

WMTC
187 High Street, #204
Holyoke, MA 01040

May 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

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.

MAY 2011 UPDATE & CALENDAR

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



May Film Screening: *Between the Lines*

The next film in the **Alternative Perspectives Film Series** will be *Between the Lines*, by Sophia Constantinou. This film is created by and about women who have lived experienced with self-injury – primarily cutting. It is a 21-minute visually lyrical, experimental documentary that explores the gray areas in women's relationships to their bodies in the context of deliberately self-inflicted injury and seeks to negotiate the fine line between self-destructive behavior and self-preserving coping mechanisms.

Although Sophia herself is unable to be present, we will be joined by **Ruta Mazelis** at each screening. Ruta is featured in the film, has her own lived experience with self-injury and is now considered a national expert on the topics of self-injury and trauma. (Learn more about Ruta at the Healing Self Injury website: <http://healingselfinjury.org/about.html>)



Ruta will introduce each screening of the film and then lead facilitated conversation about the film, self-injury and trauma afterward. Ruta will also lead a 3 ½ hour workshop on ‘Demystifying Self-Injury’ geared toward individuals who, in a professional or informal capacity, are attempting to support others who self-injure.

There will be 4 screenings of this film as follows:

Monday, May 9th, 5-7pm

Recovery Annex, 74 Federal Street, Greenfield
Co-sponsored by the Western Mass RLC and Clinical & Support Options.

Tuesday, May 10th, 2-4pm

Advocates, Inc, 1881 Worcester Rd, Framingham
Co-sponsored by the Western Mass RLC and Advocates, Inc.

Wednesday, May 11th, 1-3pm

Center for Human Development, 622 State Street, Springfield
Co-sponsored by the Western Mass RLC and the Center for Human Development.

Wednesday, May 11th, 5-7pm

Jae’s Spice Restaurant, 297 North Street, Pittsfield
Co-sponsored by the Western Mass RLC and the Brien Center.

All film screenings are free and open to the public. This is an important opportunity to build understanding and dialogue as a community about this important topic and we hope that you will join us.

The ‘Demystifying Self-Injury’ Workshop

with Ruta Mazelis will take place:

Monday, May 9th, 12:30-4pm

Recovery Annex, 74 Federal Street, Greenfield.
Sign-up is required for the workshop. Please call (413) 539-5941, ext. 301 for more information or to reserve your spot.

Western Mass Youth Council Event: Creating Mutuality And Understanding Through Dinner And Dialogue

Tuesday, May 24, 2011, 5:30-8pm
Summit View Banquet and Meeting House
555 Northampton Street
Holyoke, MA 01040

FREE and open to the public!
Come join us for an evening on reducing stigma in our community. Come to share or listen. Help our community come to an understanding that having a mental health diagnosis is nothing to be ashamed of and we all share common experiences.

The WMYC is a group of young adults between the ages of 16 and 25. We work to improve the mental health system to better support youth in their transition to adulthood.

For more information, contact us at: youthcouncil@wmtcinfo.org
<http://www.wmtcinfo.org/~wmtc/typolight/index.php/youth-council.html>

DEADLINE REMINDER!

Career Initiatives Grant Applications

are due at the Consortium office in Holyoke by May 13th at 5pm!!

Check the Western Mass RLC’s website for more information on this unique opportunity for individuals interested in starting their own small business or independent project!



ANNOUNCING: A Resource Development Project to greatly benefit our community!

The Western Mass RLC is excited to be working with the Department of Mental Health on a **comprehensive resource guide** for our Western Mass community. Ultimately, the goal is to create both a free printed guide and an on-line database of resources for use by providers and individuals in the community. Though focusing on local resources, the guide will also list relevant national, international and on-line resources that may be useful.

One of the methods we will be using to develop this guide will be to reach out to YOU! Whether you are working as a provider, identify as having lived experience, a support person, or are a part of the broader community, you have inevitably come across useful resources that we want to know about!



There are many ways you can help:

1) Complete the survey at the back of this newsletter and mail it to us **by May 23**. There is also an online version available at www.westernmassrlc.org.

2) Attend one of several focus groups we are hosting around Western MA beginning this month, to discuss and gather ideas on resources we need in our community. If you would like to participate, please sign up ASAP, as space is limited. Everyone who attends will receive a **\$20. Big Y Gift Card**, as a thank you for your valuable input.

Focus groups scheduled so far include:

Tuesday, May 10, 1-3pm

At the RLC's Holyoke Center, 187 High St., Suite 303, Holyoke, MA 01040

Thursday, May 12, 2-4pm

At the RLC's Bowen Center, 340 Main Street, Springfield, MA 01105

Thursday, May 19, 3-5pm

At the Recovery Annex, 74 Federal Street, Greenfield 01301

Monday, May 23, 10am-12pm

At the Forum House, 55 Broad Street, Westfield 01085

Monday, May 23, 1-3pm

At the RLC's Pittsfield Center, 152 North Street, Suite 230, Pittsfield 01201

3) Do you know people, agencies and/or organizations to whom we could present our project on the phone, in a staff meeting, by mail or email?

Ultimately, we will be making every effort to provide you with a way to let us know about any resources you think should be included in this project.

For more information or to suggest resources, please contact us at resources@westernmassrlc.org or (413) 539-5941 ext. 315.

'Laugh for No Reason' Events!!

- Do you believe in the power of laughter?
- Would you be interested in learning more about the impact of laughter on your own health and wellbeing?

Please join Chris Lalli and Trevor Smith for a 'Laugh for No Reason' event!

Trevor will lead us in simple, group laughing exercises designed to:

- Reduce negative thoughts and feelings
- Strengthen the immune system
 - Reduce pain
 - Help build community
 - Relax muscles
 - Improve breathing, digestion and sleep
 - And more!

When: Thursday May 12th and Thursday May 19th (come to one or both sessions!) at 11:30am.

Where: The Bowen Wellness Center, 340 Main Street, Springfield 01105

For more information on Laughter Events or Trevor Smith, please visit: <http://www.laughforyourhealth.com>

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



• COMMUNITY RESOURCES •

Attention Peer Specialists: An organization just for you!

From their website: The **National Association of Peer Specialists, Inc. (NAPS)**, is a private, non-profit organization dedicated to peer support in mental health systems. Founded in November 2004 by a group of peer specialists, the organization has quickly grown with members from every state.

NAPS offers members a quarterly newsletter, discounts on recovery-oriented materials, access to recovery and peer support information, NAPS also sponsors an annual conference for peer specialists which brings together peer specialists and supporters of the peer specialist movement to share ideas, strategies, and information about innovative programs that work.

The National Association of Peer Specialists (NAPS) is an organization dedicated to promoting peer specialists throughout the United States. We are a group of dedicated peer specialists seeking ways to improve the effectiveness of the mental health system through the hiring of other peer specialists.

NAPS also works to enhance the profession--not just encourage the hiring of more peer specialists. We do this through training, education, and advocacy. If you are currently a peer specialist, would like to become one, or support the Peer Specialist Movement, this is the organization for you!

Research has proven the effectiveness of peer specialists in the mental health setting. No longer are administrators able to deny the value of hiring peer specialists. Peer Specialists have been there so we recognize what clients may need and want!

There are thousands of organizations, each with a specific purpose or goal. There are so many reasons why one should consider becoming part of an organization he or she believes in. Join us today and you will receive a quarterly newsletter that will help you understand the role of peer specialists as well as keep you informed of new developments in the field.

The cost of an annual membership in NAPS is \$10. More information about membership, including an application and sample newsletter, are available by contacting Steve Harrington at: steveh@naops.org.

Visit the NAPS website, www.naops.org, to learn more about the resources they offer, including their annual Peer Specialist Conference to be held this August!

Journey to Recovery Event!

The Department of Mental Health and the Western Mass Recovery Learning Community (RLC) are working together to create an afternoon of information sharing and social opportunity **for people who are Deaf and are survivors of the mental health system and/or are in recovery from abuse: substance, physical, verbal, emotional.**

When: Friday, May 20th, 1-4pm

Where: Leslie Phillips Theater at Holyoke Community College

For a number of reasons, there has not been a critical mass of Deaf and hard of hearing people with lived experience in any one location in Western Mass. This event will bring people together from all over Western Mass to network among themselves and with service providers and representatives of state agencies. The first Journey of Recovery event was hosted successfully in eastern Mass in January; May will be the first time it has run here. There will be panelists, speakers, vendor tables and information kiosks. We hope to provide snacks throughout the afternoon to the presenters and participants.

For questions or more information, please contact: Fernando Silvestre at Fernando.D.Silvestre@state.ma.us or Val Ennis at val@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 May in addition to other regular hours! Come check us out!

Please join us for our next monthly **Guiding Council Meeting!** Monday, May 2nd, 1-3pm at the Holyoke RCC. See Holyoke Calendar on page 5 for details. ASL interpreters have been requested!



Creating Connections through Dialogue!

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

Where: Endicott College (on the ocean) Beverly, MA
(1/2 hour north of Boston)

When: Friday, June 10 through Sunday, June 12, 2011

We live in an increasingly interdependent and interconnected world. The Creating Connections conference is an opportunity to explore various aspects of connectedness and the implications for recovery. Join us in a beautiful ocean setting as we learn together, share our knowledge, join in interactive discussions and brainstorming sessions, and explore how our individual and collective connections play a vital role in promoting wellbeing and social change.

Health and mental health providers, people with the lived experience of mental health challenges and recovery, family members and others are invited to participate in workshops and join facilitated dialogue sessions to connect and learn from one another to become more effective in our lives and in our work.

Co-sponsored by: The National Empowerment Center • The Transformation Center • The Western Mass RLC • The Central Mass RLC • The Northeast RLC • The Southeast RLC • The Metro Suburban RLC • The Metro Boston RLC

Speakers will include: **Robert Whitaker, Bruce Levine, Amy Long, Shery Mead, Will Hall, Lauren Spiro, Dan Fisher, Leah Harris and more!**

For more information on this conference, including registration and costs, please visit the National Empowerment Center's website at:
<http://www.power2u.org/>

The timing of this conference was designed to lead into the USPRA (US Psychiatric Rehabilitation Association) conference which begins on Monday, June 13th in Boston.

For more information on the USPRA conference, please visit:
<https://netforum.avectra.com/eWeb/DynamicPage.aspx?Site=USPRA&WebCode=conference2011>

Dear Community,

We are please to announce the addition of **two new RLC Team Members.**

First, **Anna Keller** is joining us as our new **Assistant Director**. Anna comes to us from afar (Louisiana!), but with many connections to our area. (We can no longer count how many people have approached her to say they remember her from the December 'Community First' hearings in Northampton!) She brings with her a wealth of lived and work experiences around trauma and community healing, as well as an outgoing personality and welcoming nature. Please stop by the RLC's Holyoke Center (where Anna will be based) or connect with her at (413) 539-5941 ext. 202 or anna@westernmassrlc.org and say hi!

Mark Jones is also joining us this month. Although Mark has worked with the RLC for years as a stipended Peer Facilitator, he will now be moving into a **Peer Worker** position where he will work for the RLC but be based primarily at the Kindred Park View Hospital in Springfield. We're very excited to try this new model of employing Peer Workers in traditional settings, and hope you'll join us in welcoming Mark who can be reached at (413) 539-5941, x 306 or at mark@westernmassrlc.org.

FEEDBACK OR IDEAS FOR THIS NEWSLETTER?

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

Visit the RLC table
at the Northampton
Pride Rally on
Saturday, May 7!

More info at
www.site.nohopride.org



Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <ul style="list-style-type: none"> Center Closed For Drop-In Guiding Council 1-3pm 	<p>3</p> <ul style="list-style-type: none"> Center Open 10-4pm Hearing Voices Group 4:30-6pm 	<p>4</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>5</p> <ul style="list-style-type: none"> Center Open 12-4pm Training Film Planning Group 1-3pm Knit Happens! 2-3:45pm Alternatives to Suicide Group: 5-6:30pm 	<p>6</p> <ul style="list-style-type: none"> Center Open 12-4pm New Art Exhibit: Cosima Hewes!
<p>9</p> <ul style="list-style-type: none"> Center Closed For Drop-In 	<p>10</p> <ul style="list-style-type: none"> Center Open 10-4pm Resource Guide Focus Group, 1-3pm (sign up ahead) Hearing Voices Group 4:30-6pm 	<p>11</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 Don't miss the film screening of 'Between the Lines' tonight in Springfield! See Springfield calendar for details! 	<p>12</p> <ul style="list-style-type: none"> Center Open 12-4pm Knit Happens! 2-3:45pm Alternatives to Suicide Group: 5-6:30pm 	<p>13</p> <ul style="list-style-type: none"> Center Open 12-4pm
<p>16</p> <ul style="list-style-type: none"> Center Closed For Drop-In 	<p>17</p> <ul style="list-style-type: none"> Center Open 10-4pm Hearing Voices Group 4:30-6pm 	<p>18</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>19</p> <ul style="list-style-type: none"> Center Open 12-4pm Training Film Planning Group 1-3pm Knit Happens! 2-3:45pm Alternatives to Suicide Group: 5-6:30pm 	<p>20</p> <ul style="list-style-type: none"> Center Open 12-4pm Hearing Voices Networking Meeting, 1-3:30pm Journey to Recovery Event, at Holyoke Community College, for individuals who are Deaf/HOH, 1-4pm
<p>23</p> <ul style="list-style-type: none"> Center Closed For Drop-In 	<p>24</p> <ul style="list-style-type: none"> Center Open 10-4pm Hearing Voices Group 4:30-6pm Youth Council Event, Summit View Banquet and Meeting House, Holyoke, 5:30-8pm 	<p>25</p> <ul style="list-style-type: none"> Center Open 12-7pm ASL Class 12-1pm Deaf/HOH Drop-in 1-5pm Warline Coalition 1-3pm Ear Acupuncture 3-4pm Movie Night 4-6pm Deaf Community Forum 4-6pm 	<p>26</p> <ul style="list-style-type: none"> Center Open 12-4pm Knit Happens! 2-3:45pm Peer Worker Networking Meeting 11:30am-2pm Alternatives to Suicide Group: 5-6:30pm 	<p>27</p> <ul style="list-style-type: none"> Center Open 12-4pm
<p>30</p> <ul style="list-style-type: none"> Center Closed For Drop-In 	<p>31</p> <ul style="list-style-type: none"> Center Open 10-4pm Hearing Voices Group 4:30-6pm 	<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><i>Please contact us if you have additional accommodation requests, including interpreters.</i></p>	

HOLYOKE AREA / Hampden County • May 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 12-7pm, 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. 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: Cosima Hewes: Friday, May 6th and through the end of June. Visit our Holyoke Center to see the beautiful and thought-provoking work of Cosima Hewes.

Community Council: Third Tuesday of every month from 1-3pm (new day/time!!) An open meeting for the local Holyoke community to provide input and discuss issues important to you regarding the Holyoke Center and/or RLC in general. This can include difficulties or challenges that have come up or ideas for the future. We want to hear from you!!!

Deaf Community Forum: Wednesday, May 25, 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, 3-4pm. Join NADA certified 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, May 2nd, 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 1-3pm at the Holyoke Center. 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 4:30-6pm. 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.

Hearing Voices Networking Meeting: Friday, May 20th, 1-3:30pm. For those who have been trained as HV group facilitators to come together, network, share ideas and support one another. Gail Hornstein will also present a screening of 45-min. BBC film about the development of the HVN. Light snacks. RSVP to Sera at 539-5941 ext. 203, sera@westernmassrlc.org.

Journey to Recovery Event: Friday, May 20th, 1-4pm at the Leslie Phillips Theater at Holyoke Community College. An afternoon of information sharing and social opportunity for people who are Deaf and are survivors of the mental health system and/or are in recovery from abuse. See article on page 3 for more info.

Knit Happens!: Thursdays from 2-3:45pm. 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, 4-6 pm. Join us for a movie, snacks, and a brief discussion. 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. We will try and start films no later than 4:15 pm. Most films close captioned and interpretation for discussions available on request.

Peer Worker Networking Meeting: Thursday, May 26th, 11:30am-2pm. All peer workers in paid or volunteer positions are welcome to join us and work to support one another, share ideas and talk about issues relevant to peer workers in our area.

Resource Guide Focus Group: Tuesday, May 10, 1-3pm, at the RLC's Holyoke Center. Sign up ahead to participate in a discussion and gathering of ideas on resources we need in our community. \$20. Big Y Gift Card given to each participant. Details on page 2.

Training Film Planning Group: Thursday, May 5th and 19th from 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 is returning on Wednesday, May 25th, 1-3pm. Anyone from a provider organization or the community is welcome to come and help us evaluate what warmline services we need in our area and how to implement our vision! We are currently moving toward starting a weekend warmline for the fall!!

Western Mass Youth Council Event: Tuesday, May 24, 2011, 5:30-8pm, Summit View Banquet and Meeting House, 555 Northampton Street, Holyoke, MA 01040. The WMYC is a group of young adults between the ages of 16 and 25. We work to improve the mental health system to better support youth in their transition to adulthood. More info in article on page 1.



Tuesday	Wednesday	Thursday	Friday	Saturday
<p>3</p> <ul style="list-style-type: none"> • Center Open 9am-3pm • Reiki 10am-1pm • First Tuesday Potluck, 12-2pm • Hip Hop Dance Class 1:45-2:45pm • Yoga 2-3:30pm (Downtown @ 11 Pearl St., Suite 217) 	<p>4</p> <ul style="list-style-type: none"> • Center Closed • After Incarceration Group 1:30-2:30p (736 State St.) • Wellness Ctr. Open 12-6 • Computadora Básica En español (Computer Basics in Spanish) 5-6pm 	<p>5</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>6</p> <ul style="list-style-type: none"> • Center Open 9am-3pm • Wellness Ctr. Open 12-6 	<p>7</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 • May 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: May 19th from 11am to 12pm. The Community Council is an open meeting for the local Springfield community to provide input and discuss issues that are important to you regarding the Bowen Resource Center, the Wellness Center and/or the RLC in general. This can include difficulties or challenges that have come up or ideas for the future. We want to hear from you!!!

Computadora Básica En español (Computer Basics in Spanish): ¡CLASE NUEVA! Miércoles de 5pm a 6pm comenzando el 20 de abril. Únete al facilitador Rafael Toro a aprender lo básico de las computadoras e ir mas allá en el aprendizaje del uso de la Internet. Se requiere registración. Por favor llame con anticipación. **NEW CLASS!** 4 Wednesdays, 5-6pm, beginning April 20th. Join Facilitator Rafael Toro to review the basics of the computer and go farther in the learning of how to use the Internet. Registration required. Please call ahead.

Film Screening: Between the Lines: Wednesday, May 11th, 1-3pm at the Center for Human Development, 622 State Street, Springfield. Co-sponsored by the Western Mass RLC and the Center for Human Development. This film - directed by Sophia Constantinou (herself someone who has self-injured) - is a visually lyrical, experimental documentary about women who cut themselves. The film itself is 21 minutes long and facilitated discussion will follow each screening as lead by Ruta Mazelis. More info in article on page 1.

Film Workshop: 10 sessions beginning Thursday, April 21 from 4 to 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: May 3, 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!

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!

Laugh for No Reason Events: Thursdays May 12th and May 19th at 11:30am in the Bowen Wellness Center. Come to one or both sessions! These sessions, lead by experienced laugh facilitator, Trevor Smith and assisted by Chris Lalli, are intended to put us in touch with the power of laughter through simple group exercises. For questions about these two events, please contact Chris at the Bowen Resource Center, 732-1703. For more information, see article on page 2.

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.

Resource Guide Focus Group: Thursday, May 12, 2-4pm at the Bowen Center. Sign up ahead to participate in a discussion and gathering of ideas on resources we need in our community. \$20. Big Y Gift Card given as thank you to each participant. Details on page 2.

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!



Pittsfield Area

BERKSHIRE COUNTY • MAY 2011

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <ul style="list-style-type: none"> • Center Community Hours, 12-3pm 	<p>3</p> <ul style="list-style-type: none"> • Yoga means Union, 10-11:30am • Crochet, 3-4pm • Center Community Hours, 12-4pm 	<p>4</p> <ul style="list-style-type: none"> • UR an Artist, 11am-12:30pm 	<p>5</p> <ul style="list-style-type: none"> • Mindfulness, 11am-12pm • Center Community Hours, 12-4pm 	<p>6</p> <ul style="list-style-type: none"> • General Support Group, 1-2pm
<p>9</p> <ul style="list-style-type: none"> • Center Community Hours, 12-3pm 	<p>10</p> <ul style="list-style-type: none"> • Yoga means Union, 10-11:30am • Crochet, 3-4pm • Center Community Hours, 12-4pm 	<p>11</p> <ul style="list-style-type: none"> • UR an Artist, 11am-12:30pm • Film Screening: Between the Lines at Jae's Spice Restaurant, 5-7pm 	<p>12</p> <ul style="list-style-type: none"> • Mindfulness, 11am-12pm • Center Community Hours, 12-4pm 	<p>13</p> <ul style="list-style-type: none"> • General Support Group, 1-2pm
<p>16</p> <ul style="list-style-type: none"> • Center Community Hours, 12-3pm 	<p>17</p> <ul style="list-style-type: none"> • Yoga means Union, 10-11:30am • Crochet, 3-4pm • Center Community Hours, 12-4pm 	<p>18</p> <ul style="list-style-type: none"> • UR an Artist, 11am-12:30pm 	<p>19</p> <ul style="list-style-type: none"> • Mindfulness, 11am-12pm • Center Community Hours, 12-4pm 	<p>20</p> <ul style="list-style-type: none"> • Legislative Meet & Greet, @ the Pittsfield Library, 9-10am • General Support Group, 1-2pm
<p>23</p> <ul style="list-style-type: none"> • Center Community Hours, 12-3pm • Resource Guide Focus Group, 1-3pm (sign up ahead) 	<p>24</p> <ul style="list-style-type: none"> • Yoga means Union, 10-11:30am • Crochet, 3-4pm • Center Community Hours, 12-4pm 	<p>25</p> <ul style="list-style-type: none"> • UR an Artist, 11am-12:30pm 	<p>26</p> <ul style="list-style-type: none"> • Mindfulness, 11am-12pm • Center Community Hours, 12-4pm 	<p>27</p> <ul style="list-style-type: none"> • General Support Group, 1-2pm
<p>30</p> <ul style="list-style-type: none"> • Center Community Hours, 12-3pm 	<p>31</p> <ul style="list-style-type: none"> • Yoga means Union, 10-11:30am • Crochet, 3-4pm • Center Community Hours, 12-4pm 	<p>Thanks to all of our community and neighbors that came out for the month of April to help us with the Great Move of 2011! We're in our new home and here is how to find it. For those of you familiar with the old place, simply follow the signs from suite 115 to suite 230. If you have not been to the Pittsfield Center before and would like to visit: We can be found at 152 North Street, Suite 230. Our entrance is beneath the Pancho's sign on North Street. Once in the building, take the hall to the rear of the building (you'll see signs) and take the back elevator or stairs to the 2nd floor. Suite 230 and the Center are well marked. Come check out the new digs!</p>		

PITTSFIELD AREA / Berkshire County • May 2011

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

Unless otherwise noted, all events in this section are at the Berkshire Center, 152 North St., Suite 230.

Once inside follow the signs! 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. For more information, contact us at 413-236-5888.

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

Crochet Club: Each Tuesday, 3-4pm. 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.

Film Screening: Between the Lines: Wednesday, May 11th from 5-7pm at Jae's Spice Restaurant, 297 North Street, 2nd floor Pittsfield. This film - directed by Sophia Constantinou (herself someone who has self-injured) - is a visually lyrical, experimental documentary about women who cut themselves. It explores the gray areas in women's relationships to their bodies in the context of deliberately self-inflicted injury and seeks to negotiate the fine line between self-destructive behavior and self-preserving coping mechanisms. The film itself is 21 minutes long and facilitated discussion will follow each screening as lead by Ruta Mazelis, an expert in the field of trauma and self-injury who herself has this lived experience and is featured in the film. More info in article on page 1.

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

Legislative Meet & Greet: Friday, May 20th, 9-10am at the Pittsfield Library. Join the community to meet and develop a connection with your local legislators! Help our community to have a voice in policy!

Mindfulness: Each Thursday from 11am-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.

Resource Guide Focus Group: Monday, May 23, 1-3pm. Sign up ahead to participate in a discussion and gathering of ideas on resources we need in our community. \$20. Big Y Gift Card given as thank you to each participant. Details on page 2.

UR an Artist: Each Wednesday, 11am-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, 10-11:30am. 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.



Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <ul style="list-style-type: none"> • Open Hours, Spanish speaker available. Abierto, Horas en Español, 1-4pm • Dance of the Hoop 5-6pm • CANCELLED! Women's Self Care Support Group 	<p>3</p> <ul style="list-style-type: none"> • Circle Of Friends Open Session: Opening the Heart, Touching the Soul, 11:30-1:30 • Alternatives to Suicide Peer Support Group, 5:30-7pm 	<p>4</p> <p>WELLNESS WED</p> <ul style="list-style-type: none"> • Gentle Yoga, 9:30-10:50 • Acupuncture, 12-1 	<p>5</p> <ul style="list-style-type: none"> • Center Open Hours 9am-noon • Sheltering Greenfield: Soup & Conversation 5:30-7pm 	<p>6</p> <ul style="list-style-type: none"> • Belly Dance with Amy Cullen 5:30-6:45pm
<p>9</p> <ul style="list-style-type: none"> • Open Hours, Spanish speaker available, 1-4pm • Dance of the Hoop 5-6pm • Workshop: Demystifying Self-Injury, 12:30-4pm • Film Screening: Between The Lines, 5-7pm • CANCELLED! Women's Self Care Support Group 	<p>10</p> <ul style="list-style-type: none"> • Alternatives to Suicide Peer Support Group, 5:30-7pm 	<p>11</p> <p>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>12</p> <ul style="list-style-type: none"> • Center Open Hours 9am-noon • Inner Working Series: Channeling the Muse 6-7:30pm 	<p>13</p> <ul style="list-style-type: none"> • Belly Dance with Amy Cullen 5:30-6:45pm
<p>16</p> <ul style="list-style-type: none"> • RLC Support Forum, 10-noon • Open Hours, Spanish speaker available. Abierto, Horas en Español, 1-4pm • Dance of the Hoop, 5-6pm • Women's Self Care Support Group, 6:30-8:30pm 	<p>17</p> <ul style="list-style-type: none"> • Alternatives to Suicide Peer Support Group, 5:30-7pm 	<p>18</p> <p>WELLNESS WED</p> <ul style="list-style-type: none"> • Gentle Yoga, 9:30-10:50am • Acupuncture, 12-1pm 	<p>19</p> <ul style="list-style-type: none"> • Center Open Hours, 9am-noon • Resource Guide Focus Group, 3-5pm (sign up ahead) 	<p>20</p> <ul style="list-style-type: none"> • Belly Dance with Amy Cullen 5:30-6:45pm
<p>23</p> <ul style="list-style-type: none"> • Open Hours, Spanish speaker available. Abierto, Horas en Español, 1-4pm • Dance of the Hoop 5-6pm • Women's Self Care Support Group, 6:30-8:30pm 	<p>24</p> <ul style="list-style-type: none"> • Alternatives to Suicide Peer Support Group, 5:30-7pm 	<p>25</p> <p>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>26</p> <ul style="list-style-type: none"> • Center Open Hours, 9am-noon 	<p>27</p> <ul style="list-style-type: none"> • Belly Dance with Amy Cullen 5:30-6:45pm • Fourth Friday Art Circle, 7-9pm
<p>30</p> <ul style="list-style-type: none"> • Open Hours, Spanish speaker available. Abierto, Horas en Español, 1-4pm • Dance of the Hoop 5-6pm • CANCELLED! Women's Self Care Support Group 	<p>31</p> <ul style="list-style-type: none"> • Alternatives to Suicide Peer Support Group, 5:30-7pm 	<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><i>Please contact us if you have additional accommodation requests, including interpreters.</i></p>	

GREENFIELD AREA / Franklin County • May 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: Mons, 1-4pm & Thurs, 9-12. 68 Federal St., Grnfl. Come see our shared community space with the RECOVER Project, 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. On May 18th at Mental Health and Wellness Fair (see below.) 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, 5:30-7, The Recovery Annex, 74 Federal St, Grfld. Alternatives to Suicide Support Groups have been developed because we believe that empathic talking about suicide decreases suicide. The RLC, with support from Tapestry Health, has created a spaces 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, 74 Federal St., Grfld. 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, 74 Federal St., Grfld. 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.

Circle of Friends Tues, May 3, 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, May 27, 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. 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. May 18th at Mental Health and Wellness Fair (see below.) Gentle Yoga incorporates light-hearted joyful movement with a reverent and consistent focus on breath and deepening individual awareness. While this class will be tailored to the beginner and those in recovery, all students are encouraged to practice at a pace that suits their own bodies in the present moment. This class is co-ed! Instructor: Erica Travis.

Inner Workings Series presents: Channeling the Muse with Opeyemi: Thurs, May 12, 6-7:30. The Recovery Annex, 74 Federal St, Grfld. The MUSE of Practice: Melete. Listening to Opeyemi's radio show "Channeling the Muse" together, we will explore its use as a life practice for staying centered and open to our feelings. Opeyemi is a retired physician who creates ceremony to enrich people's lives. Participate in one or all of the series.

The 9th Annual Mental Health and Wellness Fair: Wednesday May 18, 10am-2pm Come join us at the Energy Park, Miles St Greenfield. Great music and food, motivational speakers, massage, art work, displays and offerings from area mental health and wellness communities. Drawings, prizes and MORE!! Sponsored by Clinical & Support Options. Come visit the RLC table and try RLC-sponsored yoga and acupuncture.

Resource Guide Focus Group: Thursday, May 19, 3-5pm, at the Recovery Annex, 74 Federal St, Grnfl. Sign up ahead to participate in a discussion and gathering of resources we need in our community. \$20. Big Y Gift Card given as thank you to each participant. Details on page 2.

SPECIAL EVENTS! Workshop: Demystifying Self-Inflicted Violence: Monday, May 9, 12:30-4pm, The Recovery Annex, 74 Federal St, Grnfl. Join Ruta Mazelis and others from the community for this workshop that explores self-injury and the related myths, realities and supports. Please call (413) 539-5941 x301 for more info or to register. **Film Screening: Between the Lines:** Monday, May 9, 5- 7pm. This film, directed by Sophia Constantinou (herself someone who has self-injured), is a visually lyrical, experimental documentary about women who cut themselves. The film, 21 minutes long, is followed by a facilitated discussion with Ruta Mazelis, expert in the field of trauma and self-injury who herself has this lived experience and is featured in the film.

Sheltering Greenfield: Soup & Conversation: Thurs, May 5, 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. 3-4pm Discussion Group, 4-5pm Yoga Warriors. 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. The Recover Project (RP) & RLC are programs of The Consortium.

Women's Self-Care Support Group: Mon, 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: NO GROUP MAY 2nd, 9th and 30th. For more info, (413) 561-3268.



Northampton Area

HAMPSHIRE COUNTY • MAY 2011

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <ul style="list-style-type: none"> • Acupuncture Clinic, 4:30pm • Hearing Voices Group, 4-5:30pm 	<p>3</p> <ul style="list-style-type: none"> • Alternatives to Suicide Group, 6:30-8pm 	<p>4</p> <ul style="list-style-type: none"> • Writing Group, 2-3pm 	<p>5</p> <ul style="list-style-type: none"> • Yoga, 3:30-5pm 	<p>6</p>
<p>9</p> <ul style="list-style-type: none"> • Acupuncture Clinic, 4:30pm • Hearing Voices Group, 4-5:30pm • Don't miss the Film Screening, Between the Lines with Ruta Mazelis, tonight in Greenfield from 5-7pm. See Greenfield calendar for more info. 	<p>10</p> <ul style="list-style-type: none"> • Alternatives to Suicide Group, 6:30-8pm 	<p>11</p> <ul style="list-style-type: none"> • Writing Group, 2-3pm • Don't miss the Film Screening, Between the Lines with Ruta Mazelis, at CHD in Springfield, 1-3pm. See Springfield calendar for more info. 	<p>12</p> <ul style="list-style-type: none"> • Yoga, 3:30-5pm 	<p>13</p>
<p>16</p> <ul style="list-style-type: none"> • Acupuncture Clinic, 4:30pm • Hearing Voices Group, 4-5:30pm 	<p>17</p> <ul style="list-style-type: none"> • Alternatives to Suicide Group, 6:30-8pm 	<p>18</p> <ul style="list-style-type: none"> • Writing Group, 2-3pm 	<p>19</p> <ul style="list-style-type: none"> • Yoga, 3:30-5pm 	<p>20</p> <ul style="list-style-type: none"> • Out to the Movies @ Cinemark, 1-4pm
<p>23</p> <ul style="list-style-type: none"> • Acupuncture Clinic, 4:30pm • Hearing Voices Group, 4-5:30pm 	<p>24</p> <ul style="list-style-type: none"> • Alternatives to Suicide Group, 6:30-8pm 	<p>25</p> <ul style="list-style-type: none"> • Writing Group, 2-3pm 	<p>26</p> <ul style="list-style-type: none"> • Yoga, 3:30-5pm 	<p>27</p>
<p>30</p> <ul style="list-style-type: none"> • Acupuncture Clinic, 4:30pm • Hearing Voices Group, 4-5:30pm 	<p>31</p> <ul style="list-style-type: none"> • Alternatives to Suicide Group, 6:30-8pm 	<p><i>Events are in various locations throughout Hampshire County. Please check detailed descriptions on next page for more information.</i></p>		<p>Visit the RLC table at the Northampton Pride Rally on Saturday, May 7! More info at www.site.nohopride.org</p>

NORTHAMPTON AREA / Hampshire County • May 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.

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 630-730pm, 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 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 x3017. 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: Wednesday, 7-930pm, 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, Florence. Call Carol (527-0532) or Barbara (586-6641) for more information. Sponsored by NAMI.

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

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

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

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

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

WARMLINES

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

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

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!