



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 2012 UPDATE & CALENDAR

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

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

Jane Morrison
Art as Therapy Show
April 14 - June 4, 2012



"Locked Wards" pastel, 2012

**An artist's healing journey -
for the first time using her ART as a tool for personal transformation.**

"If you bring forth what is within you...it will save you. If you do not bring forth what is within you...it will destroy you." - attributed to Jesus, The Gnostic Gospel of Thomas

Reception: Friday, May 11th, 4:00 - 6:00pm

Holyoke Center, 187 High Street, Suite 303

Healing the Stories We Tell Ourselves, with Mother Turtle, Friday, May 4th, 1 to 3pm

The RPX (RECOVER Project Extension), 1 Osgood St., Greenfield

Free yourself from the weight of your unhealthy stories! Healing the Stories We Tell Ourselves is a unique interactive personal enrichment experience that helps you to uncover and let go of the toxic stories that you are carrying about yourself.

For more details, see the Greenfield calendar!



FEEDBACK FORUM:

CREATING AN EVALUATION TOOL FOR PERSON-CENTERED SERVICES

The Department of Mental Health (DMH) in Western Mass has been hard at work implementing person-centered trainings and approaches. At present, they are working on a tool to evaluate what 'person-centered services' really look like. Who better to give feedback on what they can and should look like than people who have or are currently receiving DMH services!?

If you have or currently are receiving DMH services, please join us for this forum to provide feedback on a draft of DMH's tool to evaluate person-centered services. The forum will be held at the Western Mass RLC's Holyoke Center (187 High Street, Suite 303) from **3 to 5pm on Thursday, May 17th**. Individuals who participate **will be offered a \$20 supermarket gift certificate as a thank you for their feedback.**

RSVPs are required for a gift certificate and because space is limited. RSVP to Sera at (413) 539-5941 ext. 203.

Peer Respite (Blog)

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

These up-dates will be coming for a while so we've decided to offer an explanation of what a "peer respite" **IS** each time we offer our current musings regarding how it's going! They will always change so read them! ☺ Who knows...perhaps our new peer respite team will take up this pen after the doors are opened!



What is a Peer Respite?

Peer Respite: 100% peer [noun \ˈpiːr\ context: Within the United States mental health world - Those that identify as having lived experience with a mental health diagnosis, extreme states and/or trauma] run and led community-based short-term residence operated for the purposes of offering one-to-one intentional interaction as a means of support with those experiencing emotional distress. Please reference www.voicesoftheheart.net. Their whole site rocks but look under projects/hospital diversion-peer respite. We'll be adding several pages to our own site as the respite gets up and running.

Up-Date:

April flew by; saw the lease signed and renovations on the house in Northampton begin! There is debris (just sayin') and a growing excitement as happens when physical changes take the place of the intellectual pursuits of advocating for a peer respite in the Pioneer Valley. IT IS HAPPENING! The intellectual pursuit continues: building the peer respite team is well underway and interviews will continue through the first half of May resulting in a crack team that will receive top-notch training and ready themselves to truly bring this house to life!

There is naming the respite to consider...

Restoration House, Community Peer Respite (CPR), Survivor House, Oasis House, Dillon House, HUG (Helping Us Gently) House, Haven House, River Valley Respite, Journey House, Wright House, Healing House, Kava House, Chamomile House, Valerian House, Bridge House, CHAPTERS House (standing for Connection, Hope, Aspirations, Partnership, Trust, Empathy, Resilience and Self-Determination), Kayson House and more...

Do any of these resonate with you or is there a name we should consider? Let your opinion be known! (Contact info below) AT&T users only, texting charges and restrictions may apply – whoops! That's for DWTS, American Idol, etc...not us.

During June, we anticipate a lot of energy and resources will be needed to get the respite underway. Many of the RLC staff and core volunteers will cross-train during this time and it will also be "move in" month at the respite house. As a result, many of our centers' calendars and activities will reflect our scaling back our regular obligations to make sure we're doing everything we can to support our growing community. Please be sure to check the June calendar for these temporary shifts in our schedules. We're also looking for "get it done" DIYers who can paint, mount a shelf, move furniture and generally be 'on-hand' as the place takes shape. If you'd like to be a part of the history of the first peer respite in Massachusetts (and you have skillz!) let us know. Things will be busy during the month of June!

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

Lisa Forestell

lisa@westernmassrlc.org

(413)539-5941 x 202

Relationship Happens

So, hey, most of us know that the Western Mass Recovery Learning Community is a peer-run organization for people with “lived-experience” with extreme mental or emotional states. But can I tell you all my preferred emphasis for that little elevator speech catch phrase? It is: PEOPLE. People who have been diagnosed with schizophrenia or bipolar disorder. People who have experienced trauma or depression. People whose drug use has thrown them into a whirlwind of chaos, anxiety, uncertainty, loneliness and depression. People who have experience any number of life struggles. People like me and perhaps, you.

Here’s what the RLC believes: We believe that individuals who have lived experience with a psychiatric diagnosis and/or extreme states can and do recover. We believe that people are the experts of their own experience and that a great deal of wisdom is gained on the path to recovery. We believe in offering trauma-informed supports that include asking, “What happened to you,” rather than, “What’s wrong with you?” We believe that support from individuals who have “been there” can be powerful, inspirational and life-changing. We believe in everybody’s potential to achieve his or her dreams.

What comes to mind when I write this out is how inherent relationship and intimacy are to these beliefs, and how vital communication is to both. Without relationship and intimacy there is no community, there is no shared support. Without clear, honest, empathetic communication there is no, well, relationship and intimacy.

I believe that people are born with a need for intimacy and relationship that gets lost in the translation of living. I compare it to the artistic freedom most people have as children that somehow gets lost or learned out of us when the disapproval of others sets in. Young children draw from the heart, not scrutinizing their work but enjoying the process, drawing for the sake of creating and expression, art for art’s sake. We’ve all seen children reach a certain age, perhaps school age, and begin to lose that liberty as they question whether they are doing it “right”? Judgment and criticism, real or perceived, from outside or within causes children to seize up until the joy of the process is gone and with it the desire to create.

The way that we, as individuals, approach adult relationship and intimacy reveals a similar history. As children, we long to be close to our caregivers. We revel in the trust and intimate relationships that come our way. Little by little as that trust gets whittled away by hurtful experiences and/or poor parenting, we take on a new form of (mis)communication in order to protect ourselves. And though this new way may meet the needs in us that cry out the most, it can also be the first step toward unhealthy communication and loss of intimacy. In other words, let’s grant that this skill set (the distances we keep, the defensive stance we hold, the walls we had built) are/were essential to our survival. I believe, however, that there comes a point in our lives when we realize something is missing. It is then that, if we are lucky, we find ourselves in a safe place, a place like the RLC where we can take the chance of experimenting with what it means to open up, peek out, take a chance, to build relationship and intimacy.

In the years that I have been with the RLC, I have heard many incredibly intimate conversations occur within unapologetic earshot of all who were present. I have heard people speak their minds clearly and respectfully, asking difficult questions and getting answers. I have heard freely requested and accepted apologies. I have been deeply touched by what I consider to be a combination of vulnerability and boldness. I am grateful to be a part of the Recovery Learning Community because I am all about relationship, intimacy and communication, I believe this to be a safe place. Thank you for trusting me with who you are. Let’s live our lives expecting intimacy, ready to listen to one another with empathy and non-judgment. Relationship happens.

Janice Sorensen
janice@westernmassrlc.org

Visit the Western Mass RLC @ May's Community Events!

Northampton LGBT Parade and Event, Saturday, May 12th, 12pm to 5pm at the Three County Fairgrounds in Northampton. Food, vendors, entertainment and a kids area available! And visit the RLC's table while you're there!

Mental Health Awareness Fair, Wednesday May 23rd, 10am to 2pm at Energy Park, Miles Street, Greenfield. Come join the local community for the 10th Annual Franklin County Mental Health and Wellness Fair. Great music and food, motivational speakers, massage, art work, displays and offerings from area mental health and wellness communities. Drawings, prizes and MORE!! **Come visit the RLC table, meet Janice and others from the community and partake of the RLC sponsored yoga with Erica Travis (10 to 11:30am) and acupuncture with Melany Benoit-Jambazian (12 to 1pm)!** *This fair is sponsored by Clinical & Support Options.*

Hispanic Health Fair, Thursday, May 24th, 1pm to 5pm at the Mass Mutual Center, State Street, Springfield. Come join the local community for the 3rd annual Hispanic Health Fair and Social Services Expo. Food, music and information will abound! While you're there, visit the RLC's booth to show your support, meet Luis and Maggie and find out how you can get involved.

Training Opportunities:

Hearing Voices Facilitator Training: The Western Mass RLC is gearing up to partner with Hearing Voices USA to offer the next Hearing Voices facilitator training this summer. The training will be approximately 24 hours in length and will prepare individuals to facilitate Hearing Voices groups in their local area. Stay tuned for time, location and application information!



Coming off of Psychiatric Medications: Voices of the Heart has issued a 'Save the Date' for their next training: 'Coming off of Psychiatric Medications: A Harm Reduction Approach,' facilitated by Will Hall and Oryx Cohen. The training will run from June 6th through 8th at a location to be announced. Visit their website, www.voicesoftheheart.net for more information.

The Western Mass RLC is now offering three Alternatives to Suicide Groups:

Greenfield – Tuesdays, 5pm to 6:30pm @ the Western Mass RLC's Greenfield Center, 74 Federal Street

Northampton – Mondays, 6:30pm to 8pm @ the Friend's Meeting House, 43 Center Street

Springfield – Fridays, 3:30pm to 5pm @ the RLC's Springfield Center, Bowen Resource Center, 340 Main Street

See each area's calendar for additional details

JOB POSTINGS:

Human Rights Officer: Stipended position (\$150.00 per month) with basic responsibilities including attending periodic DMH human rights trainings and networking meetings, checking the RLC Human Rights phone line, checking in regularly with centers to make sure they have up-to-date human rights information available, and being available to assist if RLC human rights complaints are made. Additional training responsibilities may also be included for an additional fee.

Franklin County Peer Worker: Support the growth and development of the RLC's Franklin County community including group and training facilitation, peer support and some administrative responsibilities. 12 to 16 hours per week.

Lived experience with a psychiatric diagnosis, extreme states and/or trauma required. Certified Peer Specialist, Intentional Peer Support and/or trauma informed care training, Bilingual/bicultural (English and ASL or Spanish) a plus.

Submit cover letter and resume by Wednesday, May 9th to info@westernmassrlc.org or Sera Davidow, 187 High Street, Suite 303, Holyoke, MA 01040.

Advocacy Corner

Last month we pointed you in the direction of the Judge Rotenberg Center in Canton, Massachusetts (a 'school' for individuals age three and up who are autistic, have developmental delays and/or have been labeled with psychiatric diagnoses) and the new group, **Occupy JRC, that has recently formed to raise awareness about the center and to work toward ending its abuses and seeing it shut down.** Since that time, the Judge Rotenberg Center has gained national attention as a long-sealed videotape of the abuse of a former student (Andre McCollins) has been revealed to the public through the course of related court proceedings. (View clips of the tape at www.occupyjrc.org.)

As it grows increasingly difficult for the Judge Rotenberg Center to claim good intentions and outcomes for their work, momentum also seems to be growing for Occupy JRC as a result. Their website and Facebook pages have both gained steam and their plan for a National Day of Action on June 2nd has begun to get national attention.

Interested in getting involved? Visit the Occupy JRC website (www.occupyjrc.org) to learn more and be sure to **save the date for Saturday, June 2nd** to join many from our community in this important protest demanding the end of torture and the recognition of human rights for all.

Also on the advocacy front...

Up for a road trip? Occupy the American Psychiatric Association (APA) will be gathering on **May 5th at 10am** @ the Friends Center, 1515 cherry Street, Philadelphia **to protest the unrolling of the latest version of the Diagnostic and Statistical Manual (DSM).** Occupy supporters will be gathering to promote humane alternatives and adjuncts to the traditional mental health system, protest medicalization of natural human emotions, support the right to self-determine mental health treatment choices and reject mental illness labels. Immediately following the rally (12:15pm) the group will march to the Pennsylvania Convention Center (12th and Arch Streets) where they will gather to protest while the American Psychiatric Association Meets Inside. Speakers to include Jim Gottstein (Psychrights) and Mindfreedom Director, David Oaks. Visit www.mindfreedom.org for details.

Want to stay closer to home but still take part? MPOWER will be sponsoring a sister protest to **protest the release of the DSM-V also on May 5th at 2pm** at Arbour Hospital, 49 Robinwood Avenue in Boston. For more information, visit www.m-power.org.

Holyoke Area

Hampden County • May 2012

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>The RLC aspires to be scent free. Please avoid wearing scents to any RLC events or spaces.</i></p>	<p>1</p> <ul style="list-style-type: none"> Center Open 10a-4p Hearing Voices Group 4:30-6p 	<p>2</p> <ul style="list-style-type: none"> Center Open 12-7p Stress Management & Relaxation 2-3p Deaf/HOH Drop-in 3-6p Ear Acupuncture 3-4p Movie Night 4-6p 	<p>3</p> <ul style="list-style-type: none"> Center Open 12-4p NEW Community Forum 1-3p 	<p>4</p> <ul style="list-style-type: none"> Center Open 12-4p NEW Book Group 1-2p
<p>7</p> <ul style="list-style-type: none"> Center Closed Guiding Council of Western Mass 1-3p 	<p>8</p> <ul style="list-style-type: none"> Center Open 10a-4p Hearing Voices Group 4:30-6p 	<p>9</p> <ul style="list-style-type: none"> Center Open 12-7p Stress Management & Relaxation 2-3p Deaf/HOH Drop-in 3-6p Ear Acupuncture 3-4p Movie Night 4-6p 	<p>10</p> <ul style="list-style-type: none"> Center Open 12-4p NEW Community Forum 1-3p 	<p>11</p> <ul style="list-style-type: none"> Center Open 12-4p NEW Book Group 1-2p Art Exhibit Opening Reception: Art as Therapy by Jane Morrison 4-6p
<p>14</p> <ul style="list-style-type: none"> Center Closed 	<p>15</p> <ul style="list-style-type: none"> Center Open 10a-4p Hearing Voices Group 4:30-6p 	<p>16</p> <ul style="list-style-type: none"> Center Open 12-7p Stress Management & Relaxation 2-3p Deaf/HOH Drop-in 3-6p Ear Acupuncture 3-4p Movie Night 4-6p 	<p>17</p> <ul style="list-style-type: none"> Center Open 12-4p NEW Community Forum 1-3p Feedback Forum: Person Centered Planning Tool 3-5p 	<p>18</p> <ul style="list-style-type: none"> Center Open 12-4p NEW Book Group 1-2p
<p>21</p> <ul style="list-style-type: none"> Center Closed 	<p>22</p> <ul style="list-style-type: none"> Center Open 10a-4p Volunteer Training 10:30-2:30p Hearing Voices Group 4:30-6p 	<p>23</p> <ul style="list-style-type: none"> Center Open 12-7p Stress Management & Relaxation 2-3p Deaf/HOH Drop-in 3-6p Ear Acupuncture 3-4p Movie Night 4-6p 	<p>24</p> <ul style="list-style-type: none"> Center Open 12-4p NEW Community Forum 1-3p 	<p>25</p> <ul style="list-style-type: none"> Center Open 12-4p NEW Book Group 1-2p
<p>28</p> <ul style="list-style-type: none"> Center Closed 	<p>29</p> <ul style="list-style-type: none"> Center Open 10a-4p Hearing Voices Group 4:30-6p 	<p>30</p> <ul style="list-style-type: none"> Center Open 12-7p Warmline Coalition Meeting 1-230p Stress Management & Relaxation 2-3p Deaf/HOH Drop-in 3-6p Ear Acupuncture 3-4 Movie Night 4-6p 	<p>31</p> <ul style="list-style-type: none"> Center Open 12-4p Peer Networking Meeting 1130-2p NO COMMUNITY FORUM TODAY 	<p><i>Please contact us if you have additional accommodation requests, including interpreters.</i></p>

HOLYOKE AREA / Hampden County • May 2012

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

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

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

American Sign Language (ASL) for Beginners: This group will be on break. If you are interested in seeing this group return, please contact us to let us know at (413) 539-5941 ext. 200.

Art Exhibit Opening and Reception: Friday, May 11th from 4:00pm-6:00pm. The Holyoke Center is proud to present the work of Jane Morrison. Come meet the artist and see her work. Art as Therapy: an artist's healing journey – using her art as a tool for personal transformation.

Book Group: *NEW* Every Friday 1-2p, Join Johnny and Frank for this new book group offering an opportunity to read independently and then come together to talk about what you've read. The first book will be selected at the first meeting. Call Johnny for more info at (413) 539-5941 ext. 318.

Community Forum: *NEW* Every Thursday 1-3p (except for May 31), The Community Forum is a new weekly meeting intended to serve two purposes. The first half of the meeting will be held in general support group format, with everyone having a chance to check in. The second hour will be focused on community wellness, ideas, concerns and growth. **This is a great opportunity to build our sense of community and connection to one another!**

Ear Acupuncture: Wednesdays from 3-4pm. Join certified acupuncturist, Melany for this free session of group ear acupuncture. Great for supporting healing from addictions, anxiety, etc. No pre-registration required, just show up!

Feedback Forum – Person Center Planning Tools: Thursday, May 17th from 3pm to 5pm. DMH is working on developing a tool to support local mental health services to evaluate their success in being person centered. Come review a draft of and give your feedback! **A \$20.00 supermarket gift card will be offered to people who participate to thank you for your time.** Space is limited. Please RSVP to Sera at (413) 539-5941 ext. 203. (Gift card only available to people who RSVP at least two days in advance!)

Guiding Council of Western Mass (GCOW): Monday, May 7th from 1-3pm. GCOW is the advisory board to the RLC and is open to anyone who has lived experience and lives/works in Western Mass. GCOW normally meets the 1st Monday of every month (2nd Monday when the 1st is a holiday) from 1 to 3 at the Holyoke center. Interested in becoming a Council Delegate? 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?” RLC is lead sponsor, co-sponsored by the Center for Human Development and the Freedom Center.

Movie Nights: Wednesdays from 4 to 6 pm. Join fellow community members for an evening of movies, snacks, and a brief community discussion following the film.

Peer Worker Networking Meeting: Thursday, May 31st from 1130am to 2pm. All peer workers in paid or volunteer positions are welcome to join this Peer Worker Network and work to support one another, share ideas and talk about issues relevant to Peer workers in our area. Please RSVP to Sera at (413) 539-5941 x 203. **Pizza served.**

Warmline Coalition Meeting: Wednesday, May 30th, 1-2:30pm. Anyone from a provider organization or the community is welcome to come and help us evaluate what warmline services we need and want in our area and how to implement our vision!

Volunteer Training: Tuesday, May 22nd, 10:30am to 2:30pm. Join the RLC's local Holyoke center community to learn the basics of being an RLC volunteer. This training is intended for individuals interested in volunteering at the Holyoke Center, but open to individuals interested in volunteering at other centers as well. A light lunch will be offered. RSVP to (413) 539-5941 ext. 0. **Please note:** Volunteers will also be required to complete an 'RLC Foundations' training to be considered a full volunteer.

Springfield Area

Hampden County • May 2012

Tuesday	Wednesday	Thursday	Friday	Saturday
1 <ul style="list-style-type: none"> Center Open 9a-3p Reiki 10a-1p First Tuesday Potluck 12-3p NEW Group Exercise 2-4p (ASL/English speaking facilitator) Yoga (all levels welcome) 2-3:30p (Downtown @ 11 Pearl St, Suite 217) After Incarceration Support Group 4-5p (736 State St.) 	2 <ul style="list-style-type: none"> Center Closed Wellness Ctr Open 12-6p NEW Workout Madness 4-6p 	3 <ul style="list-style-type: none"> Center Open 9a-3p Yoga (all levels welcome) 10-11a Wellness Center Open 12-6p 	4 <ul style="list-style-type: none"> Center Open 9a-3p Wellness Ctr Open 12-6p NEW Alternatives to Suicide 3:30-5p 	5 <ul style="list-style-type: none"> Center Open 11-3p NEW Tae Kwon Do 12-1p Wellness Ctr
8 <ul style="list-style-type: none"> Center Open 9a-3p Reiki 10a-1p NEW Group Exercise 2-4p (ASL/English speaking facilitator) Yoga (all levels welcome) 2-3:30p (Downtown @ 11 Pearl St, Suite 217) After Incarceration Support Group 4-5p (736 State St.) 	9 <ul style="list-style-type: none"> Center Closed Wellness Ctr Open 12-6p NEW Workout Madness 4-6p 	10 <ul style="list-style-type: none"> Center Open 9a-3p Yoga (all levels welcome) 10-11a Wellness Center Open 12-6p 	11 <ul style="list-style-type: none"> Center Open 9a-3p Wellness Ctr Open 12-6p NEW Alternatives to Suicide 3:30-5p 	12 <ul style="list-style-type: none"> Center Open 11-3p NEW Tae Kwon Do 12-1p Wellness Ctr
15 <ul style="list-style-type: none"> Center Open 9a-3p Reiki 10a-1p NEW Group Exercise 2-4p (ASL/English speaking facilitator) Yoga (all levels welcome) 2-3:30p (Downtown @ 11 Pearl St, Suite 217) After Incarceration Support Group 4-5p (736 State St.) 	16 <ul style="list-style-type: none"> Center Closed Wellness Ctr Open 12-6p NEW Workout Madness 4-6p 	17 <ul style="list-style-type: none"> Center Open 9a-3p Yoga (all levels welcome) 10-11a Pizza & Community Council 11a-12p Wellness Center Open 12-6p 	18 <ul style="list-style-type: none"> Center Open 9a-3p Wellness Ctr Open 12-6p NEW Alternatives to Suicide 3:30-5p 	19 <ul style="list-style-type: none"> Center Open 11-3p NEW Tae Kwon Do 12-1p Wellness Ctr
22 <ul style="list-style-type: none"> Center Open 9a-3p Reiki 10a-1p NEW Group Exercise 2-4p (ASL/English speaking facilitator) Yoga (all levels welcome) 2-3:30p (Downtown @ 11 Pearl St, Suite 217) After Incarceration Support Group 4-5p (736 State St.) 	23 <ul style="list-style-type: none"> Center Closed Wellness Ctr Open 12-6p NEW Workout Madness 4-6p 	24 <ul style="list-style-type: none"> Center Open 9a-3p Yoga (all levels welcome) 10-11a Wellness Center Open 12-6p 	25 <ul style="list-style-type: none"> Center Open 9a-3p Wellness Ctr Open 12-6p NEW Alternatives to Suicide 3:30-5p 	26 <ul style="list-style-type: none"> Center Open 11-3p NEW Tae Kwon Do 2-1p Wellness Ctr
29 <ul style="list-style-type: none"> Center Open 9a-3p Reiki 10a-1p NEW Group Exercise 2-4p (ASL/English speaking facilitator) Yoga (all levels welcome) 2-3:30p (Downtown @ 11 Pearl St, Suite 217) After Incarceration Support Group 4-5p (736 State St.) 	30 <ul style="list-style-type: none"> Center Closed Wellness Ctr Open 12-6p NEW Workout Madness 4-6p 	31 <ul style="list-style-type: none"> Center Open 9a-3p Yoga (all levels welcome) 10-11a Wellness Center Open 12-6p 	<i>Contact us if you have additional accommodation requests, including interpreters.</i>	

SPRINGFIELD AREA / Hampden County • May 2012

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

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

Bowen Resource Center Hours: Open every Tuesday, Thursday and Friday from 9am-3pm and Saturday 11am-3pm. Peer support and resource info, a computer lab and a library are available during all open hours.

Bowen Community Wellness Center Hours: Open Wednesday, Thursday, and Friday from 12-6pm. A variety of treadmills, stair steppers, weight machines, and other fitness equipment are available during Wellness Center hours.

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

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

Pizza & Community Council: The 3rd Thursday of the month: May 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!!! **Pizza served at the end of the meeting.**

First Tuesday Potluck: The first Tuesday of the month: May 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!

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

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

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

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

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

Pittsfield Area

Berkshire County • May 2012

Monday	Tuesday	Wednesday	Thursday	Friday
	1 <ul style="list-style-type: none"> Center Open 12-4p Yoga Means Union 10-1130a NEW Book Group 3-4p 	2 <ul style="list-style-type: none"> Center Closed UR an Artist 11-1230p 	3 <ul style="list-style-type: none"> Center Open 12-4p Poker Time 1-230p Hearing Voices 430-6p 	4 <ul style="list-style-type: none"> Center Closed
7 <ul style="list-style-type: none"> Center Open 12-3p General Support Group 11a-12p Spiritual Explorations 1230-130p Jewelry Creations 1-3p 	8 <ul style="list-style-type: none"> Center Open 12-4p Yoga Means Union 10-1130a NEW Book Group 3-4p 	9 <ul style="list-style-type: none"> Center Closed UR an Artist 11-1230p 	10 <ul style="list-style-type: none"> Center Open 12-4p Poker Time 1-230p 	11 <ul style="list-style-type: none"> Center Closed
14 <ul style="list-style-type: none"> Center Open 12-3p General Support Group 11a-12p Spiritual Explorations 1230-130p Jewelry Creations 1-3p 	15 <ul style="list-style-type: none"> Center Open 12-4p Yoga Means Union 10-1130a NEW Book Group 3-4p 	16 <ul style="list-style-type: none"> Center Closed UR an Artist 11-1230p 	17 <ul style="list-style-type: none"> Center Open 12-4p Poker Time 1-230p Hearing Voices 430-6p 	18 <ul style="list-style-type: none"> Center Closed
21 <ul style="list-style-type: none"> Center Open 12-3p General Support Group 11a-12p Spiritual Explorations 1230-130p Jewelry Creations 1-3p 	22 <ul style="list-style-type: none"> Center Open 12-4p Yoga Means Union 10-1130a NEW Book Group 3-4p 	23 <ul style="list-style-type: none"> Center Closed UR an Artist 11-1230p 	24 <ul style="list-style-type: none"> Center Open 12-4p Poker Time 1-230p 	25 <ul style="list-style-type: none"> Center Closed
28 Center Closed Memorial Day Enjoy!	29 <ul style="list-style-type: none"> Center Open 12-4p Yoga Means Union 10-1130a NEW Book Group 3-4p 	30 <ul style="list-style-type: none"> Center Closed UR an Artist 11-1230p 	31 <ul style="list-style-type: none"> Center Open 12-4p Poker Time 1-230p Hearing Voices 430-6p 	

PITTSFIELD AREA / Berkshire County • May 2012

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

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

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

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

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

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

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

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

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

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

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

Greenfield Area

Franklin County • May 2012

Monday	Tuesday	Wednesday	Thursday	Friday
	1 <ul style="list-style-type: none"> • Alternatives to Suicide Peer Support Group 5-6:30p 	2 <ul style="list-style-type: none"> • Gentle Yoga 9:30-10:50a • Sip & Chat CANCELLED • Acupuncture 12-1p • Veterans Support: Yoga Warriors 3-4:30p 	3 <ul style="list-style-type: none"> • Introduction to Mindfulness, Awareness and Meditation 12-1p • Veterans Support: Discussion Group 3-4:30p 	4 <ul style="list-style-type: none"> • Healing the Stories We Tell Ourselves with MOTHER TURTLE 1-3pm • Coming Alive with Breath 4-6:30p
7 <ul style="list-style-type: none"> • RLC Support Forum 10-1p • Open Hours 1-4p 	8 <ul style="list-style-type: none"> • Alternatives to Suicide Peer Support Group 5-6:30p 	9 <ul style="list-style-type: none"> • Gentle Yoga 9:30-10:50a • Sip & Chat 11-12p • Acupuncture 12-1p • Veterans Support: Yoga Warriors 3-4:30p 	10 <ul style="list-style-type: none"> • Introduction to Mindfulness, Awareness and Meditation 12-1p • Veterans Support: Discussion Group 3-4:30p • Women's Self Care Support Group 5:30-7:30p Please note new schedule and location! 	11 <ul style="list-style-type: none"> • GAME NITE!! 6-8p
14 <ul style="list-style-type: none"> • RLC Support Forum 10-1p • Open Hours 1-4p 	15 <ul style="list-style-type: none"> • Alternatives to Suicide Peer Support Group 5-6:30p 	16 <ul style="list-style-type: none"> • Gentle Yoga 9:30-10:50a • Sip & Chat 11-12p • Acupuncture 12-1p • Veterans Support: Yoga Warriors 3-4:30p 	17 <ul style="list-style-type: none"> • Introduction to Mindfulness, Awareness and Meditation 12-1p • Veterans Support: Discussion Group 3-4:30p 	18 <ul style="list-style-type: none"> • Coming Alive with Breath 4-6:30p
21 <ul style="list-style-type: none"> • RLC Support Forum 10-1p • Open Hours 1-4p 	22 <ul style="list-style-type: none"> • Alternatives to Suicide Peer Support Group 5-6:30p 	23 <ul style="list-style-type: none"> • Franklin County Mental Health Awareness Fair 10-2pm (Yoga and acupuncture will take place at this event site. See description for details!) • Sip & Chat CANCELLED • Veterans Support: Yoga Warriors 3-4:30p 	24 <ul style="list-style-type: none"> • Introduction to Mindfulness, Awareness and Meditation 12-1p • Recovery Collaboration Celebration 2-4p • Women's Self Care Support Group 5:30-7:30p Please note new schedule and location! 	25 <ul style="list-style-type: none"> • Fourth Friday Art Circle 4-6p Star Gazing and Well Wishes!
28 <p>All groups cancelled for Memorial Day</p>	29 <ul style="list-style-type: none"> • Alternatives to Suicide Peer Support Group 5-6:30p 	30 <ul style="list-style-type: none"> • Gentle Yoga 9:30-10:50a • Sip & Chat 11-12p • Acupuncture 12-1p • Veterans Support: Yoga Warriors 3-4:30p 	31 <ul style="list-style-type: none"> • Introduction to Mindfulness, Awareness and Meditation 12-1p • Veterans Support: Discussion Group 3-4:30p 	<p>This center is only open during the listed activities.</p>

The RLC aspires to be **scents free**. Please avoid wearing scents to any RLC events or spaces. Please contact us if you have additional accommodation requests, including interpreters. **Please see descriptions for locations of each event!**

GREENFIELD AREA / Franklin County • May 2012

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

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

Check descriptions for locations of other activities and events.

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

Franklin County Center Open Hours: Mondays, 1-4pm. Come by for peer support, to play a board game, to do artwork or just to chat *and* check out other available resources. ***(Please note: Open Hours is cancelled for Memorial Day on May 28th. Also, there will be NO MORE THURS OPEN HOURS)***

Acupuncture: Wednesdays, 12-1pm, at The RECOVER Project, 68 Federal St., Grnfl. This free auricular (ear) acupuncture clinic focusing on five ear points and offered by licensed acupuncturist, Melany, works on a variety of issues including cravings, addictions, insomnia, stress, and anxiety. Acupuncture is a collaboration of The RECOVER Project (RP) & Recovery Learning Community (RLC), both programs of The Consortium. For questions on cancellation, contact: Melany, 413-687-1230. ***On May 23, from 12-1pm, acupuncture will take place at the Mental Health Awareness Fair (see details below).***

Alternatives to Suicide Support Group: Tuesdays, 5-6:30pm The RLC Greenfield Center, 74 Federal St. Alternatives to Suicide Peer Support Groups have been developed because we believe that empathic talking about suicide decreases suicide. The RLC, with support from Tapestry Health, has created a space where people can provide peer support for one another, strategize about alternatives to help each other best cope with difficult life circumstances, and talk about their experience of feeling suicidal without being judged. People in the group share their struggles, provide peer support for one another, and strategize about alternatives to help one another best cope with difficult life circumstances.

Coming Alive with Breath: 1st and 3rd Fridays, May 4 & 18, 4-6:30pm, The RLC Greenfield Center, 74 Federal St., Join us for Coming Alive with Breath, an ongoing circle with Jude and Jontz Johnson. We have become shallow breathers-- fear, grief; repressed pain and anger take our breath away. Overwhelmed by our own and world suffering, we become exhausted, numb and disconnected from our life force. Coming Alive with Breath helps integrate these feelings. As we free restrictions and clear heavy blocks, we connect to the love and joy at our core, feel lighter and clearer, have more energy and come alive!!! Please bring two pillows with you. For questions or cancellation info, contact: judeandjontz@gmail.com or 413-624-3963.

Fourth Friday Art Circle STAR GAZING & Well Wishes: Fri, May 25, 4-6pm, The RLC Greenfield Center, 74 Federal St., No, not that kind of star gazing! In this session of Fourth Friday Art Circle, Star will be sharing slides of her latest work for us. **Gather to celebrate and see Star off on her new and exciting artistic journey.** Fourth Friday Art Circle is a support group for visual artists who have lived experience with extreme states, a mental health diagnosis or trauma.

Game Nite!:: Every 2nd Friday, May 11, 6-8pm, The RLC Greenfield Center, 74 Federal St., Join us for an evening of fun & games. We will have many board games to play; you can bring your favorites too! Bring snacks to share if you like.

Gentle Yoga: Weds, 9:30- 10:50am, The RPX (RECOVER Project Extension), One Osgood St., Grnfl., Erica Travis incorporates light-hearted joyful movement with a reverent and consistent focus on breath and deepening individual awareness. While this class will be tailored to the beginner and those in recovery, all students are encouraged to practice at a pace that suits their own bodies in the present moment. Multiple variations of poses are presented to encourage individual choices and levels of ability. Class is co-ed! For questions about weather cancellations call 413-561-3268. ***On May 23, from 10-11:30, yoga will take place at the Mental Health Awareness Fair (see details below).***

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

Healing the Stories We Tell Ourselves, with Mother Turtle, Friday, May 4, 1-3pm, The RPX (RECOVER Project Extension), 1 Osgood St., Grnfld., Free yourself from the weight of your unhealthy stories! Healing the Stories We Tell Ourselves is a unique interactive personal enrichment experience that helps you to uncover and let go of the toxic stories that you are carrying about yourself. Stories that stop you in your tracks. Stories that deflate you, steal your power, stand in the way of your joy, success, dreams and deepest desires. In this class, you will have an opportunity to identify and shift unproductive beliefs (stories) that you are holding about yourself, and open the door to creating your desired life. Our unhealthy stories can be heavy, and they weaken us, leaving us feeling tired, doubtful, uninspired, short tempered, quick to judge, defensive, suspicious, emotional, etc. If held long enough, these toxic tales can make us sick. Tales that cause both inner and outer turmoil. What ever the degree, we share that turmoil with our children, families, friends, co-workers, etc. I'm sure you agree, *these stories must go!* Healing the stories we tell ourselves is essential to living a free, happy and fulfilled life. This session is co-ed.

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

The 10th Annual Mental Health Awareness Fair: Wednesday May 23, 10am-2pm Come join us for the 10th Annual Mental Health and Wellness Fair, 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 and Support Options. *Come visit the RLC table and partake of the RLC sponsored yoga with Erica Travis (10-11:30) and acupuncture with Melany Benoit-Jambazian (12-1pm)!*

Recovery Collaboration Celebration: Thursday, May 24, 2pm-4pm at the RP & RLC Let's vision together the kinds of activities we can do as one community in recovery and celebrate a new cycle of the Community Development Block Grant (CDGB.)

RLC Support Forum: Mondays, 10-1pm The RLC Greenfield Center, 74 Federal St. Come gather for a time of support and idea sharing around how we as individuals and as the RLC community can grow to be our best and healthiest selves. Feel free to bring a bag lunch. **Support Forum is cancelled for Memorial Day, May 28.**

Veteran Support:

Yoga Warriors: EVERY WED, 3-4:30pm, The RPX (RECOVER Project Extension), 1 Osgood St., Grnfld.,

Discussion Group: EVERY THURS, 3-4:30, The RLC Greenfield Center, 74 Federal St.

ATTENTION ALL VETERANS: Looking to connect with other Vets? Coping with stress and the transitioning to civilian life? Having issues with housing, employment or health? Want to learn about community resources? Miss your buddies? Come to a Veteran Support Discussion Group 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. This group is a collaboration of The RECOVER Project (RP) & Recovery Learning Community (RLC), both programs of The Consortium.

Sip & Chat: Weds, 11-noon RLC Greenfield Center, 74 Federal St. Wonder what to do with that hour between Yoga and Acupuncture on Wednesdays? Well, here it is, Sip & Chat. Come chat, have some tea or coffee and relax for an hour. **Sip & Chat will be cancelled for Weds May 2nd and 23rd.**

Women's Self Care Support Group: Every 2nd and 4th Thursday, 5:30-7:30pm, The Turners Falls Women's Resource Center, 41 3rd St., Turners Falls. Join facilitator, Janice Sorensen for a supportive group where women can share wellness tools and ideas, find a sounding board and support one another. **Please note: WSCSG is now every 2nd & 4th Thursday at the Turners Falls Women's Resource Center, 41 3rd St., Turners Falls.* For more info- 413-561-3268. This group is a collaboration of the Western Mass RLC and the Turners Falls Women's Resource Center.

Northampton Area

Hampshire County • May 2012

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3 • Yoga 330-5p	4
7 • Acupuncture Clinic (NEW LOCATION) 430-6p • NEW OPEN GROUP: Alternatives to Suicide Group 630-8p	8	9	10 • Yoga 330-5p	11
14 • Acupuncture Clinic (NEW LOCATION) 430-6p • NEW OPEN GROUP: Alternatives to Suicide Group 630-8p	15	16	17 • Yoga 330-5p	18 • Out to the movies @ Cinemark 1-4p
21 • Acupuncture Clinic (NEW LOCATION) 430-6p • NEW OPEN GROUP: Alternatives to Suicide Group 630-8p	22	23	24 • Yoga 330-5p	25
28 Memorial Day!	<p><i>The RLC aspires to be scent free. Please avoid wearing scents to any RLC events or spaces. Please contact us if you have additional accommodation requests, including interpreters.</i></p> <p><i>Please see descriptions for locations of each event!</i></p>			

NORTHAMPTON AREA / Hampshire County • May 2012

Western Mass RLC Trainings, Workshops, Groups, Meetings and Special Events
Events in this section are in varying locations. Check event description for locations.

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

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

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

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

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

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

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

ADDITIONAL PEER COMMUNITY RESOURCES

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

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

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

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

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

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

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

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

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

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

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

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

ADDITIONAL PEER COMMUNITY RESOURCES Cont.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

ADDITIONAL PEER COMMUNITY RESOURCES Cont.

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

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

HAMPSHIRE COUNTY (Northampton, Easthampton, etc.):

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

www.anchorhouseartists.org.

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

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

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

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

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

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

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

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

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

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

WARMLINES

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

ADDITIONAL PEER COMMUNITY RESOURCES Cont.

Consumer Warm Line: (800) 243-5836. This peer-run 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 PEERLINE. The hours of operation are Tuesday through Sunday from 4-8pm. A Spanish-speaking warmline worker is available on Sundays and Tuesdays.

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

RLCs IN OTHER AREAS OF THE STATE

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

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

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

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

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

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

STATEWIDE ORGANIZATIONS, EVENTS & TRAININGS

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

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

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