

WMTC
187 High Street, #204
Holyoke, MA 01040

June 2011 Newsletter & Calendars Inside!

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Donate To The Western Mass RLC!!

Support healing activities and your local recovery community through a donation to the Western Mass RLC!

Donations may be used in a number of ways to support the RLC community including purchase of food and other provisions, increased worker and open hours, translation of materials into Spanish, stipends for groups and workshops, trainings, transportation assistance, art supplies, books and more! Even a few dollars makes a difference!!

**All donations are fully tax deductible.
If you prefer, donations may also be made anonymously.**

Your Name: _____

Street Address: _____

City: _____ State: _____ Zip Code: _____

Phone Number: _____ E-Mail: _____

Amount Enclosed: \$ _____

Please make checks payable to The Consortium-Recovery Learning Community

Mail To:
Western Mass RLC – Attn: Sera
187 High St, #303
Holyoke, MA 01040

**Also...
Consider donating
through a special fundraiser!
The RLC is a a Charity Partner
for the 33rd Annual Bridge
of Flowers Road Race in
Shelburne Falls on August 13!
(see article on p. 2
for more info)**

Donate To The Western Mass RLC!!





WESTERN MASS
Recovery
Learning
Community

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.

JUNE 2011 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 when it is posted to our website, please contact us at info@westernmassrlc.org or call us at (413) 539-5941 or toll free (866) 641-2853



Focus on Body Awareness and Eating Disorders

Beginning in June, the Western Mass RLC community will be creating new opportunities to look at the issues of body awareness, self-image, eating disorders and related concerns.

So many of us – men and women – have been taught to hate our bodies or to prioritize almost everything else over taking care of ourselves. Some of us have developed relationships with our body and food that relate to self-harm, trauma and control.

It's become the rarity that people treat themselves with care and compassion.

Are you someone who has:

- Been diagnosed with an eating disorder?
- Struggled with an unhealthy relationship to your body and food?
- Self-harmed by giving your body too little nourishment, overeating or bingeing and purging?
- Used your relationship with food to manage difficult feelings and you want to find another approach?

Our goal is to provide judgment-free opportunities to explore these and many other related issues as a community.

Community Forum:

Thursday, June 23rd from 4-6pm at the Media Education Foundation, Masonic Street (behind Woodstar Café) in Northampton.

Join **Johnna Bossuot** and **Don Wentworth** to explore this topic as a community! Discussion will include recovery stories, issues people are facing, the kind of supports we already have and further supports we'd like to develop or see available in our community. No RSVP necessary!!!

Support Group:

Beginning **Thursday, June 30th from 4-5:30pm** at the RLC's Holyoke Center. Join Johnna Bossuot and Don Wentworth for this **8-week support group**. The goal will be to provide a safe, comfortable and non-judgmental environment to talk about the ways we think about and act toward ourselves and how they can affect our relationship to food and our bodies. This group is open and you are welcome to come to one or all sessions.

For more information call Johnna at (413) 539-5941, ext. 316 or contact us at info@westernmassrlc.org

Our Visit with Ruta May Alternative Perspectives Film Series Report Back

In May, we were excited to have Ruta Mazelis join us and over 100 people from the community for four film screenings of '**Between the Lines**' and one workshop all on the topic of self-injury.

This is a topic that often gets overlooked because it brings up so much fear for many of us. However, each event offered an opportunity to take a non-judgmental look at self-injury and create community dialogues about what it means and how 'we' as a community should react to it.

At each event, it was recognized that the problem is not so much that individuals cut, burn or otherwise self-injure, but more so that the problem lies in how families, friends and the mental health system tends to react when it happens. Ultimately, the goal of each forum was to build understanding and move toward a systemic change in how we respond.

Did you miss it?

Learn more about Ruta and resources related to self-injury by visiting www.healingselfinjury.com

Tell others about the RLC, share copies of our newsletter, carpool to an event...

**The RLC's Pittsfield Center has moved!
Check out the Berkshire calendar on page 9 for details!**



Did you miss Will Hall's presentation at the National Alternatives Conference last October? Here's a local opportunity!

Workshop: Medication Optimization, Withdrawal and Alternatives

Thursday, June 16 from 1-5pm at the Recovery Annex, 74 Federal Street, Greenfield

Using a harm reduction perspective that is neither pro-medication nor anti-medication, participants will learn how to better meet each other where we are at regarding our treatment options so that we can become more **empowered** and gain greater control of our lives.

Psychotropic medications are the center of mental health treatment, but too often there is not enough information to make wise and informed decisions. As a result, many people are left over medicated, facing **long term risks**, misinformed, or unhappy with **medication effects** but without understanding **alternatives**. This workshop will present a basic peer education framework for understanding medications in mental health settings, including **how they work, how they are best used, risks and benefits, reducing and going off meds, and developing medication alternatives**.

Led by therapist and survivor of a Schizophrenia diagnosis, Will Hall, who has worked for ten years with people in recovery and professional providers around medication education. He is author of the Harm Reduction Guide to Coming off Psychiatric Drugs (<http://willhall.net/harmreductionguidecomingoffpsychdrugs/>), co-founder of Freedom Center, Director of Portland Hearing Voices, host of Madness Radio on KBOO, and internationally recognized for his advocacy and teaching on mental health alternatives. More info at www.willhall.net.

Walk or Run for the RLC!

33rd Annual Bridge of Flowers Road Race

We are excited to share that the Western Mass Recovery Learning Community has been chosen to be a **Charity Partner for the 33rd Annual Bridge of Flowers Road Race** to take place on **Saturday, August 13, in Shelburne Falls!** Please consider joining Janice Sorensen (The Western Mass RLC's Franklin County Coordinator) in the 10k race or you can participate in the 3k charity run or walk. **To register**, visit the Bridge of Flower's registration page at <http://www.runreg.com/events/register.asp?EventID=2573>. Please be sure to select the RLC as your the Charity Partner of choice when you register!

If you do not wish to run or walk, please consider **sponsoring Janice** on her run! To pledge your support for Janice, and to read her story about how **running contributes to her wellness**, please visit <https://www.pledgereg.com/19677>

FINAL REMINDER TO REGISTER!

Creating Connections Through Dialogue

WHEN: Friday, June 10th through Sunday, June 12th

WHERE: Endicott College, Beverly, MA

A Weekend to Learn Together, Deepen Connections, and Expand Our Vision of a Healthy World

Three days of speakers, workshops, discussions...Co-sponsored by the National Empowerment Center, Transformation Center, and several Massachusetts RLCs.

Join people from all over Massachusetts to explore various aspects of connectedness and implications on recovery.

Speakers to include Robert Whitaker, Bruce Levine, Shery Mead, Will Hall and more!

Visit the National Empowerment Center's website for more info: <http://www.power2u.org/>

Worth the trip...
All events are free for RLCs!



• COMMUNITY RESOURCES •

The RECOVER Project

Periodically, we like to make sure that the RLC community is aware of our many fellow peer communities. One such community with whom we are closely linked is the RECOVER Project based in Greenfield.

From their website: The RECOVER Project is a community open to all concerned with alcohol and drug addiction. We exist to foster recovery and empower individuals, families, and the communities of Franklin County. We provide peer-to-peer support based on the guiding principles that people can and do recover from alcohol and drug addiction and that competence and wisdom reside in those with lived experience.

The RECOVER Project is located at 68 Federal Street and offers accessible and welcoming space, many different types of meetings and events and an opportunity to be a part of a community.

Be sure to keep an eye out for one of their most popular annual events, the Recovery Jam coming this fall! For more information visit or contact the RECOVER Project at (413) 774-5489 or www.recoverproject.org.

As many of you also know, we have been sharing space with the RECOVER Project. Here is an update on that as well:

The Western Mass Recovery Learning Community (RLC) and the RECOVER Project have spent much of the last three years sharing space in Greenfield both at 68 Federal Street and – more recently – at 74 Federal Street. **There is so much that has been positive about this collaboration, the fruits of which are exemplified through:**

- The joint efforts that transformed an old, broken down space with holes in the wall into the beautiful new space that exists at 74 Federal Street.
- The growing range of shared wellness opportunities offered to the local community, including acupuncture and the newly added ‘Yoga Warriors’ for individuals who are military veterans.

- The recent recognition from the federal government (SAMHSA) of the collective of the Consortium’s Franklin County- based communities (including RECOVER, the RLC, the Women’s Centers, LEAD and Greenbook) as a ‘model program’ worthy of documentation.

There have also been some bumps in the road of the RLC/RECOVER collaboration. Over time, it’s become clear that not providing each community with a ‘home of their own’ in which growth and identity building can occur has been challenging and – at times – made it more difficult to see the positive. For this reason, independent spaces are now being pursued with the anticipation that RECOVER will focus on 68 Federal Street (with expansion opportunities) and the RLC will focus on 74 Federal Street. As this transition occurs over the next few months, goals will include:

- Eliminating the tension created by the ‘forced fit’ of shared spaces so that it no longer overshadows the positive and energies can be re-focused toward supporting the collaboration between RLC and RECOVER to further blossom.
- Ensuring that having separate spaces does not lead to the fragmentation of the broader community or a shift toward an ‘us and them’ perspective, and so that each person is welcomed regardless of which door they might walk through.
- Fostering a sense of mutual support by sharing each other’s spaces, talents and resources in thoughtful ways that increase capacity and opportunities for creativity.

This is a new chapter in the evolution of the RLC/ RECOVER collaboration that will bring with it a host of new opportunities. Please be sure to bring your ideas about how to move forward to one of our next community or council meetings!

WE WANT YOUR FEEDBACK AND IDEAS FOR THIS NEWSLETTER!

Please contact us at (413) 539-5941 ext. 311 or newsletter@westernmassrlc.org

Bowen Wellness Center Adds Saturday Hours!

With the help of our dedicated volunteers, the Bowen Wellness Center will be open from 12 to 3pm on Saturdays in June in addition to other regular hours! Come check us out!



RLC Team Update

We are writing to let you know of a shift taking place on our RLC team. **Andy Grant**, who has been an integral part of our community in Franklin County, will be moving from Peer Worker to a new RLC consultant role focused on media and development of a new training film project. This shift will allow Andy to focus more energy on his creative talents, including photography and filmmaking and will provide the RLC with much needed support around these efforts. This is an exciting step, as it simultaneously represents a new direction for the RLC and recognition of Andy's growth as an artist. Andy's transition will be gradual over the next month-and-a-half, with him officially moving into a consultant role at the start of July. He also plans to continue to have a regular presence as a part of the broader RLC community and to continue to be involved in facilitation and outreach opportunities as they arise.

In the interim, you may have also seen postings for an updated Franklin County Peer Worker position. We will be working to fill this role by mid-summer and to avoid any disruptions as a result of this transition.

As always, thank you all for your ongoing support as we learn and grow together!

DON'T FORGET: Resource Development Project:

We need your help!

The Western Mass RLC is working on a project to develop a comprehensive resource guide.

Ultimately, the goal is to create both a **printed resource guide** and an **online database** of resources for use by both providers and individuals in the community. Though focusing on local resources, the guide will also list relevant national, international and online resources that may be useful to individuals living in Western Mass.

One of the methods we are using to develop this guide will be to reach out to YOU!

Whether you are working as a provider, identify as having lived experience or are a part of the broader community, you have inevitably come across useful resources that we want to know about.

If you haven't already had a chance to fill out a **survey**, please download one at www.westernmassrlc.org. Or if you have ideas, questions and concerns regarding resources in our area, please contact us ASAP at resources@westernmassrlc.org or (413) 539-5941, ext. 315.

Save the Week!

July Film Screening: Daniel Mackler's Open Dialogues

Daniel Mackler will be back with us in Massachusetts during the week of July 11th to screen his third film, **Open Dialogue**.

A little bit about the film: "In the far north of Finland, a stone's throw from the Arctic Circle, a group of innovative family therapists converted the area's traditional mental health system, which once boasted some of Europe's poorest outcomes for [the diagnosis of] schizophrenia, into one that now gets the best statistical results in the world for first-break psychosis. They call their approach Open Dialogue." This film documents their work and approach.

Watch your mailboxes (both online and in person) for more information, including dates and locations across the state.

We're also excited to announce that we have applied for Continuing Education credits for these screenings and hope to be able to announce approval by mid-June!

The RLC offers many great events, workshops, trainings and groups. Check out our calendars, highlight your favorite events, and invite others to attend. Remember the "C" in RLC is "Community". Invite others in our community to attend our diverse offerings!

Please join us for our next monthly **Guiding Council Meeting!** Monday, June 6th, 1-3pm at the RLC's Holyoke Center. See Holyoke Calendar on page 5 for details. ASL interpreters have been requested!



Holyoke Area

HAMPDEN COUNTY • JUNE 2011

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>The RLC aspires to be scent free. Please avoid wearing scents to any RLC events or spaces.</i></p>	<p><i>Please contact us if you have additional accommodation requests, including interpreters.</i></p>	<p>1</p> <ul style="list-style-type: none"> • Center Open 12-7pm • ASL Class 12-1pm • Deaf/HOH Drop-in 1-5pm • Ear Acupuncture 3-4pm • Movie Night 4-6pm 	<p>2</p> <ul style="list-style-type: none"> • Center Open 12-4pm • Alternatives to Suicide Group: 5-630pm 	<p>3</p> <ul style="list-style-type: none"> • Center Open 12-4pm
<p>6</p> <ul style="list-style-type: none"> • Center Closed For Drop-In • Guiding Council, 1-3p 	<p>7</p> <ul style="list-style-type: none"> • Center Open 10-4pm • Hearing Voices Group 4:30-6pm 	<p>8</p> <ul style="list-style-type: none"> • Center Open 12-7pm • ASL Class 12-1pm • Deaf/HOH Drop-in 1-5pm • Ear Acupuncture 3-4pm • Movie Night 4-6pm 	<p>9</p> <ul style="list-style-type: none"> • Center Open 12-4p • Training Film Planning Group, 1-3p • Alternatives to Suicide Group, 5-630p 	<p>10</p> <ul style="list-style-type: none"> • Center Open 12-4pm
<p>13</p> <ul style="list-style-type: none"> • Center Closed For Drop-In 	<p>14</p> <ul style="list-style-type: none"> • Center Open 10-4pm • Hearing Voices Group 4:30-6pm 	<p>15</p> <ul style="list-style-type: none"> • Center Open 12-7pm • ASL Class 12-1pm • Deaf/HOH Drop-in 1-5pm • Ear Acupuncture 3-4pm • Movie Night 4-6pm 	<p>16</p> <ul style="list-style-type: none"> • Center Open 12-4pm • Alternatives to Suicide Group: 5-6:30pm (THEN, GROUP GOES ON HIATUS) 	<p>17</p> <ul style="list-style-type: none"> • Center Open 12-4pm
<p>20</p> <ul style="list-style-type: none"> • Center Closed For Drop-In 	<p>21</p> <ul style="list-style-type: none"> • Center Open 10-4pm • Hearing Voices Group 4:30-6pm • Community Council & Pizza, 1-3pm 	<p>22</p> <ul style="list-style-type: none"> • Center Open 12-7pm • ASL Class 12-1pm • Deaf/HOH Drop-in 1-5pm • Ear Acupuncture 3-4pm • Movie Night 4-6pm 	<p>23</p> <ul style="list-style-type: none"> • Center Open 12-4pm 	<p>24</p> <ul style="list-style-type: none"> • Center Open 12-4pm
<p>27</p> <ul style="list-style-type: none"> • Center Closed For Drop-In 	<p>28</p> <ul style="list-style-type: none"> • Center Open 10-4pm • Hearing Voices Group 4:30-6pm 	<p>29</p> <ul style="list-style-type: none"> • Center Open 12-7pm • ASL Class 12-1pm • Deaf/HOH Drop-in 1-5pm • Warmline Coalition Meeting, 1-3p • Ear Acupuncture 3-4pm • Movie Night 4-6pm • Deaf Comm. Forum 4-6p 	<p>30</p> <ul style="list-style-type: none"> • Center Open 12-4pm • Peer Worker Networking Meeting 11:30am-2p • New Support Group: Body Awareness & Eating Disorders, 4-5:30pm 	<p><i>Event details are on the following page. All events are free of charge (unless otherwise noted).</i></p>

HOLYOKE AREA / Hampden County • June 2011

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

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

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

Alternatives to Suicide: Thursdays from 5-6:30pm through June 16, and then on hiatus. A peer-lead support group for individuals who have struggled with thoughts or feelings around suicide. Although a range of topics may be covered, this is a place to talk about feelings related to suicide in a non-judgmental environment. Sign up required by calling 413 539-5941.

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

Art Exhibit-Cosmia Hewes: Through the end of June. Come see the beautiful and thought provoking work of Cosima Hewes!

Community Council: Third Tuesday of every month from 1-3pm (**new day/time!!**) 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.**

Community Forum: Eating Disorders & Body Awareness: (see article on page 1)

Deaf Community Forum: Wednesday, June 29th from 4-6pm. Join Valerie Ennis and others for an informal conversation about issues in the deaf community that are important to you. **Pizza to be served.**

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

Guiding Council of Western Mass (GCOW): Monday, June 6, 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 Sera at (413) 539-5941 ext. 203 or sera@westernmassrlc.org for more info.

Hearing Voices Group: Tuesdays from 4:30 to 6pm. Hearing Voices groups are popular and widespread 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? Join us for one of few Hearing Voices groups in the United States and share and get support from others with similar experiences! RLC is lead sponsor, co-sponsored by the Center for Human Development and the Freedom Center.

Knit Happens!: On hiatus this month.

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, June 30th, 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.

Support Group- Body Awareness & Eating Disorders: Thursdays, beginning June 30th from 4pm to 5:30pm for 8 weeks. Johnna Bossuot and Don Wentworth will lead this drop-in support group for individuals wishing to explore issues around eating disorders and body awareness. The goal will be to provide a safe, comfortable and non-judgmental environment to talk about the ways we think about ourselves and act toward ourselves and how they can affect our relationship to food and our bodies.

Training Film Planning Group: Thursday, June 9, 1-3pm. The Western Mass RLC has received a small grant to produce two training films on the following topics: Perspectives on Mental Health and Alternatives to Suicide. Come be a part of the conversation and planning for this project, see what the current vision is, help shape how it moves forward and even consider being in one or both of the films!

Warmline Coalition Meeting: The Western Mass Warmline Coalition will be held on Wednesday, June 29, 1-3pm. Anyone from a provider organization or the community is welcome to come and help us evaluate what warmline services we need and want in our area and how to implement our vision! We are currently moving toward implementing a weekend warmline for the fall!!



Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>Event details are on the following page. All events are free of charge (unless otherwise noted).</i></p>	<p>1</p> <ul style="list-style-type: none"> • Center Closed 	<p>2</p> <ul style="list-style-type: none"> • Center Open 9am-3pm • Yoga for the Rest of Us, 10-11am • Wellness Ctr. Open 12-6 • Film Workshop 4-6p 	<p>3</p> <ul style="list-style-type: none"> • Center Open 9am-3pm • Wellness Ctr. Open 12-6 	<p>4</p> <ul style="list-style-type: none"> • Center Open 11am-3pm • NEW HOURS! Wellness Center Open 12-3
<p>7</p> <ul style="list-style-type: none"> • Center Open 9am-3pm • Reiki 10am-1pm • First Tuesday Potluck, 12-2pm • Yoga 2-3:30pm (Downtown @ 11 Pearl St., Suite 217) 	<p>8</p> <ul style="list-style-type: none"> • Center Closed • After Incarceration Group 1:30-2:30p (736 State St.) • Wellness Ctr. Open 12-6 	<p>9</p> <ul style="list-style-type: none"> • Center Open 9am-3pm • Yoga 4 Rest of Us, 10-11am • Wellness Ctr. Open 12-6 • Film Workshop: 4-6p 	<p>10</p> <ul style="list-style-type: none"> • Center Open 9am-3pm • Wellness Ctr. Open 12-6 	<p>11</p> <ul style="list-style-type: none"> • Center Open 11am-3pm • NEW HOURS! Wellness Center Open 12-3
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SPRINGFIELD AREA / Hampden County • June 2011

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

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

Bowen Resource Center Hours: The Bowen Resource Center (Springfield Center) is open every Tuesday 9am-3pm, Thursday 9am-3pm, Friday 9am-3pm and Saturday from 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 12-6p and WITH NEW HOURS ON SATURDAY FROM 12 TO 3PM THANKS TO OUR DEDICATED VOLUNTEERS! and is located at 340 Main St., Springfield (down the hall from the Bowen Resource Center). A variety of treadmills, stair steppers, weight machines, and other fitness equipment are available during Wellness Center hours.

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

Community Council: The third Thursday of every month: June 16, 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.**

Film Workshop: 10 sessions beginning Thursday, April 21, from 4-6pm. This workshop is open to young adults from 16 to 25. This workshop is now closed, but if you are interested in joining a future workshop of this type please contact LEAD Director, Danielle Niedzwiecki at 536-2401 ext. 3011 or dniedzwiecki@wmtcinfo.org.

First Tuesday Potluck: The first Tuesday of the month: June 7, 12-2pm. 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 10am-1pm in our new Wellness Center! Come experience a Reiki session with Reiki Master, Posey. Reiki is an empowering Japanese hands-on healing art, form of bodywork and energy medicine that is used to gently address energetic blocks or disturbances connected to physical, emotional and spiritual suffering in people.

Yoga: Tuesdays from 2-3:15pm in Karoun's private downtown studio: 11 Pearl St., Suite 217, Springfield. In Karoun's gentle yoga class you will be guided to find your own flow. With each pose, Karoun insures that you feel comfortable, and you can grow at your own pace. Karoun includes gentle strengthening and flexibility poses, mixed with restorative poses, and breath meditations. She creates a safe atmosphere where you can reconnect with your body and your breath. The result is a more relaxed and peaceful body and mind.

Yoga for the Rest of Us: Thursdays from 10-11am in our Wellness Center! Can't do yoga? Afraid it will be too much or too boring? This class is for you! Very simple breathing/stretching exercises taught with detailed instruction, humor, and fun. Benefits? Feel less stress and worry in your life, feel more relaxed, and more confident!



Pittsfield Area

BERKSHIRE COUNTY • JUNE 2011

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Unless otherwise noted, all activities are held at the RLC's Pittsfield Center, 152 North St., SUITE 230 – entrance between Pancho's and The Garden – beneath the Pancho's awning. Proceed to 2nd floor via elevator or stairs in the rear of the building. Accessible entrance is at the rear of the building at 152 Renne Avenue.</i></p>		<p>1</p> <ul style="list-style-type: none"> • UR an Artist, 11am-12:30pm 	<p>2</p> <ul style="list-style-type: none"> • Mindfulness, 11am-12pm • Center Community Hours, 12-4pm 	<p>3</p> <ul style="list-style-type: none"> • General Support Group, 1-2pm
<p>6</p> <ul style="list-style-type: none"> • Center Community Hours, 12-3pm 	<p>7</p> <ul style="list-style-type: none"> • Yoga means Union, 10-11:30am • Crochet, 3-4pm • Center Community Hours, 12-4pm 	<p>8</p> <ul style="list-style-type: none"> • UR an Artist, 11am-12:30pm 	<p>9</p> <ul style="list-style-type: none"> • Mindfulness, 11am-12pm • Center Community Hours, 12-4pm 	<p>10</p> <ul style="list-style-type: none"> • General Support Group, 1-2pm • Green Thumb Diggers Kick~Off Plant! 2:30-5pm
<p>13</p> <ul style="list-style-type: none"> • Center Community Hours, 12-3pm • Jewelry Creations, 1-3pm 	<p>14</p> <ul style="list-style-type: none"> • Yoga means Union, 10-11:30am • Crochet, 3-4pm • Center Community Hours, 12-4pm 	<p>15</p> <ul style="list-style-type: none"> • UR an Artist, 11am-12:30pm 	<p>16</p> <ul style="list-style-type: none"> • Mindfulness, 11am-12pm • Center Community Hours, 12-4pm • Peer Worker Support, 1-2pm 	<p>17</p> <ul style="list-style-type: none"> • General Support Group, 1-2pm • Green Thumb Diggers, 2:30-3:30pm
<p>20</p> <ul style="list-style-type: none"> • Center Community Hours, 12-3pm • Jewelry Creations, 1-3pm 	<p>21</p> <ul style="list-style-type: none"> • Yoga means Union, 10-11:30am • Crochet, 3-4pm • Center Community Hours, 12-4pm 	<p>22</p> <ul style="list-style-type: none"> • UR an Artist, 11am-12:30pm 	<p>23</p> <ul style="list-style-type: none"> • Mindfulness, 11am-12pm • Center Community Hours, 12-4pm 	<p>24</p> <ul style="list-style-type: none"> • General Support Group, 1-2pm • Green Thumb Diggers, 2:30-3:30pm
<p>27</p> <ul style="list-style-type: none"> • Center Community Hours, 12-3pm • Jewelry Creations, 1-3pm 	<p>28</p> <ul style="list-style-type: none"> • Yoga means Union, 10-11:30am • Crochet, 3-4pm • Center Community Hours, 12-4pm 	<p>29</p> <ul style="list-style-type: none"> • UR an Artist, 11am-12:30pm 	<p>30</p> <ul style="list-style-type: none"> • Mindfulness, 11am-12pm • Center Community Hours, 12-4pm 	<p><i>The RLC aspires to be scent free. Please avoid wearing scents to any RLC events or spaces.</i></p>

PITTSFIELD AREA / Berkshire County • June 2011

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

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

Berkshire Center Community Hours: Mondays 12:00pm-3:00pm, Tuesdays 12:00pm-4:00pm, and Thursdays 12:00pm-4:00pm unless otherwise noted on the monthly calendar. Peer support, resource information, computer lab, lending library, Wii gaming and other activities are offered. Additional hours are available by appointment. Come on by and drop in. We'd love to see you! The Berkshire RCC phone number is: (413)236-5888.

General Support Group: Each Friday, 1:00pm-2:00pm. Come offer and receive support in a confidential, non-judgmental peer setting. Share your expertise and those of your peers in this generative environment. Everyone is invited and welcome!

Peer Worker Support Group: 3rd Thursday of each month, 1:00pm – 2:00pm (Bring your lunch!) Peer workers are people, too! Support the supporters! If you are a peer worker in the mental health world, this is your hour to get what you offer to others. This group is open to all peer workers, paid or volunteer and is back by popular demand! Spend your lunch hour sharing with others doing the same work. Learn coping strategies as well as personal wellness approaches. Share some of your best lessons with others! For more info. or questions: (413)236-5888.

***NEW* Green Thumb Diggers (Kick~Off Plant! on the 10th)** Each Friday from 2:30pm – 3:30pm. **Gardeners and gardener-want-to-bees take note... The RCC has big beautiful windows that are flooding our space with light and begging to be a part of a planting experience! On Friday the 10th, our Kick~Off Plant will bring us all together in seeds, soil, water, companionship! Each Friday we will meet for a shorter time, sharing knowledge and hanging but everyone is encouraged to come on by during our 'Community Hours' and tend to the garden. Feel free to bring your own plants, tools, books, etc...but most importantly... bring yourself. Materials will be provided.

Jewelry Creations: Mondays (beginning June 13th) from 1:00pm – 3:00pm: Back by popular demand, Jewelry Creations takes small projects from start to end and teaches the basics of stringing and wire jewelry making. Bring your own projects or use the materials provided.

Mindfulness: Each Thursday from 11:00am–12:00pm! Explore the world of mindfulness with Chris Hamper. What is mindfulness and why is everyone recommending the practice? Mindfulness is a way of looking at yourself and the world in an open and non-critical way. The intent is to see things as they are rather than coloring them with past experience, preconceptions, judgment and/or expectations that can trap you in past patterns. Begin to approach life with a fresh outlook. Experience less negativity and let each experience be a new one.

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

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.

YES! WE'RE ON FACEBOOK...Have you friended us yet?



Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Event details are on the following page. All events are free of charge (unless otherwise noted).</i></p>	<p><i>The RLC aspires to be scent free. Please avoid wearing scents to any RLC events or spaces.</i></p>	<p>1 WELLNESS WED</p> <ul style="list-style-type: none"> • Gentle Yoga, 9:30-10:50 • Acupuncture, 12-1 	<p>2</p> <ul style="list-style-type: none"> • Center Open Hours 9am-noon • Sheltering Greenfield: Soup & Conversation 5:30-7pm 	<p>3</p> <ul style="list-style-type: none"> • Belly Dance with Amy Cullen 5:30-6:45pm
<p>6</p> <ul style="list-style-type: none"> • Open Hours, 1-4pm <p>Spanish speaker available. Abierto, Horas en Español</p> <ul style="list-style-type: none"> • Dance of the Hoop, 5-6pm • Women's Self Care Support Group, 6:30-8:30pm <p>*Note location change</p>	<p>7</p> <ul style="list-style-type: none"> • Circle Of Friends Open Session: Opening the Heart, Touching the Soul, 11:30am-1:30pm • Alternatives to Suicide Peer Support Group, 5:30-7pm 	<p>8 WELLNESS WED</p> <ul style="list-style-type: none"> • Gentle Yoga, 9:30-10:50am • Acupuncture, 12-1pm • Veterans Support Discussion, 3-4pm • Yoga Warriors, 4-5pm 	<p>9</p> <ul style="list-style-type: none"> • Center Open Hours 9am-noon • Inner Working Series Extreme States Revisited 5-7pm 	<p>10</p> <ul style="list-style-type: none"> • Belly Dance with Amy Cullen 5:30-6:45pm
<p>13</p> <ul style="list-style-type: none"> • RLC Support Forum, 10-noon <ul style="list-style-type: none"> • Open Hours, 1-4pm <p>Spanish speaker available. Abierto, Horas en Español</p> <ul style="list-style-type: none"> • Dance of the Hoop, 5-6pm • Women's Self Care Support Group, 6:30-8:30pm <p>*Note location change</p>	<p>14</p> <ul style="list-style-type: none"> • Alternatives to Suicide Peer Support Group, 5:30-7pm 	<p>15 WELLNESS WED</p> <ul style="list-style-type: none"> • Gentle Yoga, 9:30-10:50am • Acupuncture, 12-1pm 	<p>16</p> <ul style="list-style-type: none"> • Center Open Hours, 9am-noon • Workshop with Will Hall: Medication Optimization, Withdrawal and Alternatives, 1-5pm 	<p>17</p> <ul style="list-style-type: none"> • Belly Dance CANCELLED
<p>20</p> <ul style="list-style-type: none"> • Open Hours, 1-4pm <p>Spanish speaker available. Abierto, Horas en Español</p> <ul style="list-style-type: none"> • Dance of the Hoop 5-6pm • Women's Self Care Support Group, 6:30-8:30pm <p>*Note location change</p>	<p>21</p> <ul style="list-style-type: none"> • Alternatives to Suicide Peer Support Group, 5:30-7pm 	<p>22 WELLNESS WED</p> <ul style="list-style-type: none"> • Gentle Yoga, 9:30-10:50am • Acupuncture, 12-1pm • Veterans Support Discussion, 3-4 • Yoga Warriors, 4-5 	<p>23</p> <ul style="list-style-type: none"> • Center Open Hours, 9am-noon • Inner Working Series Creating Your Haven 6-8pm 	<p>24</p> <ul style="list-style-type: none"> • Belly Dance with Amy Cullen 5:30-6:45pm • Fourth Friday Art Circle, 7-9pm
<p>27</p> <ul style="list-style-type: none"> • Open Hours, 1-4pm <p>Spanish speaker available. Abierto, Horas en Español</p> <ul style="list-style-type: none"> • Dance of the Hoop 5-6pm • CANCELLED! Women's Self Care Support Group 	<p>28</p> <ul style="list-style-type: none"> • Alternatives to Suicide Peer Support Group, 5:30-7pm 	<p>29 WELLNESS WED</p> <ul style="list-style-type: none"> • Gentle Yoga, 9:30-10:50am • Acupuncture, 12-1pm 	<p>30</p> <ul style="list-style-type: none"> • Center Open Hours, 9am-noon 	<p><i>Please contact us if you have additional accommodation requests, including interpreters.</i></p>

GREENFIELD AREA / Franklin County • June 2011

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

Unless otherwise noted, all events in this section are at the RLC's Greenfield Center at the RECOVER Project, 68 Federal Street, Greenfield, MA 01301 or at the Recovery Annex, 74 Federal Street. Voicemail can be left at (413) 774-5489 or speak directly to Franklin County Coordinator, Janice Sorensen, at (413) 561-3268.

Franklin Center Open Hours: Mondays, 1-4pm & Thurs, 9am-12pm. 68 Federal St., Grnfl. Come get peer support and check out other resources available. **Abierto, Horas en Español a lunes! Venga para apoyo o solo para charlar. Spanish speaker available on Mondays.** Come by for support or just to chat.

Acupuncture: Wed, 12-1pm, Franklin County Center/RECOVER Project, 68 Federal St., Grnfl. This auricular (ear) acupuncture clinic focuses on five ear points and offered by licensed acupuncturist, works on a variety of issues including cravings, addictions, insomnia, stress, and anxiety. Acupuncture is a collaboration of The Recover Project and the RLC.

Alternatives to Suicide Support Group: Tues, 5:30-7pm, The Recovery Annex. Alternatives to Suicide Support Groups have been developed because we believe that empathic talking about suicide decreases suicide. The RLC, with 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. Space is limited, sign up today! Call (413) 561-3268.

Art Show: May-July The Transmission Series, work of RLC Peer Art Series, Tell Tale Artist Adrian Montagano. The Recovery Annex. The Transmission series, a body of glyphs, ideograms, and pictographs are relational, mathematical, and musical; they are portals, mandalas and yantras to be used in contemplation to familiarize one to the emergence of this new earth.

Belly Dance with Amy Cullen!! Fridays 5:30-6:45, The Recovery Annex. Join dance instructor, Amy Cullen for Friday evenings of exercise, fun, fashion and cultural exploration. Wear loose comfortable clothing. Absolutely no previous dance experience necessary. This group is for women (and those who identify as women) only. *Please note: NO Belly Dance on June 17th.*

Circle of Friends Tues, June 7th, 11:30-1:30pm, lunch provided. The Recovery Annex, 74 Federal St. Grnfl. Circle of Friends is a monthly gathering that uses breathwork, sharing, and psychodrama to open the heart and touch the soul. For info: (413) 579-7570 or eschreiber@carsoncenter.org. A collaboration of Valley Human Services and the Western Mass RLC.

Dance of the Hoop: It's back!! Mondays, 5-6pm, Greenfield Energy Park. Come hula hoop with Shenandoah as she helps us find the dance within this unique form of exercise. The hoop connects your mind to your body. Learn techniques and have fun while exercising! It's rhythmic, fun, inspiring and appropriate for all ages. Drop-ins and beginners welcomed.

Fourth Friday Art Circle: Fri, June 24, 7-9pm. The Recovery Annex. 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: Weds, 9:30- 10:50am, The Recovery Annex, 74 Federal St., Grnfl. 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. Co-ed!

Inner Workings Series presents: Extreme States Revisited, a facilitated discussion with Adrian Montagano and Opeyemi Parham and facilitator Andy Grant: Thurs, June 9, 5-7pm- Please join us for a facilitated conversation between Tell Tale Artist, Adrian Montagano and intuitive artistic healer, Opeyemi Parham. Facilitator, Andy Grant will open discussion about symbols, portals, the new earth, spiritual emergency and the illusion of time, just to suggest a hint at what the evening might look like.

Inner Workings Series presents: Creating Your Haven with Candace Sutton: Thurs, June 23, 6-8pm- In this creativity workshop, participants will be taken through a series of art-based approaches to personal space design for mindfulness and ease of living. In addressing organization of personal space, we will incorporate creative writing, collage, "repurposing" what we already have, trash to treasure ideas, and various budget sensitive hints. Workshops continue on July 7 & 21 and August 4th. These workshops are intended to build on one another so try to attend all four. Space is limited. Questions or reserve your spot: 413-561-3268 or janice@westernmassrlc.org

Sheltering Greenfield: Soup & Conversation: Thurs, June 2, 5:30-7pm, The Recovery Annex. This RP/RLC-supported event is a monthly gathering (first Thursdays) for people with a wide range of experience seeking and providing emergency shelter in Greenfield to come together for a free meal and guided conversation. To reserve your spot, contact Andy Grant at (413) 325-6245

Veteran Support-Discussion Group and Yoga Warriors: 2nd & 4th Wednesdays, 3-5pm, The Recovery Annex, 74 Federal St., Grnfl. Discussion Group, 3-4pm then Yoga Warriors, 4-5pm. 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? Miss your buddies? Come to the Recovery Annex for 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.

Women's Self-Care Support Group: Mondays, 6:30-8:30, The Greenfield Women's Resource Center, 278 Federal St, Grnfl. Join facilitator Janice Sorensen for a supportive group where women can share wellness tools and ideas, find a sounding board and support one another. PLEASE NOTE THESE CHANGES: WSCSGroup will take place at The Recovery Annex on June 6th and 13th and weather permitting at Unity Park, just off 1st St., in Turners Falls on June 20th. For more info- 413-561-3268.

Workshop: Medication Optimization, Withdrawal and Alternatives, Thursday, June 16 from 1-5pm at the Recovery Annex, 74 Federal Street, Greenfield (see article on page 2)



Northampton Area

HAMPSHIRE COUNTY • JUNE 2011

Monday	Tuesday	Wednesday	Thursday	Friday
		1 • Writing Group, 2-3pm	2 • Yoga, 3:30-5pm	3
6 • Acupuncture Clinic, 4:30pm • Hearing Voices Group, 4-5:30pm	7 • Alternatives to Suicide Group, 6:30-8pm	8 • Writing Group, 2-3pm	9 • Yoga, 3:30-5pm	10
13 • Acupuncture Clinic, 4:30pm • Hearing Voices Group, 4-5:30pm	14 • Alternatives to Suicide Group, 6:30-8pm	15 • Writing Group, 2-3pm	16 • Yoga, 3:30-5pm	17 • Out to the Movies @ Cinemark, 1-4pm
20 • Acupuncture Clinic, 4:30pm • Hearing Voices Group, 4-5:30pm	21 • Alternatives to Suicide Group, 6:30-8pm	22 • Writing Group, 2-3pm	23 • Yoga, 3:30-5pm • Community Forum: Body Awareness & Eating Disorders, 4-6pm	24
27 • Acupuncture Clinic, 4:30pm • Hearing Voices Group, 4-5:30pm	28 • Alternatives to Suicide Group, 6:30-8pm	29 • Writing Group, 2-3pm	30 • Yoga, 3:30-5pm	<i>Events are in various locations throughout Hampshire County. Please check detailed descriptions on next page for more information.</i>

NORTHAMPTON AREA / Hampshire County • June 2011

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

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

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

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

Alternatives to Suicide Group: Tuesdays from 6:30 to 8pm at the Quaker Meeting House in Northampton. This is a peer-run group for individuals who want a safe, judgment-free zone to talk about alternatives to suicide. Please call Kelly at 413-330-5269 for more information or to join this group.

Community Forum: Body Awareness & Eating Disorders: Thursday, June 23, 4-6pm at the Media Education Foundation, Masonic Street (behind Woodstar Café), Northampton. Join Johnna Bossuot and Don Wentworth to explore this topic as a community! The focus will be to provide a safe, comfortable place to listen and share experiences related to eating disorders and body awareness. Join us to hear recovery stories and talk about how the ways we think about ourselves and act toward ourselves can affect our relationship to food and our bodies. Discussion will also include issues people are facing, the kind of supports we already have and further supports we'd like to develop or see available in our community. This forum will be followed up with a time-limited support group beginning on June 30 in Holyoke.

Hearing Voices Group: NEW!!! 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, May 20th, 12:30-4pm (actual time may vary slightly depending on movie selected) @ Cinemark Theatres at the Hampshire Mall, Rt. 9, Hadley. Join Sera and other community members for an afternoon at the movies. 6 SPOTS AVAILABLE FOR FREE TICKETS, AND 3 TO 4 SPOTS AVAILABLE FOR TRANSPORTATION ASSISTANCE. You MUST SIGN UP for this event and early sign up is recommended. The actual film and exact meeting time will be determined by Wednesday of that week. Please call Sera at (413) 539-5941, x. 203 to sign up and/or for more info!

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

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

ADDITIONAL PEER COMMUNITY RESOURCES

The resources below are listed by area and include peer supports in all four counties of Western Massachusetts as well as some statewide resources like warmlines, the Certified Peer Specialist Program (CPS) and other RLCs. THESE ORGANIZATIONS, GROUPS, MEETINGS AND WORKSHOPS ARE NOT RUN, SPONSORED (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 239 Main Street #7, Greenfield. Join this open art group facilitated by Lee Shuer. Call or email for more info (413) 588-8395 or Ishuer@servicenetinc.org. Sponsored by ServiceNet, Inc.

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

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

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

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

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 a individuals with lived experience. Please call (413) 531-5706 for more info.

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

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

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.

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

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

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

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

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

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

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

ADDITIONAL PEER COMMUNITY RESOURCES (Cont.)

HAMPSHIRE COUNTY (Northampton, Easthampton, etc.):

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

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

DBSA Support Group: Wednesdays, 7-9:30pm, 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 8:30p, 32 Masonic Street, Northampton. Contact Freedom Center for more info at 877 677 6424.

WARMLINES

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

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

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

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

ADDITIONAL PEER COMMUNITY RESOURCES (Cont.)

RLCs IN OTHER AREAS OF THE STATE

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

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

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

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

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

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

STATEWIDE ORGANIZATIONS & TRAININGS

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