open 12-4p</li> <li>• Poker Time 1-230p</li> <li>• <b>Hearing Voices 430-6p</b></li> </ul> | <b>27</b> <ul style="list-style-type: none"> <li>• Center Closed</li> </ul> |
| <b>30</b> <ul style="list-style-type: none"> <li>• Center Open 12-3p</li> <li>• General Support Group 11a-12p</li> <li>• Spiritual Explorations 1230-130p</li> <li>• Jewelry Creations 1-3p</li> </ul> | <b>31</b> <ul style="list-style-type: none"> <li>• Center Open 12-4p</li> <li>• Yoga Means Union 10-1130a</li> <li>• <b>NEW Book Group 3-4p</b></li> </ul> | <p><i>Contact us if you have additional accommodation requests, including interpreters.</i></p> <p><i>The RLC aspires to be scent free. Please avoid wearing scents to any RLC events or spaces.</i></p> <p><i>Please make note of changes in the center's calendar.</i></p> |                                                                                                                                                      |                                                                             |

Call us at (413) 539-5941

Toll free (866) 641-2853

## PITTSFIELD AREA / Berkshire County • July 2012

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

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

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

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

**General Support Group:** **Each Monday, 11:00am – 12:00pm.** Offer and receive support in a confidential, non-judgmental peer setting. Share your expertise and those of your peers in this generative environment. Everyone is invited and welcome!

**Hearing Voices Group:** **Every other Thursday, 4:30pm – 6:00pm.** Although 1 in 10 people hear voices, many choose not to talk about them due to fear of judgment and stigma. A Hearing Voices Group is a place where people can meet to talk about their experiences without such concern. It offers mutual support and friendship, with the opportunity to explore your experiences and learn from others with similar stories. Hearing Voices is real. This is a NEW group currently forming in Pittsfield. Come to a meeting and see what it's all about! For more information contact Lisa @ 413-561-3269 or Colleen @ 413-398-1306.

**Jewelry Creations:** **Mondays from 1:00pm – 3:00pm:** Jewelry Creations takes small projects from start to end and teaches the basics of stringing and wire jewelry making. Bring your own projects or use the materials provided.

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

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

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

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

# Greenfield Area

## Franklin County • July 2012

| Monday                                                                                                           | Tuesday                                                                                                                                                           | Wednesday                                                                                                                                           | Thursday                                                                                                                                                                                                                              | Friday                                                                                                                                                     |
|------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>2</b> <ul style="list-style-type: none"> <li>• RLC Support Forum 10-1p</li> <li>• Open Hours 1-4p</li> </ul>  | <b>3</b> <ul style="list-style-type: none"> <li>• Alternatives to Suicide Peer Support Group 5-6:30p</li> </ul>                                                   | <b>4</b> <p><b>ALL ACTIVITIES ARE CANCELLED FOR THE HOLIDAY</b><br/> <b>Enjoy the fireworks!</b></p>                                                | <b>5</b> <ul style="list-style-type: none"> <li>• Introduction to Mindfulness, Awareness and Meditation 12-1p</li> <li>• Veterans Support: Discussion Group 3-4:30p</li> </ul>                                                        | <b>6</b> <ul style="list-style-type: none"> <li>• Non-violent Communications Practice Group 11-1pm</li> </ul>                                              |
| <b>9</b> <ul style="list-style-type: none"> <li>• RLC Support Forum 10-1p</li> <li>• Open Hours 1-4p</li> </ul>  | <b>10</b> <ul style="list-style-type: none"> <li>• <b>Circle of Friends 11:30a-1:30p</b></li> <li>• Alternatives to Suicide Peer Support Group 5-6:30p</li> </ul> | <b>11</b> <ul style="list-style-type: none"> <li>• Gentle Yoga 9:30-10:50a</li> <li>• Sip &amp; Chat 11-12p</li> <li>• Acupuncture 12-1p</li> </ul> | <b>12</b> <ul style="list-style-type: none"> <li>• Introduction to Mindfulness, Awareness and Meditation 12-1p</li> <li>• Veterans Support: Discussion Group 3-4:30p</li> <li>• Women's Self Care Support Group 5:30-7:30p</li> </ul> | <b>13</b>                                                                                                                                                  |
| <b>16</b> <ul style="list-style-type: none"> <li>• RLC Support Forum 10-1p</li> <li>• Open Hours 1-4p</li> </ul> | <b>17</b> <ul style="list-style-type: none"> <li>• Alternatives to Suicide Peer Support Group 5-6:30p</li> </ul>                                                  | <b>18</b> <ul style="list-style-type: none"> <li>• Gentle Yoga 9:30-10:50a</li> <li>• Sip &amp; Chat 11-12p</li> <li>• Acupuncture 12-1p</li> </ul> | <b>19</b> <ul style="list-style-type: none"> <li>• Introduction to Mindfulness, Awareness and Meditation 12-1p</li> <li>• Veterans Support: Discussion Group 3-4:30p</li> </ul>                                                       | <b>20</b>                                                                                                                                                  |
| <b>23</b> <ul style="list-style-type: none"> <li>• RLC Support Forum 10-1p</li> <li>• Open Hours 1-4p</li> </ul> | <b>24</b> <ul style="list-style-type: none"> <li>• Alternatives to Suicide Peer Support Group 5-6:30p</li> </ul>                                                  | <b>25</b> <ul style="list-style-type: none"> <li>• Gentle Yoga 9:30-10:50a</li> <li>• Sip &amp; Chat 11-12p</li> <li>• Acupuncture 12-1p</li> </ul> | <b>26</b> <ul style="list-style-type: none"> <li>• Introduction to Mindfulness, Awareness and Meditation 12-1p</li> <li>• Veterans Support: Discussion Group 3-4:30p</li> <li>• Women's Self Care Support Group 5:30-7:30p</li> </ul> | <b>27</b> <p>Fantastic Fridays<br/>           Grab Bag:<br/> <b>Potluck &amp; Movie Nite!</b><br/>           Showing: <i>ELLING</i><br/> <b>6:30-9</b></p> |
| <b>30</b> <ul style="list-style-type: none"> <li>• RLC Support Forum 10-1p</li> <li>• Open Hours 1-4p</li> </ul> | <b>31</b> <ul style="list-style-type: none"> <li>• Alternatives to Suicide Peer Support Group 5-6:30p</li> </ul>                                                  | <p><b>This center is only open during the listed activities.</b></p>                                                                                |                                                                                                                                                                                                                                       |                                                                                                                                                            |

*The RLC aspires to be **scent free**. Please avoid wearing scents to any RLC events or spaces. Please contact us if you have additional accommodation requests, including interpreters.*

**Please see descriptions for locations of each event!**

Call us at (413) 539-5941

Toll free (866) 641-2853

## GREENFIELD AREA / Franklin County • July 2012

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

**All open hours take place at the RLC's Greenfield Center, 74 Federal St..**

**Check descriptions for locations of other activities and events.**

**Call Franklin County Coordinator, Janice Sorensen, for more info at (413) 561-3268.**

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

**Acupuncture: Wednesdays, 12-1pm,** at The RECOVER Project, 68 Federal St., Grnfl. This free auricular (ear) acupuncture clinic focusing on five ear points and offered by licensed acupuncturist, Melany, works on a variety of issues including cravings, addictions, insomnia, stress, and anxiety. Acupuncture is a collaboration of The RECOVER Project (RP) & Recovery Learning Community (RLC), both programs of The Consortium. **Starting July 18<sup>th</sup> and through the month of August, Karen Adams will be filling in for Melany while she is away.** For questions on cancellation, contact: Melany, 413-687-1230. **CANCELLED for July 4<sup>th</sup>.**

**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:* Tues, July 10, 11:30-1:30pm,** lunch will be provided. RLC Greenfield Center, 74 Federal St.

**Greenfield, MA.** Circle of Friends Open Session is a gathering that uses breathwork, 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](mailto: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.

**Fantastic Fridays Grab Bag, July 27, 6:30-9,** JULY is Potluck & Movie Nite! The RLC Greenfield Center, 74 Federal St., Come at 6:30 with a dish to share! At 7pm we'll start our movie: **ELLING**. When his mother, who has sheltered him his entire 40 years, dies, Elling, a sensitive, would-be poet, is sent to live in a state institution. There he meets Kjell Bjarne, a gentle giant and female-obsessed virgin in his 40s. After two years, the men are released and provided with a state-funded apartment and stipend with the hope they will be able to live on their own. Initially, the simple act of going around the corner for groceries is a challenge. Through a friendship born of desperate dependence, the skittish Elling and the boisterous, would-be lover of women, Kjell Bjarne, discover they can not only survive on the outside, they can thrive. But as their courage grows, the two find oddball ways to cope with society, striking up the most peculiar friendships in the most unlikely places. **1hr 29min RATED: R** subtitled (Fantastic Fridays Grab Bag is a once monthly rotation of activities to include Potluck and Movie Nite, Game Nite, Fourth Friday Art Circle etc.)

**Fourth Friday Art Circle and Game Nite!!** are going to become a part of Fantastic Fridays Grab Bag rotation. Stay tuned for info on monthly fun!

**Gentle Yoga: Weds, 9:30- 10:50am**, The RPX (RECOVER Project Extension), One Osgood St., Grnfld., Erica Travis incorporates light-hearted joyful movement with a reverent and consistent focus on breath and deepening individual awareness. While this class will be tailored to the beginner and those in recovery, all students are encouraged to practice at a pace that suits their own bodies in the present moment. Multiple variations of poses are presented to encourage individual choices and levels of ability. Class is co-ed! For questions about weather cancellations call 413-561-3268. **CANCELLED for July 4<sup>th</sup>**.

**Introduction to Mindfulness, Awareness and Meditation: Thursdays, 12-1pm**, The RLC Greenfield Center, 74 Federal St. Our time will include a meditation practice introduction, two short sits, readings and discussion from books, as well as time for questions and comments. The essence of this practice is the gentleness and loving kindness with which we come to know our own mind. "Whatever arises in our practice is fresh, the essence of realization." Every one is welcome. Facilitators, Tony Walker and Marek Tresnak bring with them years of personal practiced and instruction in the art of meditation in the Shambhala tradition. Tony Walker is the founder and director of the Shelburne Falls Shambhala Center.

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

**Veteran Support: Discussion Group: EVERY THURS, 3-4:30**, The RLC Greenfield Center, 74 Federal St. ATTENTION ALL VETERANS: Looking to connect with other Vets? Coping with stress and the transitioning to civilian life? Having issues with housing, employment or health? Want to learn about community resources? Miss your buddies? Come to a Veteran Support Discussion Group. Refreshments provided! Call Alex at (413) 774-5489 x14 for more info. This group is a collaboration of The RECOVER Project (RP) & Recovery Learning Community (RLC), both programs of The Consortium. **Yoga Warriors is currently on hiatus.**

**\*\*\*NVC Practice Group: Friday, July 6, 11-1pm** The RLC Greenfield Center, 74 Federal St. You must have attended a Non-Violent Communication Training in the past 5 years to participate. This is an RLC/RP collaboration.

**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. **CANCELLED for July 4<sup>th</sup>**.

**Women's Self Care Support Group: Every 2<sup>nd</sup> and 4<sup>th</sup> Thursday, 5:30-7:30pm**, The Turners Falls Women's Resource Center, 41 3<sup>rd</sup> St., Turners Falls. 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- 413-561-3268. This group is a collaboration of the Western Mass RLC and the Turners Falls Women's Resource Center.

# Northampton Area

## Hampshire County • July 2012

| Monday                                                                                                                                                                                                              | Tuesday   | Wednesday                                                                                                                                                                                                       | Thursday                                                                  | Friday                                                                                          |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|
| <b>2</b> <ul style="list-style-type: none"> <li>• Acupuncture Clinic (<b>NEW LOCATION</b>) 430-6p</li> <li>• Hearing Voices, 4pm</li> <li>• <b>NEW OPEN GROUP:</b> Alternatives to Suicide Group 630-8p</li> </ul>  | <b>3</b>  | <b>4</b> <p>Independence Day!</p> <p>4<sup>th</sup> of July!</p>                                                                                                                                                | <b>5</b> <ul style="list-style-type: none"> <li>• Yoga 330-5p</li> </ul>  | <b>6</b>                                                                                        |
| <b>9</b> <ul style="list-style-type: none"> <li>• Acupuncture Clinic (<b>NEW LOCATION</b>) 430-6p</li> <li>• Hearing Voices, 4pm</li> <li>• <b>NEW OPEN GROUP:</b> Alternatives to Suicide Group 630-8p</li> </ul>  | <b>10</b> | <b>11</b>                                                                                                                                                                                                       | <b>12</b> <ul style="list-style-type: none"> <li>• Yoga 330-5p</li> </ul> | <b>13</b>                                                                                       |
| <b>16</b> <ul style="list-style-type: none"> <li>• Acupuncture Clinic (<b>NEW LOCATION</b>) 430-6p</li> <li>• Hearing Voices, 4pm</li> <li>• <b>NEW OPEN GROUP:</b> Alternatives to Suicide Group 630-8p</li> </ul> | <b>17</b> | <b>18</b>                                                                                                                                                                                                       | <b>19</b> <ul style="list-style-type: none"> <li>• Yoga 330-5p</li> </ul> | <b>20</b> <ul style="list-style-type: none"> <li>• Out to the movies @ Cinemark 1-4p</li> </ul> |
| <b>23</b> <ul style="list-style-type: none"> <li>• Acupuncture Clinic (<b>NEW LOCATION</b>) 430-6p</li> <li>• Hearing Voices, 4pm</li> <li>• <b>NEW OPEN GROUP:</b> Alternatives to Suicide Group 630-8p</li> </ul> | <b>24</b> | <b>25</b>                                                                                                                                                                                                       | <b>26</b> <ul style="list-style-type: none"> <li>• Yoga 330-5p</li> </ul> | <b>27</b>                                                                                       |
| <b>30</b> <ul style="list-style-type: none"> <li>• Acupuncture Clinic (<b>NEW LOCATION</b>) 430-6p</li> <li>• Hearing Voices, 4pm</li> <li>• <b>NEW OPEN GROUP:</b> Alternatives to Suicide Group 630-8p</li> </ul> | <b>31</b> | <p><i>The RLC aspires to be scent free. Please avoid wearing scents to any RLC events or spaces.</i></p> <p><i>Please contact us if you have additional accommodation requests, including interpreters.</i></p> |                                                                           |                                                                                                 |

Call us at (413) 539-5941

Toll free (866) 641-2853

## **NORTHAMPTON AREA / Hampshire County • July 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](mailto:info@westernmassrlc.org). Items are listed alphabetically.*

**Acupuncture Clinic:** Every Monday from 4:30pm to 6pm, Owl and Raven Community Space, 2 Conz St located in the Maplewood shops below Chameleon Salon. Drop-in auricular acupuncture focuses on five ear points. Arrive promptly to secure your space! Freedom Center is lead sponsor, co-sponsored by the RLC (877-677-6424 for more info).

**NEW GROUP: Alternatives to Suicide Group:** Mondays from 6:30 to 8pm at the Friend's Meeting House in Northampton, 43 Center Street. This is a peer-run group for individuals who want a safe, judgment-free zone to talk about alternatives to suicide. Please call Sarah or Sean at 413-539-5941 ext. 318 for more information or to join this group.

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

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

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

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

## ADDITIONAL PEER COMMUNITY RESOURCES

*The resources below are listed by area and include peer supports in all four counties of Western Massachusetts as well as some statewide resources like warmlines, the Certified Peer Specialist Program (CPS) and other RLCs.*

*THESE ORGANIZATIONS, GROUPS, MEETINGS AND WORKSHOPS ARE NOT RUN, SPONSORED (unless otherwise noted) OR OVERSEEN BY THE RLC IN ANY WAY. The RLC includes these resources for your information and personal use. Inclusion on this list does NOT necessarily mean that the RLC is attesting to the values or quality of any group or organization listed. Rather these resources are included based on the belief that there is strength in connection and the creation of a network of supports, in having and knowing your choices and in understanding that different supports work for different people.*

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

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

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

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

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

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

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

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

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

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

## ADDITIONAL PEER COMMUNITY RESOURCES Cont.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

## ADDITIONAL PEER COMMUNITY RESOURCES Cont.

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

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

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

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

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

**Alternatives to Suicide Group** Tuesdays from 6:30 to 8pm at the Quaker Meeting House in Northampton. This is a peer-run group for individuals who want a safe, judgment-free zone to talk about alternatives to suicide. This is a closed group, but spots are available. Please call Mike at 413- 230-0660 for more information or to join this group.

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

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

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

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

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

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

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

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

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

### **WARMLINES**

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

## ADDITIONAL PEER COMMUNITY RESOURCES Cont.

**Consumer Warm Line:** (800) 243-5836. This peer-run hotline 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 hotline 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 hotline worker is available on Sundays and Tuesdays.

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

### RLCs IN OTHER AREAS OF THE STATE

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

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

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

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

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

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

### STATEWIDE ORGANIZATIONS, EVENTS & TRAININGS

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

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

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