



Western Mass Recovery Learning Community

March Update & Calendar:

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Western Mass Recovery Learning Community

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

Hearing Voices Training

The Western Mass RLC is pleased to announce the next ‘Starting Hearing Voices Groups’ training set to begin this March at the RLC’s Holyoke Center. Response to our first Hearing Voices training this past fall was overwhelming and has already lead to three new hearing voices groups in Massachusetts. This training looks to continue this positive momentum in the United States, with the primary purpose of training people to start their own Hearing Voices Groups in the local area.

Hearing Voices Groups originated in Europe and now there are over 160 chartered groups in England alone. Hearing Voices Groups do not pathologize hearing voices or other altered experiences. Instead, group members explore these phenomena in an environment of mutual support and curiosity. There is an emerging body of evidence to support the effectiveness of Hearing Voices Groups. They offer people who hear voices the opportunity to share their experience and find ways of coping that can be complementary to other support methods.

Currently there are only a handful of Hearing Voices Groups in the United States. The “Starting Hearing Voices Groups Training” has the specific goal of expanding the Hearing Voices Network and the number of Hearing Voices Groups in the country.

Trainers for the “Starting Hearing Voices Groups” training include **Oryx Cohen**, Director of the National Empowerment Center’s Technical Assistance Center and former Co-Facilitator of the RLC Hearing Voices Group; **Gail Hornstein**, Professor of Psychology at Mount Holyoke College and Co-Facilitator of the RLC Hearing Voices Group (as well as author of *Agnes’s Jacket* and one of the leading experts on Hearing Voices Groups in the world); and **Jacqui Dillon**, a voice hearer and the chair of the Hearing Voices Network in England.

Training dates are scheduled for March 21st, March 28th, April 4th and April 11th from 930am to 1230pm (with attendace at all four classes required for completion of the training). Applications are required and are due on March 4th at 5pm.

If you still need an application form, visit the Western Mass RLC’s website at www.westernmassrlc.org or call Sera at (413) 539-5941 ext 203. **This training is co-sponsored by the Western Mass and Central Mass RLCs.**



The Bad Things That Happen to You Can Drive You Crazy!:

*Understanding Abuse, Trauma & Madness
& Working Toward Recovery*

Join Jacqui Dillon (Chair of the Hearing Voices Network in England, a Director of the Intervoice Network, international speaker and voice hearer) for a presentation that will explore traumatic experiences and their relationship to madness and ‘symptoms’ so often labeled as mental illness.

WHEN: Tuesday, March 22nd 730pm

WHERE: Mount Holyoke College, Dwight 101, South Hadley

For additional details, see the Northampton area calendar (See also statewide resources section on Page 18 for info on Framingham appearance)

‘Healing Homes’ Film Premiere:

The Alternative Perspectives Film Series will kick off its Spring season with the world premiere of Daniel Mackler’s ‘Healing Homes.’ The film chronicles the work of the Family Care Foundation in Gothenburg, Sweden. The organization, backed by over twenty years of experience, places people who have struggled within the traditional system with host families -- predominately farm families in the Swedish countryside -- as a start for a whole new life journey.

Robert Whitaker (Author, ‘Anatomy of an Epidemic’ and ‘Mad in America’) said about this film: "If you want to think of alternatives to biological psychiatry and its treatment for mental disorders, watch Healing Homes and ask yourself: Which way is better? The words of a young mother, finding refuge on a farm in Sweden, will stay with you: 'If you do not have love, you cannot help.'" Healing Homes is a moving, thoughtful and inspiring film."

Daniel himself is also a former therapist and started his filmmaking career with the creation of ‘Take These Broken Wings,’ featuring the powerful recovery stories of Catherine Penny and Joanne Greenberg.

To view a trailer for ‘Healing Homes,’ on Youtube please visit:
<http://www.youtube.com/watch?v=Qp-YMJFUtn4>

See page 2 for screening times and locations.

“Individuals who have [been given a serious psychiatric diagnosis] are 11 times more likely to be victims of violent crime than the general community.”

(Teplin et al., 2005.)

Read more on the ‘Myth of Violence and Psychiatric Diagnoses’ on Page 4

Film Screening Times & Locations

Monday, 03/07 – 6pm to 8pm

Center for Human Development,
 332 Birnie Ave, Springfield
*Co-sponsored: WMRLC & Center for Human
 Development*

Tuesday, 03/08 – 4pm to 6pm

Jae's Spice Restaurant, 2nd Floor
 297 North Street, Pittsfield
Co-sponsored: WMRLC & the Brien Center

Wednesday, 03/09 – 2pm to 4pm

Advocates, Inc.
 1881 Worcester Rd, Framingham
Co-sponsored: WMRLC & Advocates, Inc.

Thursday, 03/10 – 10am to 12pm

Boston Resource Center,
 Solomon Carter Fuller MHC,
 85 East Newton St, Boston
Co-sponsored: WMRLC & Metro Boston RLC

Thursday, 03/10 – 2pm to 4pm

Arlington Town Hall
 730 Massachusetts Ave, Arlington
Co-sponsored: WMRLC & Metro Suburban RLC

Friday, 03/11 – 12pm to 2pm

Central Mass RLC's Worcester Center
 91 Stafford Street, Worcester
Co-sponsored: WMRLC & Central Mass RLC

Friday, 03/11 – 430pm to 630pm

The Recovery Annex,
 74 Federal Street, Greenfield
Co-sponsored: WMRLC & Clinical & Support Options

All screenings are free and open
 to the public. No advanced sign
 up necessary.

For more information:

(413) 539-5941 ext. 301

www.westernmassrlc.org



**Alternatives to Suicide:
 Community Forums**

In 2010, the RLC piloted the
 Alternatives to Suicide group
 beginning in Northampton. Funded
 with the support of Tapestry Health,
 it is one of the first peer-lead support
 groups in the country to address the
 issue of suicide.

Based on the success of this first
 group (which has also presented at a
 statewide Suicide Prevention
 conference), we have been
 expanding including a group in
 Holyoke and soon to also include
 Greenfield.

To help the groups grow with the
 community, our Holyoke facilitators,
 Gretchen and Gineen will be hosting
 two community forums.

These community forums will cover
 topics including:

- What is important to our
 community about this topic?
- What times/days/locations
 work for group meetings?
- How do we get the word out
 about these meetings?
- What should meetings look
 like? Format? Topics?

Forum Dates & Times:

Springfield:

Thursday, March 3rd, 3 to 5pm
 Bowen Resource Center
 340 Main Street

Holyoke:

Thursday, March 10th, 3 to 5pm
 RLC's Holyoke Center
 187 High Street, Suite 303

Gail Hornstein Receives Award!

We are pleased to share that Gail
 Hornstein, professor
 of psychology and
 education, received
 the Meribeth E.
 Cameron Faculty
 Award for Scholarship on
 Monday, February 21st as
 presented by Mount Holyoke
 College where she has taught for
 several years.



Gail's work – both in and out of
 the classroom (including her most
 recent book, *Agnes's Jacket: A
 Psychologist's Search for the
 Meanings of Madness*) - has
 consistently focused on the
 importance of the experience and
 perspective of individuals who
 have been diagnosed and the
 impact of the psychiatric
 survivor/recovery movement. This
 makes her recognition meaningful
 both for Gail and for the
 movement itself.

Gail has also been a tremendous
 supporter of the Western Mass
 RLC, appearing in the RLC's
 informational video (viewable at
www.westernmassrlc.org) and
 co-facilitating both the Holyoke
 Hearing Voices group and
 'Hearing Voices Groups' trainings.

For more information on Gail and
 the award visit:
www.mtholyoke.edu/news/channel/s/22/stories/5682702

Congratulations, Gail!

!!!!NEXT GUIDING COUNCIL MEETING!!!!

The next Council meeting will be held on:
Monday, March 7th from 1 to 230pm*
At the Holyoke RCC!

**Come get your voice heard and give input on the future of the Western Mass
 RLC! ALL ARE WELCOME!**

ASL interpreters have been requested!

WESTERN MASS RLC CALENDAR OF EVENTS: Calendar #1

Workshops, Classes & Events in Holyoke Area (Hampden County)

MARCH 2011

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>We aspire to be fragrance free. Please avoid wearing fragrance to any RLC events</i></p> <p>See attached info for details and location of each workshop, event or training!</p>	<p>1 RCC Open 10-4p Hearing Voices Group 430-6p</p>	<p>2 RCC Open 12-7p ASL Class 12-1p Deaf/HOH Drop-in 1-5p Ear Acupuncture 3-4p Movie Night 4-6p Artist's Reception: Transmission Series by Adrian Montagano 4-7p</p>	<p>3 RCC Open 12-4p Knit Happens! 2-345p</p>	<p>4 RCC Open 12-4p*</p>
<p>7 RCC CLOSED FOR DROP-IN Guiding Council 1-230p</p> <p>Film Screening in Springfield tonight! See Springfield calendar!!</p>	<p>8 RCC Closed Hearing Voices Group 430-6p</p>	<p>9 RCC Open 12-7p ASL Class 12-1p Deaf/HOH Drop-in 1-5p Ear Acupuncture 3-4p Movie Night 4-6p</p>	<p>10 RCC Open 12-4p Knit Happens! 2-345p</p> <p>Community Forum: Alternatives to Suicide 3-5p</p>	<p>11 RCC open 12-4p*</p>
<p>14 RCC CLOSED FOR DROP-IN</p>	<p>15 RCC Open 10-4p Hearing Voices Group 430-6p</p>	<p>16 RCC Open 12-7p ASL Class 12-1p Deaf/HOH Drop-in 1-5p Ear Acupuncture 3-4p Movie Night 4-6p</p>	<p>17 RCC Open 12-4p Knit Happens! 2-345p</p>	<p>18 RCC open 12-4p*</p>
<p>21 RCC CLOSED FOR DROP-IN</p>	<p>22 RCC Open 10-4p Hearing Voices Group 430-6p</p> <p>Presentation on Abuse, Trauma & Madness with Jacquie Dillon tonight at Mount Holyoke College in South Hadley! See Northampton area calendar for details!</p>	<p>23 RCC Open 12-7p ASL Class 12-1p Deaf/HOH Drop-in 1-5p Ear Acupuncture 3-4p Movie Night 4-6p</p>	<p>24 RCC Open 12-4p Knit Happens! 2-345p</p>	<p>25 RCC open 12-4p* Community Council 1230-2p</p>
<p>28 RCC CLOSED FOR DROP-IN</p>	<p>29 RCC Open 10-4p Hearing Voices Group 430-6p</p>	<p>30 RCC Open 12-7p ASL Class 12-1p Deaf/HOH Drop-in 1-5p Warmline Coalition 1-3p Ear Acupuncture 3-4p Movie Night 4-6p Deaf Forum 4-6p</p>	<p>31 RCC Open 12-4p Peer Worker Networking Mtng: 1130-2p Knit Happens! 2-345p</p>	<p><i>Contact us if you have any other requests for accommodations including interpreters</i></p> <p><i>RLC events are wheelchair accessible unless otherwise noted</i></p> <p>ALL LISTINGS TAKE PLACE AT THE HOLYOKE RCC (187 High St, Suite 303) UNLESS NOTED!!!</p>

Upcoming RLC Trainings, Workshops, and Meetings in the Holyoke Area (Calendar #1)

ALL WORKSHOPS & MEETINGS IN THIS SECTION ARE AT THE HOLYOKE RCC, 187 HIGH ST, SUITE 303

UNLESS OTHERWISE NOTED

Unless otherwise noted, all questions and sign ups should be directed to the RLC at (866) 641-2853 ext. 200

Holyoke RCC Hours: The Holyoke RCC is open every Tuesday 10 – 4, Wednesday 12 – 8p, and Thursday & Friday 12 – 4p and is located at 187 High St., Suite 303. Peer support and resource info, a computer lab and a library are available during all open hours. Other hours available by appointment. The space will be open for specific workshops or events as scheduled

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

Artist's Reception – Transmission by Adrian Montagano: The Holyoke Wednesday, March 2nd, 4 to 7pm with artist's talk at 5:30pm. Join artist, Adrian Montagano to explore and learn about his art. "In the new transmission series, the glyphs, ideograms, and pictographs are all relational, mathematical, and musical. They are explanations that speak directly to consciousness and cannot be used through the mind. They are portals, mandalas, yantras, to be used in contemplation to familiarize ones being to the emergence of this new earth."

Community Council: Fourth Friday of every month: March 25th from 12:30 to 2pm. The Community Council is an open meeting for the local Holyoke community to provide input and discuss issues that are important to you regarding the Holyoke Center and/or the RLC in general. This can include difficulties or challenges that have come up or ideas for the future. We want to hear from you!!!

Community Forum: Alternatives to Suicide: Thursday, March 10th from 3 to 5pm. Join Gineen, Gretchen and others from the community to explore this important issue. These community forums will cover topics including: What is important to our community about this topic? What times/days/locations work for group meetings? How do we get the word out about these meetings? What should meetings look like? Format? Topics?

Deaf Community Forum: Wednesday, March 30th from 4pm to 6pm. Join Valerie Ennis and others for an informal conversation about issues in the deaf community that are important to you. *Pizza to be served.*

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

Guiding Council of Western Mass (GCOW): Monday, March 7th from 1 to 2:30pm (**early end time this month**). 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!: Thursdays from 2 to 3:45pm. All levels welcome (beginners to mad skills!) Come knit, learn, teach, create, share stitch dropping horror stories! Facilitator, Suzi, is bilingual in English and American Sign Language.

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

Peer Worker Networking Meeting: Thursday, March 31st from 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.

Warmline Coalition Meeting: The Western Mass Warmline Coalition is returning on Wednesday, March 30th from 1 to 3pm. Anyone from a provider organization or the community is welcome to come and help us evaluate what warmline services we need and want in our area and how to implement our vision!

WESTERN MASS RLC CALENDAR OF EVENTS: Calendar #2

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

MARCH 2011

Tuesday	Wednesday	Thursday	Friday	Sat
<p>1 <u>RCC Open 9-3p*</u> Reiki 10a-1p</p> <p>First Tuesday Potluck: 12-2p</p> <p>Hip Hop Dance Class 145-245p</p> <p>Yoga 2-330p (Downtown: 11 Pearl St., Suite 217)</p>	<p>2 <u>RCC Closed</u> After Incarceration Support Group 130-230p (736 State St.)</p> <p>Wellness Center Open 12-6</p>	<p>3 <u>RCC Open 9-3p*</u> Yoga for the Rest of Us 10-11a</p> <p>Wellness Center Open 12-6</p> <p>Community Forum: Alternatives to Suicide 3-5p</p>	<p>4 <u>RCC Open 9-3p*</u></p> <p>Wellness Center Open 12-6</p>	<p>5 <u>RCC Open 11-3p*</u></p> <p>Women's Self-Defense 12-1p</p>
<p>7 (MONDAY)</p> <p>SPECIAL EVENT</p> <p>Film Screening: 'Healing Homes' with Daniel Mackler 6-8pm @ Center for Human Development (332 Birnie Ave)</p>	<p>8 <u>RCC Open 9-3p*</u> Reiki 10a-1p</p> <p>Hip Hop Dance Class 145-245p</p> <p>Yoga 2-330p (Downtown: 11 Pearl St., Suite 217)</p>	<p>9 <u>RCC Closed</u> After Incarceration Support Group 130-230p (736 State St.)</p> <p>Wellness Center Open 12-6</p>	<p>10 <u>RCC Open 9-3p*</u> Yoga for the Rest of Us 10-11a</p> <p>Wellness Center Open 12-6</p>	<p>11 <u>RCC Open 9-3p*</u></p> <p>Wellness Center Open 12-6</p>
<p>15 <u>RCC Open 9-3p*</u> Reiki 10a-1p</p> <p>Hip Hop Dance Class 145-245p</p> <p>Yoga 2-330p (Downtown: 11 Pearl St., Suite 217)</p>	<p>16 <u>RCC Closed</u> After Incarceration Support Group 130-230p (736 State St.)</p> <p>Wellness Center Open 12-6</p>	<p>17 <u>RCC Open 9-3p*</u> Yoga for the Rest of Us 10-11a</p> <p>Community Council 11-12p</p> <p>Wellness Center Open 12-6</p>	<p>18 <u>RCC Open 9-3p*</u></p> <p>Wellness Center Open 12-6</p>	<p>19 <u>RCC Open 11-3p*</u></p>
<p>22 <u>RCC Open 9-3p*</u> Reiki 10a-1p</p> <p>Hip Hop Dance Class 145-245p</p> <p>Yoga 2-330p (Downtown: 11 Pearl St., Suite 217)</p> <p>Presentation on Abuse, Trauma & Madness with Jacquie Dillon tonight at Mount Holyoke College in South Hadley! See Northampton area calendar for details!</p>	<p>23 <u>RCC Closed</u> After Incarceration Support Group 130-230p (736 State St.)</p> <p>Wellness Center Open 12-6</p>	<p>24 <u>RCC Open 9-3p*</u> Yoga for the Rest of Us 10-11a</p> <p>Wellness Center Open 12-6</p>	<p>25 <u>RCC Open 9-3p*</u></p> <p>Wellness Center Open 12-6</p>	<p>26 <u>RCC Open 11-3p*</u></p>
<p>29 <u>RCC Open 9-3p*</u> Reiki 10a-1p</p> <p>Hip Hop Dance Class 145-245p</p> <p>Yoga 2-330p (Downtown: 11 Pearl St., Suite 217)</p>	<p>30 <u>RCC Closed</u> After Incarceration Support Group 130-230p (736 State St.)</p> <p>Wellness Center Open 12-6</p>	<p>31 <u>RCC Open 9-3p*</u> Yoga for the Rest of Us 10-11a</p> <p>Wellness Center Open 12-6</p>	<p>Unless otherwise noted, all activities are held at the Bowen Resource Center at 340 Main St., Springfield (Accessible entrance in the rear!)</p> <p><i>The RLC aspires to be scent free. Please avoid wearing scents to any RLC events or spaces.</i></p> <p><i>Please contact us if you have any other accommodation requests, including interpreter requests</i></p>	

Upcoming RLC Trainings, Workshops, and Meetings in the Springfield Area (Calendar #2)

**ALL WORKSHOPS & MEETINGS IN THIS SECTION ARE AT THE BOWEN RESOURCE CENTER,
340 MAIN ST, SPRINGFIELD, UNLESS OTHERWISE NOTED**

Bowen Resource Center Hours: The Bowen Resource Center (Springfield RCC) is open every Tuesday 9 – 3p, Thursday 9 – 3p, Friday 9 – 3p and Saturday from 11 – 3p and is located at 340 Main St., Springfield. Peer support and resource info, a computer lab and a library are available during all open hours.

Bowen Community Wellness Center Hours: The Bowen Community Wellness Center is open Wednesday, Thursday, and Friday from 12 – 6p and is located at 340 Main St., Springfield (down the hall from the Bowen Resource Center). A variety of treadmills, stair steppers, weight machines, and other fitness equipment are available during Wellness Center hours.

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

Community Council: The third Thursday of every month: March 17th from 11am to 12pm. The Community Council is an open meeting for the local Springfield community to provide input and discuss issues that are important to you regarding the Bowen Resource Center, the Wellness Center and/or the RLC in general. This can include difficulties or challenges that have come up or ideas for the future. We want to hear from you!!!

Community Forum: Alternatives to Suicide: Thursday, March 3rd from 3 to 5pm. Join Gineen, Gretchen and others from the community to explore this important issue. These community forums will cover topics including: What is important to our community about this topic? What times/days/locations work for group meetings? How do we get the word out about these meetings? What should meetings look like? Format? Topics?

Film Screening: Healing Homes: Monday, March 7th 6 to 8pm, Center for Human Development, 332 Birnie Ave, Springfield. The Alternative Perspectives Film Series will kick off its Spring season with the world premiere of Daniel Mackler's '*Healing Homes*.' The film chronicles the work of the Family Care Foundation in Gothenburg, Sweden. The organization, backed by over twenty years of experience, places people who have struggled within the traditional system with host families -- predominately farm families in the Swedish countryside -- as a start for a whole new life journey. View a trailer of the film at <http://www.youtube.com/watch?v=Qp-YMJFUtn4> (Co-sponsored by the Western Mass RLC and the Center for Human Development)

First Tuesday Potluck: The first Tuesday of the month: February 1st, 12 to 2pm. Join the RLC community for a fun celebration with food, games, music, pool and/or movies! Bring food to share if you can, but please join us even if you aren't able to bring a dish! RSVPs appreciated, but you're welcome to just show up!

Hip Hop Dance Class: Tuesdays from 1:45 to 2:45pm. Join Rhiannon for a Hip Hop class consisting of basic warm-up stretches and strengthening exercises leading in to simple hip-hop movement and combinations of steps danced to current hip-hop and pop music. You will receive a great cardio workout while learning new and exciting dance moves!

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

Women's Self-Defense Class: Saturdays for three weeks ending March 5th from 12 to 1pm in the Wellness Center. Join Pamela for a women's self-defense class using 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.

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

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

WESTERN MASS RLC CALENDAR OF EVENTS: Calendar #3

Workshops, Classes & Events in the Pittsfield Area (Berkshire County)

MARCH 2011

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>*** Unless otherwise noted, all activities are held at the RCC's new space at 152 North Street, Suite 115 (right next to Panchos Restaurant! Accessible entrance in the rear!)</p>	<p>1 Yoga Means Union 10-11:30a RCC Open Hours 12-4p Crochet Club 3-4p</p>	<p>2 UR an Artist 11a-12:30p</p>	<p>3 Mindfulness 11a-12p RCC Open Hours 12-4p</p>	<p>4 General Support Group 1-2p</p>	<p>5</p>
<p>7 RCC Open Hours 12-3p</p>	<p>8 Yoga Means Union 10-11:30a RCC Open Hours 12-4p Crochet Club 3-4p SPECIAL EVENT Film Screening: 'Healing Homes' with Daniel Mackler 6-8pm @ Jae's Spice Restaurant, 297 North St, Pittsfield)</p>	<p>9 UR an Artist 11a-12:30p</p>	<p>10 Mindfulness 11a-12p RCC Open Hours 12-4p</p>	<p>11 General Support Group 1-2p</p>	<p>12 2nd Floor 297 North Street, Pittsfield</p>
<p>14 RCC Open Hours 12-3p</p>	<p>15 Yoga Means Union 10-11:30a RCC Open Hours 12-4p Crochet Club 3-4p RLC Speaker's Bureau 4:30-6p</p>	<p>16 UR an Artist is cancelled for today</p>	<p>17 Mindfulness 11a-12p RCC Open Hours 12-4p</p>	<p>18 General Support Group 1-2p</p>	<p>19</p>
<p>21 RCC Open Hours 12-3p Presentation on Abuse, Trauma & Madness with Jacquie Dillon at Mount Holyoke College in South Hadley on Tuesday, 3/22! See Northampton area calendar for details!</p>	<p>22 Yoga Means Union 10-11:30a RCC Open Hours 12-4p Crochet Club 3-4p</p>	<p>23 UR an Artist 11a-12:30p</p>	<p>24 Mindfulness 11a-12p RCC Open Hours 12-4p</p>	<p>25 General Support Group 1-2p</p>	<p>26</p>
<p>28 RCC Open Hours 12-3p</p>	<p>29 Yoga Means Union 10-11:30a RCC Open Hours 12-4p Crochet Club 3-4p</p>	<p>30 UR an Artist 11a-12:30p</p>	<p>31 Mindfulness 11a-12p RCC Open Hours 12-4p</p>	<p><i>Please contact us if you have any other requests for accommodations, including interpreters</i></p>	<p>The RLC aspires to be scent free. Please avoid wearing scents to any RLC events or spaces.</p>

Upcoming RLC Trainings, Workshops, and Meetings in Pittsfield Area (Calendar #3)

**ALL WORKSHOPS AND MEETINGS IN THIS SECTION ARE AT THE BERKSHIRE RCC
(152 North Street, Suite 115) UNLESS OTHERWISE NOTED!**

Berkshire RCC Hours: The Berkshire RCC is open every Monday 12 – 3p, and Tuesday & Thursday 12 – 4p and is located at 152 North St., Suite 115. Peer support and resource info, a computer lab and a library are available during all open hours. Other hours available by appointment. The Berkshire RCC phone number is: **(413) 236-5888** (Fax: 413-236-2995).

Crochet Club: Tuesdays, 3 to 4pm *except for February 8th*. Come get hooked on crocheting! Join Amber as she guides beginners and the more experienced into the world of crochet. Fun and satisfying, make prayer shawls for charity among other projects. Use supplies offered or bring your own!

Film Screening: Healing Homes: Tuesday, March 8th 4 to 6pm, Jae's Spice Restaurant, 2nd Floor, 297 North Street, Pittsfield. The Alternative Perspectives Film Series will kick off its Spring season with the world premiere of Daniel Mackler's 'Healing Homes.' The film chronicles the work of the Family Care Foundation in Gothenburg, Sweden. The organization, backed by over twenty years of experience, places people who have struggled within the traditional system with host families -- predominately farm families in the Swedish countryside -- as a start for a whole new life journey. View a trailer of the film at <http://www.youtube.com/watch?v=Qp-YMJFUtn4> (This screening is co-sponsored by the Western Mass RLC in the Brien Center)

General Support Group: Fridays from 1 to 2pm *except for February 11th*. 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!

Mindfulness: Thursdays from 11am to 12pm. 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.

RLC Speaker's Bureau: Tuesday, March 15th from 4:30 to 6pm. Telling your story can be rewarding for both you and your audience. Hearing your own story in your own words can be cathartic. Changing even one audience member's perception about mental health is amazing. We think it's about time to take our stories on the road! If you're interested in community education about recovery, advocacy and inspiration, this is an awesome opportunity! Find your voice. Offer your voice. Share your truth. Put forth your wisdom. We will be meeting (at least) monthly, training is provided and we will be acting as an outreach and education offering from the Recovery Learning Community. Change the world one story at a time! By the way, this is often a paying gig. For more information, contact Lisa @ 413-358-8558 or email @ lisa@westernmassrlc.org.

UR an Artist: Wednesdays from 11am to 12:30pm *except for March 16th*. Join artist Lynn Welker and journey on an adventure of self-discovery and healing through basic art instruction and technique! Find beauty at your finger tips! All levels encouraged to participate.

Yoga means Union - Yoga for Everyone! Tuesdays from 10 to 11:30am. Yoga is a great way to take care of your body and your mind! Justin is pleased to continue yoga after the wonderful reception the activity received from our community members. This practice will include (but is not limited to) energy (prana-Chi) awareness, asana (postures), pranayama (breathing exercises), and meditation/contemplation/prayer. It is low impact and accommodations will be made for individuals of any fitness level. An optional meditation period will conclude each session.

WESTERN MASS RLC CALENDAR OF EVENTS: Calendar #4

Workshops, Classes & Groups in Greenfield Area (Franklin County)

MARCH 2011

Monday	Tuesday	Wednesday	Thursday	Friday	Sat
<p><i>See attached info for details and location of each workshop, event or training as locations vary throughout Franklin County</i></p>	1	<p>2 <u>Wellness Wednsdys</u> Gentle Yoga 9:30-10:50a Acupuncture 12-1p</p>	<p>3 RCC Open Hours 9-12p Sheltering Greenfield: Soup & Conversation 5:30-7p</p>	4	5
<p>7 RCC Open Hours 1-4p Trabajador Hispana Disponible (<i>Spanish speaker available</i>) Women's Self Care Support Group 630-830p</p>	<p>8 Circle of Friends Open Session: Opening the Heart, Touching the Soul 11:30a-1:30p</p>	<p>9 <u>Wellness Wednsdys</u> Gentle Yoga 9:30-10:50a Acupuncture 12-1p Veterans Support Discussion Group 3-430p</p>	<p>10 RCC Open Hours 9-12p Inner Working Series: Relax & Visualize 6-7p</p>	<p>11 Film Screening: 'Healing Homes' with Daniel Mackler 430-630pm @ Recovery Annex</p>	12
<p>14 RCC Open Hours 1-4p Trabajador Hispana Disponible (<i>Spanish speaker available</i>) Women's Self Care Support Group 630-830p</p>	<p>15 Presentation on Abuse, Trauma & Madness with Jacquie Dillon at Mount Holyoke College in South Hadley on Tuesday, 3/22! See Northampton area calendar for details!</p>	<p>16 <u>Wellness Wednsdys</u> Gentle Yoga 9:30-10:50a Acupuncture 12-1p</p>	<p>17 RCC Open Hours 9-12p Inner Working Series: Soul Collage 6-730p</p>	18	19
<p>21 RCC Open Hours 1-4p Trabajador Hispana Disponible (<i>Spanish speaker available</i>) RLC Support Forum 10a-12p Women's Self Care Support Group 630-830p</p>	22	<p>23 <u>Wellness Wednsdys</u> Gentle Yoga 9:30-10:50a Acupuncture 12-1p Veterans Support Discussion Group 3-430p</p>	<p>24 RCC Open Hours 9-12p</p>	<p>25 Fourth Friday Art Circle 7-9p</p>	26
<p>28 RCC Open Hours 1-4p Trabajador Hispana Disponible (<i>Spanish speaker available</i>) Women's Self Care Support Group 630-830p</p>	29	<p>30 <u>Wellness Wednsdys</u> Gentle Yoga 9:30-10:50a Acupuncture 12-1p QPR Suicide Prevention Training 3:30-5:30p</p>	<p>31 RCC Open Hours 9-12p Inner Working Series: Soul Collage 6-730p</p>	<p><i>We aspire to be fragrance free. Please avoid wearing fragrances to any RLC events. RLC events are wheelchair accessible unless otherwise noted.</i></p> <p><i>Please contact us if you have any other requests for accommodations, including interpreters</i></p>	

Upcoming RLC Trainings, Workshops, and Meetings in Franklin County (Calendar #4)

ALL WORKSHOPS & MEETINGS IN THIS SECTION ARE IN VARYING LOCATIONS.

CHECK EVENTDETAILS FOR LOCATION INFORMATION

Unless otherwise noted, all questions and sign ups should be directed to the RLC at (413) 561-3268

Franklin RCC Open Hours: Mondays, 1-4pm & Thursdays, 9am to noon at 68 Federal Street, Greenfield. Come see our shared community space with the RECOVER Project, get peer support and check out other resources available. Alternate hours are available by appointment, 413-561-3268. Call (413) 774-5489 during drop in hours. **Abierto para gente de habla hispana con Rosa Guerra!** El segundo Jueves y el Lunes cuarto de cada mes. Venga para apoyo o solo para charlar. **Open Hours for Spanish Speakers with Rosa Guerra!** The second Thursday and fourth Monday of each month.

Acupuncture: Wednesdays from 12 to 1pm. This free ear acupuncture clinic focusing on five ear points and offered by licensed acupuncturist, Lee Hurter, works on a variety of issues including cravings, addictions, insomnia, stress, and anxiety. Arrive promptly to secure your space! Acupuncture is a part of Wellness Wednesdays, a collaboration of The RECOVER Project and the RLC.

Art Show: March-May at the Recovery Annex, 74 Federal Street, Greenfield. Come by the Recovery Annex to see the work of RLC Peer Art Series artist, Cosima Hewes.

Circle of Friends Open Session: *Opening the Heart, Touching the Soul* Tues, March 8, 11:30-1:30pm, lunch will be provided. The Recovery Annex, 74 Federal St. Grnfld. Circle of Friends Open Session is a monthly gathering that uses breath work, sharing, and psychodrama to open the heart and touch the soul. Please join us and experience the healing that takes place; we welcome you. For more info: eschreiber@carsoncenter.org 413-579-7570 This meeting is a collaboration of Valley Human Services and the Western Mass RLC.

Film Screening: *Healing Homes*: Friday, March 11th 430 to 630pm, Recovery Annex, 74 Federal Street, Greenfield. The Alternative Perspectives Film Series will kick off its Spring season with the world premiere of Daniel Mackler's '*Healing Homes*.' The film chronicles the work of the Family Care Foundation in Gothenburg, Sweden. The organization, backed by over twenty years of experience, places people who have struggled within the traditional system with host families -- predominately farm families in the Swedish countryside -- as a start for a whole new life journey. View a trailer of the film at <http://www.youtube.com/watch?v=Qp-YMJFUtn4> (This screening is co-sponsored by the Western Mass RLC and Clinical & Support Options)

Fourth Friday Art Circle: Friday, March 25, 7-9pm. The Recovery Annex, 74 Federal St., Grfld. Fourth Friday is a support group for visual artists who have lived experience with extreme states, a mental health diagnosis or trauma. For many, creativity is a key to wellness. Use the time as you wish. This is a safe space to show works in progress, talk about what your art means to you, share struggles and breakthroughs, or simply be present. For more information or for carpooling, contact Andy 413-325-6245, andy@westernmassrlc.org

Gentle Yoga: Wednesdays from 9:30 to 10:50am at the Recovery Annex, 74 Federal St, Greenfield. Kelly Savitri's style incorporates light-hearted joyful movement with a reverent and consistent focus on breath and deepening awareness. A variation of poses is presented to honor individual choice and levels of ability. This class is co-ed!

Inner Workings Series presents: *Relax and Vialize! With Rosa*: Thursday, March 10th, 6 to 7pm at the Recovery Annex, 74 Federal Street, Greenfield. In the 1920's, Dr. Edmund Jacobson discovered that through the use of relaxation techniques people showed lessened depression, anxiety, high blood pressure as well as other ailments. Join Rosa Guerra and learn easy visualization/relaxation methods to improve your overall well being.

Inner Workings Series presents: *Soul Collage with Gineen Cooper*: Thursdays, March 17 and 31 and April 14 and 28 6 to 730pm at the Recovery Annex, 74 Federal Street, Greenfield. What is Soul Collage? Originated by Seen Frost, SoulCollage is a process for accessing your intuition and creating an incredible deck of cards with deep personal meaning that will help you with life's questions and transitions. Join Gineen for this fun, interesting and creative way to access your innate wisdom. For questions, comments or to reserve your spot, e-mail: Maura@westernmassrlc.org.

QPR Suicide Prevention Training with Facilitator Janice Sorensen: Wednesday, March 30, 3:30-5:30pm at the Recovery Annex, 74 Federal Street, Greenfield. This two-hour training program is for the general public and teaches participants how to Question, Persuade and Refer someone for help. Janice facilitates this workshop which is appropriate for a wide range of professionals and interested community members. (And starting in April, Alternatives to Suicide Support Group) To sign up or for more info, e-mail Janice@westernmassrlc.org.

RLC Support Forum: Monday, March 21, 10am to 12pm at the Recovery Annex, 74 Federal Street, Greenfield. Come gather for a time of support and idea sharing around how we as individuals and a community can be our best and healthiest selves.

Sheltering Greenfield: Soup & Conversation: Thursday, March 3rd, 530 to 7pm at the Recovery Annex, 74 Federal Street, Greenfield. 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, please contact Andy Grant at andy@westernmassrlc.org or 413 325-6245

Women's Self-care Support Group: Mondays from 6:30 to 8:30pm at the Greenfield Women's Resource Center, 278 Federal Street, Greenfield. Join facilitator Janice Sorensen for a supportive group where women can share wellness tools and ideas, find a sounding board and support one another. For more info please call 413-561-3268.

Veteran Support Discussion Group: 2nd & 4th Wednesdays 3-4:30pm, The Recovery Annex, 74 Federal St., Greenfield. 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? Join us for a Veteran Support Discussion Group. Refreshments provided. For more info: Alex, 413-774-5489 x 14 Co-sponsored by the RECOVER Project and the RLC.

WESTERN MASS RLC CALENDAR OF EVENTS: Calendar #5

Workshops, Classes & Groups in Northampton Area (Hampshire County)

MARCH 2011

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Alternatives to Suicide Group 630-8p	2 Writing Group: 2-3p	3 Yoga 330-5p	4	5
7 Acupuncture clinic 430p Hearing Voices Group 4-530p <i>(Film Screening: Healing Homes in Springfield tonight! See Springfield area calendar!)</i>	8 Alternatives to Suicide Group 630-8p <i>(Film Screening: Healing Homes in Pittsfield tonight! See Pittsfield area calendar!)</i>	9 Writing Group: 2-3p	10 Yoga 330-5p	11 <i>(Film Screening: Healing Homes in Greenfield tonight! See Greenfield area calendar!)</i>	12
14 Acupuncture clinic 430p Hearing Voices Group 4-530p	15 Alternatives to Suicide Group 630-8p	16 Writing Group: 2-3p	17 Yoga 330-5p	18 Out to the Movies @ Cinemark 1-4p	19
21 Acupuncture clinic 430p Hearing Voices Group 4-530p	22 Alternatives to Suicide Group 630-8p Special Presentation: Abuse, Trauma & Madness with Jacquie Dillon @ Mount Holyoke College in South Hadley 730pm	23 Writing Group: 2-3p	24 Yoga 330-5p	25	26
28 Acupuncture clinic 430p Hearing Voices Group 4-530p	29 Alternatives to Suicide Group 630-8p	30 Writing Group: 2-3p	31 Yoga 330-5p	Locations will vary throughout Hampshire County. Please check detailed descriptions for more information	<i>We aspire to be fragrance free. Please avoid wearing fragrances to any RLC events. RLC events are wheelchair accessible unless otherwise noted.</i>

Upcoming RLC Trainings, Workshops, and Meetings in Hampshire County (Calendar #5)
ALL WORKSHOPS & MEETINGS IN THIS SECTION ARE IN VARYING LOCATIONS.
CHECK EVENTDETAILS FOR LOCATION INFORMATION

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

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

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

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, March 18th, 1230pm to 4pm (**actual time may vary slightly depending on movie selected**) @ Cinemark Theatres at the Hampshire Mall, Rt. 9, Hadley. Join Sera and other community members for an afternoon at the movies. **6 SPOTS AVAILABLE FOR FREE TICKETS, AND 3 TO 4 SPOTS AVAILABLE FOR TRANSPORTATION ASSISTANCE. You MUST SIGN UP for this event and early sign up is recommended.** The actual film and exact meeting time will be determined by Wednesday of that week. Please call Sera at (413) 539-5941 203 to sign up and/or for more info!

Special Presentation - The Bad Things That Happen to You Can Drive You Crazy! Understanding Abuse, Trauma & Madness and Working Towards Recovery

with Jacquie Dillon: Tuesday, March 22nd, 730pm @ Mount Holyoke College, Dwight 101, South Hadley. Join the RLC community for a powerful talk on madness and our mad world. By sharing personal and professional experiences of madness and recovery, these issues are explored so that madness is understood as a sane response to surviving in a crazy world. The mark of a responsible society and responsive services is the willingness to share collective responsibility for these experiences, to honor them, support them and learn from them at all levels. Consequently, advocating and campaigning for the rights of those labelled as mentally ill has now become the last great civil rights movement. **Jacqui Dillon** is a writer, campaigner, international speaker and trainer specialising in hearing voices, psychosis, dissociation and trauma. She is the national Chair of the *Hearing Voices Network* in England and a Director of *Intervoice* – the International Network for Training, Education and Research into Hearing Voices. Jacqui is Honorary Lecturer in Clinical Psychology at the University of East London. Along with Professor Marius Romme and Dr Sandra Escher she is the co-editor of *Living with Voices, an anthology of 50 voice hearers' stories of recovery*. She is also co-editor of the forthcoming book, *Demedicalising Misery: Psychiatry, Psychology and the Human Condition*, and has published numerous articles and papers; is on the editorial board of the journal *Psychosis: Psychological, Social and Integrative Approaches* and is a member of the collective for *Asylum, the magazine for Democratic Psychiatry*. Jacqui is also a voice hearer. **This talk is open and free to the public.** This event is co-sponsored by the Western Mass RLC and Mount Holyoke College.

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 330 to 430p, a women's group on Fridays at 3pm and a Creative group (writing, drawing, etc.) every Thursday from 1 to 2:30pm.

DBSA Group: Every Wednesday from 630 to 730pm, North Adams Regional Hospital, ground floor conference room (near cafeteria). The Depression and Bipolar Support Alliance is a national non-profit organization that offers information and many peer-run support groups throughout the country. Call Pam for more info (413) 664-9156 or visit www.dbsabennington.org. (Stay tuned for a new Pittsfield group on Thursdays in 2009!)

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

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

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

Art Group: Thursdays from 10am to 12pm 239 Main Street #7, Greenfield. Join this open art group facilitated by Lee Shuer. Call or email for more info (413) 588-8395 or lshuer@servicenetinc.org. *Sponsored by ServiceNet, Inc.*

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

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

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

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

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

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

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

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

Anxiety/Phobia Support Group: Every Thursday from 7p to 8:30p, Trinity Church, 361 Sumner Ave, Springfield. This is a peer-run support group for anyone who has experience anxiety and/or phobias. Sponsored independently by a individuals with lived experience. Please call (413) 531-5706 for more info.

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

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

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

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

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

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

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

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

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

Rainbow Support Group: 187 High St., Suite 202, Holyoke. A support group for gay, lesbian, bisexual, transgender, questioning. Supporters welcome. Call Elaine for the next meeting date at 413-536-2401 x3017. *Sponsored by the Western Mass Training Consortium.*

HAMPSHIRE COUNTY (Northampton, Easthampton, etc.):

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

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

DBSA Support Group - Wednesdays: Wednesday, 7p to 930pm, 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. Call Carol (527-0532) or Barbara (586-6641) for more information! Sponsored by NAMI.

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

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

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

Peer Educator Support Group: Fridays from 3pm to 4pm at the Forbes Library, Watson Room, Northampton. This is a voluntary peer-led group run by peer educators with lived mental health experience. Participants at meetings will discuss experiences, 'the tough stuff,' and their journeys through it as a recovery opportunity. Facilitated by Marie Laureano and Tam Ward. Call (413) 584-1508 for more info. *Co-sponsored by ServiceNet and VINFEN.*

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

WARMLINES

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

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

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

Pioneer Valley Warmline: Beginning July 1, 2010, this warmline will no longer be taking calls.

RLCs IN OTHER AREAS OF THE STATE

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

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

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

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

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

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

STATEWIDE ORGANIZATIONS & TRAININGS

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

Film Screening: Healing Homes: Wednesday, March 9th, 2 to 4pm @ Advocates, Inc. 1881 Worcester Rd, Framingham (co-sponsored by the Western Mass RLC & Advocates, Inc); Thursday, March 10th, 10am to 12pm @ Boston Resource Center, Solomon Carter Fuller MHC, 85 East Newton St, Boston (co-sponsored by the Western Mass RLC & the Metro Boston RLC); Thursday, March 10th, 2pm to 4pm @ Arlington Town Hall, 730 Massachusetts Ave, Arlington (co-sponsored by the Western Mass RLC & the Metro Suburban RLC); Friday, March 11th, 12pm to 2pm @ the Central Mass RLC's Worcester Center, 91 Stafford St, Worcester (Co-sponsored by the Western Mass RLC and the Central Mass RLC). The Alternative Perspectives Film Series will kick off its Spring season with the world premiere of Daniel Mackler's 'Healing Homes.' The film chronicles the work of the Family Care Foundation in Gothenburg, Sweden. The organization, backed by over twenty years of experience, places people who have struggled within the traditional system with host families -- predominately farm families in the Swedish countryside -- as a start for a whole new life journey. View a trailer of the film at <http://www.youtube.com/watch?v=Qp-YMJFUtn4> (This screening is co-sponsored by the Western Mass RLC and Clinical & Support Options)

MPower: 98 Magazine Street, Roxbury MA 02119, (617) 442-3301. info@m-powerblog.org. MPower offers a variety of groups, trainings and other services directed at advocacy and recovery initiatives.

Special Presentation - The Bad Things That Happen to You Can Drive You Crazy! Understanding Abuse, Trauma & Madness and Working Towards Recovery

with Jacquie Dillon: Wednesday, March 23rd, 230pm, Advocates, Inc. 1881 Worcester Rd, Framingham. Join the Advocates community for a powerful talk on madness and our mad world. By sharing personal and professional experiences of madness and recovery, these issues are explored so that madness is understood as a sane response to surviving in a crazy world. The mark of a responsible society and responsive services is the willingness to share collective responsibility for these experiences, to honor them, support them and learn from them at all levels. Consequently, advocating and campaigning for the rights of those labelled as mentally ill has now become the last great civil rights movement. **Jacqui Dillon** is a writer, campaigner, international speaker and trainer specialising in hearing voices, psychosis, dissociation and trauma. She is the national Chair of the *Hearing Voices Network* in England and a Director of *Intervoice* – the International Network for Training, Education and Research into Hearing Voices. Jacqui is Honorary Lecturer in Clinical Psychology at the University of East London. Along with Professor Marius Romme and Dr Sandra Escher she is the co-editor of *Living with Voices, an anthology of 50 voice hearers' stories of recovery*. She is also co-editor of the forthcoming book, *Demedicalising Misery: Psychiatry, Psychology and the Human Condition*, and has published numerous articles and papers; is on the editorial board of the journal *Psychosis: Psychological, Social and Integrative Approaches* and is a member of the collective for *Asylum, the magazine for Democratic Psychiatry*. Jacqui is also a voice hearer. **This talk is open and free to the public.** This event is co-sponsored by the Western Mass RLC and Advocates, Inc.

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!