

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.

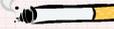
OCTOBER 2012 UPDATE & CALENDAR

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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.*

The Right to Smoke?



At this point, we all know the risks of smoking. We've heard about (and perhaps seen play out) the link to cancer and a variety of other health issues. We're aware of the highly addictive nature of nicotine. Many of us also know that a higher percentage of people receiving services within the mental health system seem to smoke than those in the broader community, and that those same people tend to smoke more cigarettes on average than other smokers. Additionally, we've been told that smoking plays a major role in the fact that people in the mental health system die, on average, 25 years younger than most (although the role that psychiatric medications play in that same figure is most often ignored or misrepresented).

But what does that mean and more importantly, what *should* that mean about the right of people receiving mental health services to smoke and the role and responsibilities of providers in relationship to that question?

In Western Massachusetts, there are at least 10 hospitals that have in-patient psychiatric units. Only one of those 10 (Holyoke Medical) still allows people hospitalized there to smoke at all during their stay. That means that someone hospitalized against their will – who is already likely experiencing great loss and distress – also loses the freedom to smoke. This point is not to be minimized. Pause for a moment and imagine the sense of loss and trauma you might experience when being removed from your day-to-day life unexpectedly and not by your own choice.

This approach is only gaining steam. In August, one of the local providers of Community Based Flexible Supports (CBFS) also announced that they would begin a new policy of not hiring smokers (even those who smoke only in the privacy of their own home) as of January 2013 in large part because their employees reportedly have a responsibility to 'role model' healthy behavior. (Similar policies for people receiving services through CBFS have been suggested but not yet come to pass.)

There are several issues worth examining here, and they seem to include equal parts paternalism, invasiveness, and lack of acknowledgement of existing research and facts. First, many of the things we do as humans that get labeled as 'bad' in our culture (smoking, drinking, self-injury, eating large amounts, etc.) are those that we also know to be coping mechanisms. Given awareness of that, it's a wonder why it would seem like a good idea to remove one of someone's coping mechanisms when they're already in such significant distress. These policies also unfairly target people without financial and other resources who don't have a car to smoke in or as much choice about where they live, what job they have and so on.

It further seems that those making these decisions are ignoring a growing body of research that suggests:

- People who are experiencing 'symptoms' typically labeled Schizophrenia may also experience improvement in ability to pay attention and memory (*Yale School of Medicine, June issue of The Archives of General Psychiatry*) and a reduction in hearing voices (*American Journal of Psychiatry 1993, volume 150*) through the use of nicotine.
- There is an apparent link between medications commonly prescribed to people with psychiatric diagnoses and increases in the urge to smoke (*Medical News Today, September 18, 2010*)
- There is a link between nicotine patches (one of the most common smoking alternatives offered in hospitals) and vivid dreams, nightmares and difficulty sleeping (an undesirable effect for people already feeling off balance and/or having sleep disturbances) (*Physiology & Behavior, 2006, Volume 88*)

Practically speaking, it's also commonsense that if one is heavily medicated and/or feeling hopeless and lacking energy, that it's not unlikely they might turn to eating, smoking, drinking coffee and sleep. But is simply taking away that access the answer?

Perhaps there isn't a literal 'right' to smoke in every setting, but if we recognize the real value that some people are able to find in it, or the way that our mental health treatments sometimes make it harder to stop, it certainly begs the question of how and why providers seek to meet their stated mission. Is this really about helping others be their best, healthiest selves or could it be connected to staffing ratios that make it difficult to accommodate people wanting to go out to smoke and/or health insurance savings for smoke-free environments?

Rather than turning a blind eye to the potential benefits of smoking and the potential harm of provider-endorsed treatments, why don't we focus our energy on understanding and compassion? Rather than more force in a system where force and coercion are all too familiar, why not increase choice and access to activities like acupuncture, Reiki, yoga, hearing voices groups, peer respites and so many other offerings that may build hope and support new ways of coping?

Certainly, we would not advocate that people start smoking or that those who want to stop not receive help to do so. However, policies that ignore principles of self-determination and the trauma of being hospitalized against one's will in favor of forced cessation and heavy-handed approaches have no place in any 'helping profession.' Providers need not take on the burden of being responsible for us in this way. This is not a 'person-centered' approach. Health by force provides only a brief illusion of wellness. There is a better way.

Peer Respite (Blog)

~Ponderings on our Peer Respite

Afiya (A-FEE-yah)

Meaning emotional, physical and spiritual health and wholeness



Update:

Afiya is now coming to the end of its second month! The house has stayed busy, and the team has grown. In fact, four new team members have come on in per diem roles (Aby, Keely, Marshall, and Caroline) and Springfield College intern, Heather, has also joined the team.

What Have We Learned in our First Couple of Months?:

- Mutuality is real. We really are learning from and being impacted by the people who stay at Afiya at least as much as we hope they are learning from and being impacted by being there themselves!
- Everything that can go wrong with our technology equipment (phones, computers, printers, fax!) WILL go wrong right at the start, and often at the same exact time!
- Number 13 doesn't have to be bad luck. As the 13th peer respite in the country, we're happy to say that peer respites work and everything is coming together!

Want to Learn More About Afiya?

We are still actively making our way around the Western Mass region, meeting with people and talking about **Afiya**. We're interested in talking to just about anyone from mental health providers to colleges to police departments to faith-based communities and beyond. If you would like to have us visit you to talk about **Afiya**, please e-mail us at afiya@westernmassrlc.org or call **Afiya** at (413) 570-2990.

Afiya on the Road!

On October 9th, Wyatt-Austin Ferrera and Sera Davidow will head to Portland, Oregon to present on **Afiya** at the 2012 Alternatives Conference. They will present alongside Steve Miccio (Rose House) and Daniel Hazen (Voices of the Heart).



For more information, visit alternatives2012.info



We hope to see some familiar faces on the West Coast!!

What is a Peer Respite?

Afiya has been designed with the intent to provide a healing space within which each person can find the balance and support needed to turn what is so often referred to as a 'crisis' into a learning and growth opportunity. The people working at **Afiya** themselves identify as having lived experience with psychiatric diagnoses, extreme states and/or trauma. There are no clinically oriented supports offered, and the fundamental belief upon which **Afiya** is founded is that connection to others itself can be healing.

In Memory of Vivian Rita Clark

Vivian Rita Clark passed away suddenly on September 2nd, 2012 following complications with a recent surgery. Our community wishes to recognize her passing and the important role she played in so many lives.

Vivian was a longstanding part of our community and a regular contributor to one of our most close-knit support groups. She was courageous in her willingness to share of herself and her story. She gave fearlessly and valued deeply all the support she was offered in return.

Her last words to the community before leaving to go have surgery was how much she would miss them while she was away. She will indeed be sadly missed by all those who knew her.

In Memory of Vivian Rita Clark



Don't Forget the Western Mass Peer Support Line!

Available every Friday through Monday from 8pm to Midnight!

(Call the line even when closed for information on other Peer Support and Warmlines available to people living in Massachusetts!)

(888) 407-4515

Community Resources Review:

Amherst Survival Center
1200 North Pleasant St, North Amherst
413 549 3968
info@amherstsurvival.org

The Amherst Survival Center offers anyone a hot lunch, fresh food distribution, free medical clinic, and free store. When entering the Amherst Survival Center we were asked what town we were from, we were given a bag that we could fill with any items from the small selection of clothes, books and small miscellaneous items. In order to receive a box of food one has to have an ID and proof of local address. Food distribution is open to residents of: Amherst, Belchertown, Deerfield, Granby, Hadley, Leverett, Pelham, Shutesbury, South Deerfield, Sunderland and Whately. We were walked from section to section of the food pantry and were allowed to choose what items we wanted from each category to put in our box. Offerings included canned goods, meats, vegetarian "meat," fresh fruits and vegetables. We received 50lbs of groceries. It was great to be able to make choices about the kind of food we could receive. Lunch is served from 12 to 1 and there was a variety of dishes to choose from. The space was small, but it was possible to go outside to eat.

Changes in Franklin County!

There are changes afoot in and around the RLC's Greenfield Center! Changes include:

- Open hours will now be available on Wednesdays (in addition to Mondays) from 1 to 4pm directly following acupuncture
- A new knitting/crocheting group will take place on Mondays at 2pm!
- A new hearing voices group will take place on Fridays at 11am!
- The Women's Self Care Support group will be on hiatus
- A new Paperwork Support meeting will occur on Wednesdays at 2pm!

Come check things out and help the community grow!

See the Greenfield Area calendar for more info and changes!

Special Movie Nights @ the Holyoke Center:

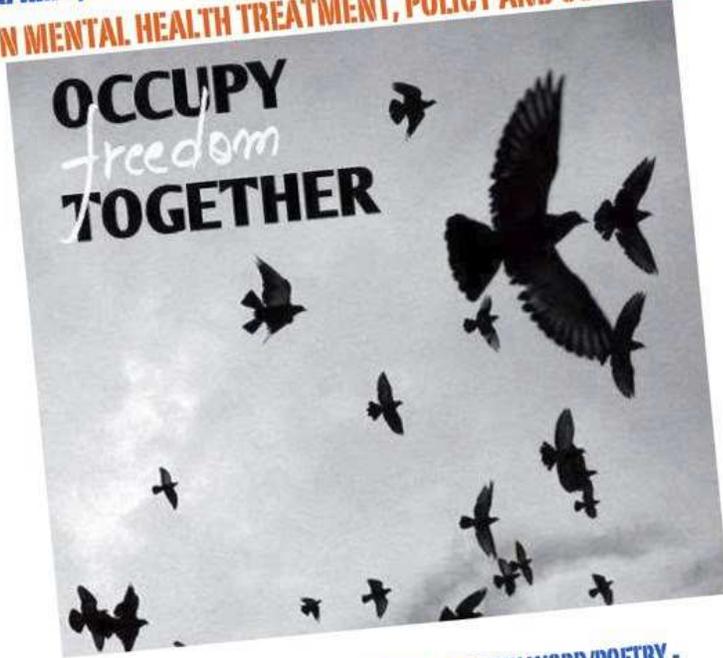


**187 High Street, Suite 303
4 to 6pm**

Wednesday, October 10th: Join us for pizza and a special screening of Daniel Mackler's 'Healing Homes,' followed by a discussion!

Wednesday, October 31st: Join us for Halloween treats and a horror film to be determined! Add to the fun by coming in costume! *(Please avoid masks)*

OCTOBER 6, 2012 - NYC - 1 UNITED NATIONS PLAZA
RALLY, MARCH & PROTEST FOR HUMAN RIGHTS
IN MENTAL HEALTH TREATMENT, POLICY AND CULTURE!



**CALL FOR
SOLIDARITY
AND
UNITY
ALL
WELCOME!**

NATIONAL SPEAKERS - MUSIC - SPOKEN WORD/POETRY -
OCTOBER 6TH • 1 UNITED NATIONS PLAZA
RALLY FOR HUMAN RIGHTS IN MENTAL HEALTH TREATMENT, POLICY AND CULTURE!
RALLY/HUMAN RIGHTS CELEBRATION 12:00 - 2:00 P.M. (BETWEEN 42-44 STREETS ON 1ST AVE)
MARCH - STARTS @ 2:00 P.M. (FROM 43RD ST. & 1ST TO 7TH & 53RD)
PEACEFUL PROTEST - OCCUPY THE APA (7TH & 53RD - OUTSIDE THE SHERATON NY)

FOR MORE INFORMATION CONTACT: DANIEL HAZEN - (518)-932-3137 OR DANHAZEUS@YAHOO.COM
OR HARRY @ NYC@MINDFREEDOM.ORG

SPEAKERS

Tina Minkowitz CHRUSP - Lisa Ortega RIPPD - Will Hall - Seth Farber Ph.D. - Harry B. Lichtenstein MindFreedom - Laura Delano MAD in America Blogger - John Judge - Ted Chabasinski ECT Survivor, Attorney & Activist and more

Acupuncture is Back in Holyoke!

We are pleased to announce that acupuncture is returning to the RLC's Holyoke Center in October.

Join licensed acupuncturist, Melany, for a group session of auricular acupuncture every Wednesday at 3pm.

No appointments necessary, but come as close to 3 as possible to assure you get a spot!

Is Greenfield Closer?

Then don't miss Acupuncture at the RLC's Greenfield Center, 74 Federal Street on Wednesdays at noon!



A New Film: Healing Voices

Healing Voices is a new film in production directed by PJ Moynihan of Digital Eyes Film. Through the lens of individuals at various stages in their healing, Healing Voices investigates topics including the stigma of psychiatric diagnoses, pharmacology, the role of trauma, alternative to the Western one-size fits-all medical model, and the power of storytelling.

Currently, this project is in the works and seeking backers via Kickstarter to make sure it can be completed. PJ and co-Producer Oryx Cohen are seeking to raise \$15,000.00 by October 19th in order to move forward.

Interested in playing a part in this project? Visit their Kickstarter campaign for more information, including a clip of Healing Voices footage. www.kickstarter.com/projects/1919105634/healing-voices

TRAINING: Rights in the Emergency Room

Friday, October 19th

4pm to 6pm

@

*The Western Mass RLC's Holyoke Center,
187 High Street, Suite 303*



The Emergency Room (ER) is often the first stop in the voluntary or involuntary psychiatric hospitalization process. For many, a visit to the Emergency Room can also be a traumatic experience and a place where rights abuses occur.

Come join us for a workshop on human rights in the Emergency Room. The workshop will cover:

- Strategies for avoiding the ER
- Legal and human rights (or lack there of) of people with psychiatric diagnoses
- The DPH and DPPC complaint procedure
- The use of chemical and physical restraints and strip searches
- A brainstorming session for how to improve the experience of the ER for people in crisis

The workshop will be facilitated by Abigail Adams, mental health advocate and ER survivor.

Coming in November: Advanced Directives Training

An Advanced Directive is a document created by an individual to express their wishes about critical care if they become unable to share their preferences in a given situation. Many have successfully created and used this legal document to express their wishes in times of great emotional distress or what is often referred to as a 'psychiatric crisis.'

Stay tuned for date, time and location!

Holyoke Area

Hampden County • October 2012

Monday	Tuesday	Wednesday	Thursday	Friday
1 <ul style="list-style-type: none"> Center Closed Guiding Council of Western Mass 1-3p 	2 <ul style="list-style-type: none"> Center Open 10a-4p Basic ASL 12-1p Hearing Voices Group 4:30-6p 	3 <ul style="list-style-type: none"> Center Open 12-7p Deaf Support drop-in hours 12-4p Loops Crochet 12:30-2p Relaxation Group 2-3p Acupuncture 3-4p Movie Night: Viewer's Choice 4-6p 	4 <ul style="list-style-type: none"> Center Open 12-4p Community Forum 1-3p 	5 <ul style="list-style-type: none"> Center Open 12-4p
8 <ul style="list-style-type: none"> Center Closed 	9 <ul style="list-style-type: none"> Center Open 10a-4p Basic ASL 12-1p Hearing Voices Group 4:30-6p 	10 <ul style="list-style-type: none"> Center Open 12-7p Deaf Support drop-in hours 12-4p Loops Crochet 12:30-2p Relaxation Group 2-3p Acupuncture 3-4p Special Movie Night: Healing Homes & Pizza 4-6p 	11 <ul style="list-style-type: none"> Center Open 12-4p Community Forum 1-3p 	12 <ul style="list-style-type: none"> Center Open 12-4p
15 <ul style="list-style-type: none"> Center Closed 	16 <ul style="list-style-type: none"> Center Open 10a-4p Basic ASL 12-1p Hearing Voices Group 4:30-6p 	17 <ul style="list-style-type: none"> Center Open 12-7p Deaf Support drop-in hours 12-4p Loops Crochet 12:30-2p Relaxation Group 2-3p Acupuncture 3-4p Movie Night: Viewer's Choice 4-6p 	18 <ul style="list-style-type: none"> Center Open 12-4p Community Forum 1-3p Five Fundamental Rights Action Forum 3:30-5p 	19 <ul style="list-style-type: none"> Center Open 12-4p Training: Rights in the Emergency Room 4-6p
22 <ul style="list-style-type: none"> Center Closed 	23 <ul style="list-style-type: none"> Center Open 10a-4p Basic ASL 12-1p Hearing Voices Group 4:30-6p 	24 <ul style="list-style-type: none"> Center Open 12-7p Deaf Support drop-in hours 12-4p Loops Crochet 12:30-2p Relaxation Group 2-3p Acupuncture 3-4p Movie Night: Comedy!! 4-6p 	25 <ul style="list-style-type: none"> Center Open 12-4p Peer Networking Meeting 11:30a-2p 	26 <ul style="list-style-type: none"> Center Open 12-4p
29 <ul style="list-style-type: none"> Center Closed 	30 <ul style="list-style-type: none"> Center Open 10a-4p Basic ASL 12-1p Hearing Voices Group 4:30-6p 	31 <ul style="list-style-type: none"> Center Open 12-7p Deaf Support drop-in hours 12-4p Loops Crochet 12:30-2p Relaxation Group 2-3p Acupuncture 3-4p Deaf Community Forum 3-5 Halloween-Themed Movie Night!! 4-6p 	<p><i>The RLC aspires to be scent free. Please avoid wearing scents to any RLC events or spaces.</i></p> <p><i>Please contact us if you have additional accommodation requests, including interpreters.</i></p>	

Call us at (413) 539-5941

Toll free (866) 641-2853

HOLYOKE AREA / Hampden County • October 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.

Basic ASL: Every Tuesday 12pm to 1pm. Join Val and others in the community to learn basic communication skills using American Sign Language.

Community Forum: Every Thursday 1-3p (except the last Thursday of the month), 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!**

Deaf Support Drop in Hours: Every Wednesday 12pm to 4pm (ending at 3pm on the last day of the month), Visit or call Val and others in the community for peer support that is accessible to individuals who are deaf or hard-of-hearing. To reach Val by phone, call (413) 650-5380 or (866) 674-8728 (videophone)

Deaf Community Forum: Every last Wednesday of the month from 3pm to 5pm. Join Val and others in the community for good conversation and good pizza! ☺

Ear Acupuncture: Wednesdays from 3 to 4pm. Join Melany and others in the community for group auricular acupuncture. Great for stress, anxiety, addiction issues and more!

Five Fundamental Rights Action Forum: Thursday, October 18th, 3:30pm to 5pm. Join Sera, Sean and others in community to take next steps toward action on the Five Fundamental Rights currently on the books in Massachusetts. This forum is about taking a close look at how to move forward on training, education and other steps we might take to make sure that these rights are known and taken seriously!

Guiding Council of Western Mass (GCOW): Monday, October 1st, 1 to 3pm. GCOW is the Advisory Board for the RLC. Come help determine where the RLC is headed next. Anyone is welcome! ASL Interpreters requested.

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.

Loops Crochet & Chat: Wednesdays from 12:30 to 2:00pm. Loops is a group for anybody who wants to knit or crochet with friends, learn to crochet, or brush up on their rusty skills. Absolutely no experience necessary. This group is open to both women and men, and we'd all love to see a few fellas who want to learn a craft join in. Some materials will be provided (we have no knitting needles yet, so for now bring your own!). Facilitated by Mitzi. **All knitters and crochet-ers, at all levels, are welcome to attend just for fun and conversation!**

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. **Wednesday, October 1st: Viewer's Choice; Wednesday, October 10th: Special screening of Daniel Mackler's 'Healing Homes' plus pizza!; Wednesday, October 17th: Viewer's Choice; Wednesday, October 24th: Comedy!!!; Wednesday, October 31st: A horror flick + costumes and Halloween treats!**

Peer Worker Networking Meeting: Thursday, October 25th, 11:30am to 2pm. All peer workers in paid or volunteer positions are welcome to join this Peer Worker Network and work to support one another, share ideas and talk about issues relevant to Peer workers in our area. Please RSVP to Sera at (413) 539-5941 x 203. **Pizza served.**

Training: Rights in the Emergency Room: Friday, October 19th, 4 to 6pm. Join Aby Adams and others in the community for a training on rights in the Emergency Room. See page 6 for details!!

Springfield Area

Hampden County • October 2012

Tuesday	Wednesday	Thursday	Friday	Saturday
2 <ul style="list-style-type: none"> Center Open 9a-3p Reiki 10a-1p 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.) 	3 <ul style="list-style-type: none"> Center Closed Wellness Closed Workout Madness 4-6p 	4 <ul style="list-style-type: none"> Center Open 9a-3p Wellness Closed Yoga (all levels welcome) 10-11a 	5 <ul style="list-style-type: none"> Center Open 9a-3p Wellness Closed 	6 <ul style="list-style-type: none"> Center Open 11-3p Tae Kwon Do 12-1p Alternatives to Suicide Group on Hold
9 <ul style="list-style-type: none"> Center Open 9a-3p Reiki 10a-1p 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.) 	10 <ul style="list-style-type: none"> Center Closed Wellness Closed Workout Madness 4-6p 	11 <ul style="list-style-type: none"> Center Open 9a-3p Wellness Closed Yoga (all levels welcome) 10-11a 	12 <ul style="list-style-type: none"> Center Open 9a-3p Wellness Closed 	13 <ul style="list-style-type: none"> Center Open 11-3p Tae Kwon Do 12-1p Alternatives to Suicide Group on Hold
16 <ul style="list-style-type: none"> Center Open 9a-3p Reiki 10a-1p 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.) 	17 <ul style="list-style-type: none"> Center Closed Wellness Closed Workout Madness 4-6p 	18 <ul style="list-style-type: none"> Center Open 9a-3p Wellness Closed Yoga (all levels welcome) 10-11a 	19 <ul style="list-style-type: none"> Center Open 9a-3p Community Meeting! 10a-12p Potluck 12-2p Wellness Closed 	20 <ul style="list-style-type: none"> Center Open 11-3p Tae Kwon Do 12-1p Alternatives to Suicide Group on Hold
23 <ul style="list-style-type: none"> Center Open 9a-3p Reiki 10a-1p 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.) 	24 <ul style="list-style-type: none"> Center Closed Wellness Closed Workout Madness 4-6p 	25 <ul style="list-style-type: none"> Center Open 9a-3p Wellness Closed Yoga (all levels welcome) 10-11a 	26 <ul style="list-style-type: none"> Center Open 9a-3p Wellness Closed 	27 <ul style="list-style-type: none"> Center Open 11-3p Tae Kwon Do 12-1p Alternatives to Suicide Group on Hold
30 <ul style="list-style-type: none"> Center Open 9a-3p Reiki 10a-1p 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.) 	31 <ul style="list-style-type: none"> Center Closed Wellness Closed Workout Madness 4-6p 	<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>		

SPRINGFIELD AREA / Hampden County • October 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: Open Tuesdays, Thursdays and Fridays from 9am to 3pm and Saturdays from 11am to 3pm. Offering peer support in person and by phone, access to computers, community, and more.

Bowen Wellness Center: PLEASE NOTE: THERE WILL BE NO BOWEN WELLNESS CENTER OPEN HOURS UNTIL FURTHER NOTICE. Planned classes, groups and activities in the Bowen Wellness space will continue as scheduled.

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 on Hold: Alternatives to Suicide Peer Support will be taking a break and begin again on Friday, November 30th.

***NEW* Community Meeting:** Friday, October 19th from 10:00am – 12:00pm. Community time to focus on community wellness, ideas, concerns and growth. **This is a great opportunity to build our sense of community and connection to one another and to shape the future of the Bowen Center and its community!**

Group Exercise: 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): 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.

Potluck: (New Day!) Friday, October 19th from 12:00pm – 2:00pm (following the Community Meeting) Back by popular demand! Bring something yummy to share and someone to share it with...enjoy in a gathering made better still by the cooking talents offered by our unique and diverse community. Mention the potluck next time you visit the center and sign up to bring a dish or simply offer that you plan to come and help out. Bringing food is not required but will certainly add to the fun! Bring a friend and introduce them to the Bowen Center, too!

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: 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 • October 2012

Monday	Tuesday	Wednesday	Thursday	Friday
1 <ul style="list-style-type: none"> Center Open 12-3p General Support Group 11a-12p Spiritual Explorations 12:30-1:30p Jewelry Creations 1-3p 	2 <ul style="list-style-type: none"> Center Open 12-4p Yoga Means Union 10-11:30a *NEW* Outreach Tuesday 	3 <ul style="list-style-type: none"> Center Closed UR an Artist 11-12:30p 	4 <ul style="list-style-type: none"> Center Open 12-4p Poker Time 1-2:30p Hearing Voices 4:30-6p 	5 <ul style="list-style-type: none"> Center Closed
8 <ul style="list-style-type: none"> Center Open 12-3p General Support Group 11a-12p Spiritual Explorations 12:30-1:30p Jewelry Creations 1-3p <p><i>Columbus Day!</i></p>	9 <ul style="list-style-type: none"> Center Open 12-4p Yoga Means Union 10-11:30a *NEW* Outreach Tuesday 	10 <ul style="list-style-type: none"> Center Closed UR an Artist 11-12:30p 	11 <ul style="list-style-type: none"> Center Open 12-4p Poker Time 1-2:30p 	12 <ul style="list-style-type: none"> Center Closed
15 <ul style="list-style-type: none"> Center Open 12-3p General Support Group 11a-12p Spiritual Explorations 12:30-130p Jewelry Creations 1-3p 	16 <ul style="list-style-type: none"> Center Open 12-4p Yoga Means Union 10-11:30a *NEW* Outreach Tuesday 	17 <ul style="list-style-type: none"> Center Closed UR an Artist 11-12:30p 	18 <ul style="list-style-type: none"> Center Open 12-4p Poker Time 1-2:30p Hearing Voices 4:30-6p 	19 <ul style="list-style-type: none"> Center Closed
22 <ul style="list-style-type: none"> Center Open 12-3p General Support Group 11a-12p Spiritual Explorations 12:30-130p Jewelry Creations 1-3p 	23 <ul style="list-style-type: none"> Center Open 12-4p Yoga Means Union 10-11:30a *NEW* Outreach Tuesday 	24 <ul style="list-style-type: none"> Center Closed UR an Artist 11-12:30p 	25 <ul style="list-style-type: none"> Center Open 12-4p *NEW* Community Meeting 12-2p Poker Time 1-2:30p 	26 <ul style="list-style-type: none"> Center Closed
29 <ul style="list-style-type: none"> Center Open 12-3p General Support Group 11a-12p Spiritual Explorations 12:30-130p Jewelry Creations 1-3p 	30 <ul style="list-style-type: none"> Center Open 12-4p Yoga Means Union 10-11:30a *NEW* Outreach Tuesday 	31 <ul style="list-style-type: none"> Center Closed UR an Artist 11-12:30p 	<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>	

PITTSFIELD AREA / Berkshire County • October 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 Pittsfield Center phone: 413-236-5888 & fax: 413-236-2995

Berkshire Center Community Hours: Mondays (except 9/3) 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!

***NEW* Outreach Tuesdays:** Tuesdays in October we will focus on "getting the word out" about the W. Mass. Recovery Learning Community and its center in Pittsfield! Talk it up in the center, grab some flyers, go canvassing with Hope or Lynn. Let's think outside the box and share the buzz with the community at large!

***NEW* Community Meeting:** **Thursday, October 25th from 12:00pm – 2:00pm** Engage your brain, be creative, share your knowledge & a bit of time to focus on community wellness, ideas, concerns and growth. **This is a great opportunity to build our sense of community and connection to one another and to shape the future of the Pittsfield Center!**

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. 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.

Call us at (413) 539-5941

Toll free (866) 641-2853

Greenfield Area

Franklin County • October 2012

Monday	Tuesday	Wednesday	Thursday	Friday
1 <ul style="list-style-type: none"> • Community Forum 10-noon • Open Hours 1-4p • Knitting/Crocheting 2-3p 	2 <ul style="list-style-type: none"> • Alternatives to Suicide Peer Support Group 5-6:30p 	3 <ul style="list-style-type: none"> • Gentle Yoga 9:30-10:50a • Sip & Chat 11-12p • Acupuncture 12-1p • Open Hours 1-4p • Paperwork Support 2-3p 	4 <ul style="list-style-type: none"> • Introduction to Mindfulness, Awareness and Meditation 12-1p • Veterans Support Group 3-4:30p 	5 <ul style="list-style-type: none"> • Hearing Voices Group 11-12:30 <p>Fantastic Friday Grab Bag: Dance of the Hoop 5:30-7 at Energy Park (Rain date Oct 12th)</p>
8 <p>Closed: Columbus Day</p>	9 <ul style="list-style-type: none"> • Alternatives to Suicide Peer Support Group 5-6:30p 	10 <ul style="list-style-type: none"> • Gentle Yoga 9:30-10:50a • Sip & Chat 11-12p • Acupuncture 12-1p • Open Hours 1-4p • Paperwork Support 2-3p 	11 <ul style="list-style-type: none"> • Introduction to Mindfulness, Awareness and Meditation 12-1p • Veterans Support Group 3-4:30p 	12 <ul style="list-style-type: none"> • Hearing Voices Group 11-12:30
15 <ul style="list-style-type: none"> • Open Hours 1-4p • Knitting/Crocheting 2-3p 	16 <ul style="list-style-type: none"> • Alternatives to Suicide Peer Support Group 5-6:30p <p>(On hold, for this week only)</p>	17 <ul style="list-style-type: none"> • Gentle Yoga 9:30-10:50a • Sip & Chat 11-12p • Acupuncture 12-1p • Open Hours 1-4p • Paperwork Support 2-3p 	18 <ul style="list-style-type: none"> • Introduction to Mindfulness, Awareness and Meditation 12-1p • Veterans Support: Discussion Group 3-4:30p 	19 <ul style="list-style-type: none"> • Hearing Voices Group 11-12:30
22 <ul style="list-style-type: none"> • Open Hours 1-4p • Knitting/Crocheting 2-3p 	23 <ul style="list-style-type: none"> • Alternatives to Suicide Peer Support Group 5-6:30p 	24 <ul style="list-style-type: none"> • Gentle Yoga 9:30-10:50a • Sip & Chat 11-12p • Acupuncture 12-1p • Open Hours 1-4p • Paperwork Support 2-3p 	25 <ul style="list-style-type: none"> • Introduction to Mindfulness, Awareness and Meditation 12-1p • Veterans Support Group 3-4:30p 	26 <ul style="list-style-type: none"> • Hearing Voices Group 11-12:30
29 <ul style="list-style-type: none"> • Open Hours 1-4p • Knitting/Crocheting 2-3p 	30 <ul style="list-style-type: none"> • Alternatives to Suicide Peer Support Group 5-6:30p 	31 <ul style="list-style-type: none"> • Gentle Yoga 9:30-10:50a • Sip & Chat 11-12p • Acupuncture 12-1p • Open Hours 1-4p • Paperwork Support 2-3p 	<p>This center is only open during the listed activities.</p>	

GREENFIELD AREA / Franklin County • October 2012

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

Most activities and events occur at the RLC's Greenfield Center, 74 Federal Street, unless otherwise specified in the description. Please call the Greenfield Center, (413) 772-0715 for more info.

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

Acupuncture: **Wednesdays, 12-1pm.** This free auricular (ear) acupuncture clinic offered by licensed acupuncturist, Melany, works on a variety of issues including cravings, addictions, insomnia, stress, and anxiety.

Alternatives to Suicide Support Group: **Tuesdays, 5-6:30pm.** The RLC has developed Alternatives to Suicide Peer Support Groups, with the support from Tapestry Health, to create 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.

Community Forum: **First Monday of the month, October 1st, 10-noon.** Community Forum is a time for the Franklin County community to provide input and discuss issues that are important to you regarding the Greenfield Center and/or the RLC in general. This can include difficulties or challenges that have come up or ideas for the future. Let your voice be heard!

Fantastic Fridays Grab Bag: Dance of the Hoop: **Friday, October 5th, 5:30-7p at Greenfield's Energy Park. (Raindate October 12th)** 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 for all ages. All are welcome.

Gentle Yoga: **Weds, 9:30- 10:50am,** at the RPX (RECOVER Project Extension), One Osgood St., Greenfield. Erica Travis incorporates light-hearted joyful movement with a reverent and consistent focus on breath and deepening individual awareness. Multiple variations of poses are presented to encourage individual choices and levels of ability. This class is co-ed!

Hearing Voices Group: **Fridays, 11a-12:30p.** *This is a NEW group forming in Greenfield.* Hearing Voices Groups are a place people can come together and talk about their experiences without fear of judgment and stigma. The group offers the opportunity to explore what your experience means to you, and through mutual support you can learn and connect with others who have similar stories. This group is co-sponsored by the RLC and ServiceNet.

Introduction to Mindfulness, Awareness and Meditation: **Thursdays, 12-1pm.** Facilitators, Tony Walker and Marek Tresnak bring with them years of personal practiced and instruction in the art of meditation in the Shambhala tradition. The time will include a meditation practice introduction, two short sits, readings and discussion from books, as well as time for questions and comments. Everyone is welcome.

Knitting/Crocheting: **Mondays, 2-3.** Come join us for an hour of friendship, fun, and conversation as we knit and crochet together. This is a great time for anyone who wants to have some fun with yarn. No experience necessary. Use supplies offered or bring your own!

Paperwork Support: **Wednesdays, 2-3p.** This is a great time to support one another in getting that nagging paperwork done that you have been putting off. From filling out forms to paying the bills come in with whatever you need to get done and be in a supportive environment to get through the practical stuff.

Veteran to Veteran Discussion Group: **EVERY THURS, 3-4:30.** 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? This group is a collaboration of The RECOVER Project & Recovery Learning Community. For more information call Alex at (413) 774-5489 x102.

Sip & Chat: **Wednesdays, 11-noon.** 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.

Women's Self Care Support Group: *on hiatus for the time being.*

Northampton Area

Hampshire County • October 2012

Monday	Tuesday	Wednesday	Thursday	Friday
1 <ul style="list-style-type: none"> • Acupuncture Clinic (NEW LOCATION) 430-6p • Hearing Voices, 4pm • Alternatives to Suicide Group 630-8p 	2	3	4 <ul style="list-style-type: none"> • Yoga 330-5p 	5
8 <ul style="list-style-type: none"> • Acupuncture Clinic (NEW LOCATION) 430-6p • Hearing Voices, 4pm • Alternatives to Suicide Group 630-8p 	9	10	11 <ul style="list-style-type: none"> • Yoga 330-5p 	12
15 <ul style="list-style-type: none"> • Acupuncture Clinic (NEW LOCATION) 430-6p • Hearing Voices, 4pm • NO ALTERNATIVES TO SUICIDE GROUP TONIGHT 	16	17	18 <ul style="list-style-type: none"> • Yoga 330-5p 	19 <ul style="list-style-type: none"> • Out to the movies @ Cinemark 1-4p
22 <ul style="list-style-type: none"> • Acupuncture Clinic (NEW LOCATION) 430-6p • Hearing Voices, 4pm • Alternatives to Suicide Group 630-8p 	23	24	25 <ul style="list-style-type: none"> • Yoga 330-5p 	26
29 <ul style="list-style-type: none"> • Acupuncture Clinic (NEW LOCATION) 430-6p • Hearing Voices, 4pm • Alternatives to Suicide Group 630-8p 	30	31	<p><i>The RLC aspires to be scent free. Please avoid wearing scents to any RLC events or spaces.</i></p> <p><i>Please contact us if you have additional accommodation requests, including interpreters.</i></p>	

Call us at (413) 539-5941

Toll free (866) 641-2853

NORTHAMPTON AREA / Hampshire County • October 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).

Alternatives to Suicide Group: Mondays from 6:30 to 8pm (**EXCEPT OCTOBER 15th**) at the Friend's Meeting House in Northampton, 43 Center Street. This is a peer-run group for individuals who want a safe, judgment-free zone to talk about alternatives to suicide. Please call Sarah or Sean at 413-539-5941 ext. 318 for more information or to join this group.

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

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

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.

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 PEERLNE. The hours of operation are Tuesday through Sunday from 4-8pm. A Spanish-speaking warmline worker is available on Sundays and Tuesdays.

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!**

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.

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.

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.