



The Western Mass Recovery Learning Community (RLC) creates conditions that support healing and growth for individuals, and the community as a whole, through learning opportunities, advocacy, peer-to-peer support and the development of regional and national networks.

We believe that human relationships are often at the center of what heals people who have experienced extreme emotional distress, trauma, psychiatric diagnoses, addiction and a variety of other challenges in life.

We also believe that we are a part of a civil and human rights movement, and that real change does not happen on a sustainable level unless everyone is involved in the process, and issues like discrimination, racism, homophobia, transphobia, poverty, imbalances of power and acceptance of natural diversity are addressed.

## **APRIL 2016 UPDATE & CALENDAR**

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**This newsletter and previous editions are available  
at our website, [www.westernmassrlc.org](http://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](mailto:info@westernmassrlc.org) or (413) 539-5941.*

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**PUBLIC TALKS ON:  
VOICE DIALOGUING**

*with Rufus May and Elisabeth Svedholmer*

**Tuesday, May 24, 7pm to 9pm @ Holyoke Community College, 303 Homestead Avenue, Holyoke, MA**

**Thursday, May 26, 1pm to 4pm @ Shire City Sanctuary, 40 Melville Street, Pittsfield MA (presentation from 1pm to 3pm, with reception to follow)**

**Tuesday, May 31, 2pm to 4pm @ Plymouth Church, 87 Edgell Road, Framingham, MA (co-sponsored with Advocates)**

Rufus and Elisabeth will join us all the way from the United Kingdom, bringing not only their cool accents but also their expertise on Voice Dialoguing, based both on their work and personal experiences of voice hearing and other extreme states.



**Important RLC Numbers:**

*Afiya Respite House:*  
413.570.2990

*Peer Support Line:*  
888.407.4515

*Community Bridgers:*  
413.539.5941 x 334

*Greenfield Center:*  
413.772.0715

*Holyoke Center:*  
413.539.5941

*Pittsfield Center:*  
413.236.5888

*Springfield (BOWEN) Center:*  
413.732.1703

**Human Rights Line  
(for issues relating directly to the RLC):**  
413.539.5941 x 320

‘Voice dialoguing’ is an approach that supports individuals who are hearing voices to talk with and build understanding about their voices. This approach can help build awareness, and a greater sense of control over the voice hearing experience.

**Join us for lunch on Patriots' Day!**

**Monday, April 18th @ 12pm  
On the Commons in Pittsfield**

**Meet friends out on the Commons for a  
potluck lunch, Frisbee and other fun!**

*Weather permitting!*

*(If weather is bad, we will meet at the Pittsfield  
Center, 152 North Street, Suite 230!)*



**Alternatives Conference 2016**

**Save the Date  
September 19-23, 2016**

**'Alternatives' is the largest annual conference in the  
country focused on peer-to-peer support.**

Alternatives Conference 2016 will be held in San Diego, California at the Town & Country Resort & Convention Center.

The Alternatives Conference 2016 website is in development and will be published as soon as possible at <http://www.peerlinktac.org/>.

There, you will find the Call for Presentations brochure, an online submission link, hotel reservations information and a direct link to online room reservation. Registration and other conference information will be posted soon after the Alternatives website is available.

**Protest Against Autism Speaks 5k Fundraiser**

**Sunday April 10, 10am-1:30pm**

**Kendrick Park, Amherst**

For the third year running Rebecca Binns, a local autistic activist, is organizing a protest at the annual 5k fundraiser event for Autism Speaks in Amherst.

For those who are unfamiliar, Autism Speaks is a major national charity opposed by many autistics for similar reasons that members of our communities have actively opposed NAMI.

Autism Speaks, despite the name, is not led by autistics and does not support autistic self-determination.

This ableist organization (for non-autistic parents) promotes assimilation, eugenics, abusive therapies, fear-mongering, and narratives that frame autistic lives as tragedies to be avoided and "cured". Autism Speaks has silenced and attacked actual autistics speaking their mind, including bullying and calling the police on autistics leading this protest in the past two years (don't worry, no arrests were made, or are expected this year!).

Please come out to support the growing movement against this harmful organization! Together we can let the community know we support self-determination and access to healing environments for all individuals, not coercion, forced treatment, and other harms.

For more information on these issues, check out ASAN - The Autistic Self-Advocacy Network (<http://autisticadvocacy.org/>)

If you'd like to coordinate with other RLC folks beforehand, please contact:  
Natan Cohen: [natan@westernmassrlc.org](mailto:natan@westernmassrlc.org)

## Career Initiatives Grants, 2016-17

**Overview:** The Career Initiatives Project is intended to create opportunities for people who have ideas for small businesses or independent projects and have limited or no access to seed money to get their ideas rolling into reality. Funds for this project are very limited, and successful candidates will be those who:

- Live in Western Massachusetts
- Have been personally impacted by psychiatric diagnosis, extreme states, trauma and other challenges **that have gotten in the way of their ability to explore and achieve their dreams**
- Have a clear vision for your business or independent project
- Are self-driven and motivated to reach project goals
- Are not employees of the RLC (or its umbrella organization, The Consortium)
- Are not immediate family members of employees

**Grant awards average around \$2000 per awardee** (*Some grant awards may be slightly higher or lower depending on the merit and needs of the project*)

### What to expect:

- **March 1:** Grant applications & technical assistance workshop dates released
- **First half of May:** Technical assistance workshops for anyone seeking additional assistance with completing their application
- **June 30:** Applications due
- **July 29:** Applicants notified if their grant request has been approved
- **September 1:** Grant funds become available

**Grant applications now available at: [www.westernmassrlc.org/employment](http://www.westernmassrlc.org/employment)**

### Technical Assistance Workshops for CI Grants:

These workshops are NOT required, but are a great opportunity to ask questions and get support around putting your application together!

**Tuesday May 3rd - 11AM @ RLC's Springfield (Bowen) Center**, 340 Main Street, Springfield

**Friday April 29th - 2PM @ RLC's Greenfield Center**  
74 Federal Street, Greenfield

**Thursday May 5th - 1 PM @ RLC's Holyoke Center**  
187 High Street, Suite 303, Holyoke

**Monday May 9th - 1:30 PM @ RLC's Pittsfield Center**, 152 North Street, Suite 230, Pittsfield

If you would like to sign up for a workshop or if you have any other questions, please contact us at [info@westernmassrlc.org](mailto:info@westernmassrlc.org) or 413.539.5941 ext. 338.

### Check out this former grantee's business:

#### Debra Deveno's Dog Training & Sitting

**In-Home Private Training &  
Dog Walking and Sitting  
(Overnight sitting available!)**

**For more information:** 413.538.8041  
or visit [www.debspositivepaws.com](http://www.debspositivepaws.com)



## UPCOMING RLC TRAININGS

**Alternatives to Suicide:** The Alternatives to Suicide approach was developed by the Western Massachusetts Recovery Learning Community (RLC) in 2009 as one of the only peer-to-peer groups that truly focuses on the topic of suicide. Rather than assessment and risk, these groups are based in creating a non-judgmental space in which to discuss suicide and other taboo topics. Currently, there are only a handful of Alternatives to Suicide groups in the country. However, with interest growing in the training and philosophy that makes up the foundation of this approach, we anticipate that more groups will soon begin popping up in Massachusetts and beyond. Join us and be a part of the movement.

**Alternatives to Suicide Facilitator Training #1:** Monday, April 11th to Wednesday, April 13th (9:30am to 4:30pm each day) with Caroline White and Sean Donovan @ the South Hadley Public Library, 2 Canal Street, South Hadley, Massachusetts. *Application required and accepted on a rolling basis until the training is full.*

**Alternatives to Suicide Facilitator Training #2:** Tuesday, May 31st to Thursday, June 2nd (9:30am to 4:30pm each day) with Lisa Forestell and Sean Donovan @ the Mystic View Task Force Community Room, 50 Middlesex Avenue, Somerville, Massachusetts. Parking is free and available across the street, and close to the Assembly Square stop on the Orange line. *Application required and due on Monday, March 28th, 2016.*

**Hearing Voices:** Hearing Voices Groups originated in Europe and now there are over 160 chartered groups in England alone. Hearing Voices Groups do not pathologize hearing voices, seeing visions or other unusual experiences. Instead, group members explore these phenomena in an environment of mutual support and curiosity. They offer people who hear voices, see visions or have other unusual experiences the opportunity to share their experience and explore new ways of coping, understanding their experiences and getting support. Currently there are a growing number of Hearing Voices Groups in the United States, and our vision includes both supporting and bolstering existing groups and expanding the overall numbers and accessibility. We hope that you will join us in bringing this vision to reality!

**Hearing Voices Facilitator Training:** Monday, June 20th to Wednesday, June 22nd (9:30am to 4:30pm each day) with Caroline White and Marty Hadge @ the Holyoke Community College, 303 Homestead Avenue, Holyoke, Massachusetts. *Application required and due on Monday, April 11th, 2016.*

**For more information or to receive an application, please visit**  
**[www.westernmassrlc.org](http://www.westernmassrlc.org) or e-mail [info@westernmassrlc.org](mailto:info@westernmassrlc.org)**



## Electroshock in the News

**At present, the Food and Drug Administration is considering downgrading the Electroshock device used in Electroconvulsive Treatment (ECT) from Class III to Class II. Below is an excerpt from an article (“Shock Devices Safe as Eyeglasses?”) by Lauren Tenney with more details:**

The electroshock device, the actual machine that is used to deliver shock treatment (electroconvulsive treatment/ECT), is currently a Class III device as categorized by the Food Drug and Cosmetic Act of 1976. The FD&C Act requires all medical devices to be placed into one of three categories: Class I (general controls); Class II (special controls); and Class III (premarket approval). (FDA, 2015, p. 81224<sup>i</sup>).

Under FDA standards, a medical device is placed into Class III when its risks and benefits have not been assessed to a degree that allows it to be placed into Class I or Class II, and thus there is potential that its risks outweigh its benefits. A Class III device is one that either was in existence prior to 1976 and is therefore referred to as a pre-amendments device, or if it has come onto the market since 1976 and its manufacturer claims it is similar to a pre-1976 device, it is referred to as a post-amendments device.

To help decipher this, I turn to the must-read groundbreaking work of Linda Andre, “Doctors of Deception: What They Don’t Want You to Know about Shock Treatment”.<sup>ii</sup> Andre tells the sordid history of the shock device and resulting procedure, crafting a meticulously-detailed account of the horrors of electroshock. Concerning the FDA’s classification system, Andre wrote:

*“Class III is the high-risk classification for those devices for which general controls or performance standards are insufficient. The FDA defines Class III devices as those for which ‘benefits have not been shown to outweigh risks’ and which present ‘a potential unreasonable risk of injury or illness’ when used as directed by the manufacturer for their intended purpose. The degree of oversight necessary to ensure maximum safety was known as ‘premarket approval’. The name reflected the fact that even though a device might have been on the market for many years, its status was similar to that of a new device. It hadn’t proven itself to the FDA. Its manufacturers would, when called on by the agency, have to submit a premarket approval application (PMA) in which it would have to prove its safety and efficacy” (p. 139).*

As discussed by Andre (2009) and the FDA (2015), over the decades there have been multiple attempts to down-classify the shock device to a Class II device, which would classify the shock device as safe and effective. This would put the shock device in the same category as eyeglasses or wheelchairs—other medical devices that are Class II, requiring “special controls.”

The most recent open comment period and meeting on the shock device was held in Gaithersburg, Maryland, January 27 – 28, 2011. Many people, including Dorothy Dundas, John Breeding, Loretta Wilson, Dan Fisher, and Vince Boehm on behalf of Leonard Roy Frank, testified about the horrors of shock and the immense damage it does to the physical body, mind, and spirit. At the 2011 hearings, I was privileged to stand with shock survivors as an ally, and someone who likely would have been shocked if not for the incredible work of the activists of the 1980s. I presented to the FDA an analysis of the comments of over 80 people, mostly shock survivors, who sent letters of opposition to the FDA via The Opal Project<sup>iii</sup>. There is video<sup>iv</sup> of people who were at the 2011 meeting, discussing afterward how important it was that the panel heard their testimonies, and how their testimonies informed the decisions of the panel.

*Continued on page 9*

**Patriot's Day @ Green River  
Recreational Area!**

**Monday, April 18th**

**Meet at 74 Federal Street at 12:15pm  
(Return at 3:30pm)**

We will be hanging out at the Green River  
Recreational Area at Nash's Mill Road  
in Greenfield.

*We will carpool and take multiple  
trips if necessary.*



**Paid Focus Group Opportunity:**

Have you ever been told that you have a 'chemical imbalance'?

**Are you someone who:**



- Has been told you have a 'chemical imbalance'
- Has felt harmed or somehow negatively impacted by this message
- Is willing to be a part of a videotaped group discussion

The 'chemical imbalance' theory is a *myth* that is sometimes still spoken of as objective truth to explain psychiatric diagnosis and feelings of deep distress. When myths or unproven theories are spoken of as unquestionable facts, it can lead people to feel that they have limited choices and can cause real harm. We will be gathering a group of people who have had this experience together for a facilitated discussion of how it has impacted their lives. The discussion will be videotaped for use in an RLC film about the chemical imbalance myth that is currently in production.

**WHEN:** Friday, May 27th from 10am to 12pm

**WHERE:** Location to be determined

*Space is limited. Please e-mail [info@westernmassrlc.org](mailto:info@westernmassrlc.org) if interested.*

## Monthly Music Jam

**2nd Wednesday (April 13), 4:30 to 6:30pm  
@ the RLC's Holyoke Center, 187 High Street, Suite 303**

**Come join us for this musical gathering. Bring your voice, musical instrument and/or song requests!**



## Potluck & Movie Night

**Friday, April 29th, 5:30pm to 8:30pm  
@ the RLC's Greenfield Center, 74 Federal Street**

*Come enjoy dinner and a movie with community! All are welcome, even if you cannot bring food.  
Film decided by mid-month. Drop by to find out what's playing, or call Jesse: 413-336-3873*





Ask  
Afiya



To learn more about Afiya visit:  
[www.afiyahouse.org](http://www.afiyahouse.org) or call 413.570.2990  
To submit a question e-mail [afiya@westernmassrlc.org](mailto:afiya@westernmassrlc.org)

## I use a wheelchair. Can I stay at Afiya?

The first floor of Afiya is fully accessible, including one of the three bedrooms at the house. (We also have risers available to change the height of the bed as needed.) Doors have been widened, and a wheelchair accessible shower has been installed in the first-floor bathroom. There is wheelchair ramp leading into the house, as well. Unfortunately, the laundry (basement level) is not accessible, but someone who works at the house is always more than happy to help if someone staying is unable to access the basement. We're also always open to feedback on how to make the house more accessible, so let us know if you have ideas!

### *Continued from page 6*

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According to the FDA, on July 9, 2012, the Food and Drug Administration Safety Innovation Act (FDASIA) was amended to change the process (perhaps ease the process) for "requiring premarket approval for a preamendments Class III device from rulemaking to an administrative order" (p. 81224). This allows the FDA to reclassify a device if there is "new information" (p. 81224). The FDA apparently took it upon itself to reevaluate previously viewed information and concluded that:

*"FDA, on its own initiative, is proposing to reclassify this preamendments Class III device into Class II when the device is intended to treat severe Major Depressive Episode associated with Major Depressive Disorder and Bipolar Disorder in patients 18 years of age and older who are treatment-resistant or who require a rapid response due to the severity of their psychiatric or medical condition" (p. 81226).*

The FDA is calling for comments on its plan to down-classify the shock device to a Class II device. Despite seeing limited evidence for any long-term benefits, the supposed short-term benefit—"(e.g. 3 months)" (p. 81228)—is grounds for this bold move that sets back human rights work.

**For the full article:** [www.madinamerica.com/2015/12/shock-device-safe-as-eyeglasses-89-days-to-say-no/](http://www.madinamerica.com/2015/12/shock-device-safe-as-eyeglasses-89-days-to-say-no/)

**For Lauren Tenney's podcast visit:** [www.blogtalkradio.com/talkwithtenney](http://www.blogtalkradio.com/talkwithtenney)

**To sign a petition demanding the FDA not re-classify shock devices, visit:** [www.change.org/p/fda-stop-fda-from-down-classifying-the-shock-device-to-a-class-ii-device-stop-shock-treatment](http://www.change.org/p/fda-stop-fda-from-down-classifying-the-shock-device-to-a-class-ii-device-stop-shock-treatment)

**For additional information on the potential harms of ECT, visit psychiatrist Peter Breggin's website:** [www.ectresources.org/](http://www.ectresources.org/)

**ADDITIONAL NOTE:** Although some people do report that ECT has been helpful to them, the numbers of people who share about harms are many. Additionally, most of those who say it has helped in some way have chosen ECT voluntarily, but it remains legal to force ECT against someone's will. In fact, Linda Andre (cited in Lauren's article as an advocate against ECT and author of the book 'Doctors of Deception' is currently being threatened with forced ECT in New York State.

# WESTERN MASS Recovery Learning Community

[www.westernmassrlc.org](http://www.westernmassrlc.org) • April 2016 Newsletter

## Community Happenings

This section is offered as a way to share different opportunities to connect and meet new people in our local communities. E-mail us at [info@westernmassrlc.org](mailto:info@westernmassrlc.org) if you know of an event that should be added for next month's calendar!

### What: Easthampton Bookfest

**When:** April 9th and 10th

**Where:** City-wide; contact them for details

**Cost:** Varies widely; many events are free

**More info:** A series of events in Easthampton, highlighting the literary scene in the Pioneer Valley. You can apply to sell your chapbooks and zines in the Lit Marketplace, submit a 10-minute play or monologue, and participate in the StorySlam (registration required). Presentations will include a panel on Iggy Pop, Artists Against Police Brutality, and types of hand-made bookmaking, among others. Some events require registration, so be sure to check out the website or call them for details; they're also seeking volunteers.

#### For details:

<http://www.easthamptoncityarts.com/bookfest>  
or call 413-529-1425.

### What: Animal Adoption Day

**When:** Saturday, April 16, 10am-2pm

**Where:** Zoo in Forest Park & Education Center, 293 Sumner Ave, Springfield

**Cost:** Adoption packages start at \$25 per year, and admission into the park ranges from \$3.75 to \$9.

**More info:** See the Rainbow Rescue group and the Westfield Regional Animal Shelter outside the gates of the zoo, and perhaps take home a new furry friend! Then enter the zoo and see all the animals inside that are available to "adopt". Different adoption packages will be available. Adopting is a great way to sponsor a zoo animal and be a part of its care. Adoption packages start at \$25.00/Year

**You can't take an adopted zoo animal with you! The animal you adopt will remain at the zoo.**

**For details:** Visit <http://www.forestparkzoo.org/>, or call (413) 733-2251.

### What: Earth Day Yogathon

**When:** April 22, 8am-5pm

**Where:** UMass Fine Arts Center, Amherst

**Cost:** From \$10 up to \$25

**More info:** A day of yoga on the terrace of the UMass Amherst Fine Arts Center. Attendees can come and go as they please. No yoga experience is necessary, though bringing your own mat is appreciated. All participants will receive a goody bag of environmentally-friendly products. Teams and individuals are welcome, and proceeds will benefit breast cancer organizations.

**For details:** <http://protectourbreasts.org/yogathon/#>

### What: [www.meetup.com](http://www.meetup.com)

**When & Where:** Varied; you can search by date, location, and type of group.

**More Info:** There are an amazing variety of events in Massachusetts, Connecticut and elsewhere listed on Meetups.com. Types of meets include Book Clubs, Hobbies & Crafts, Music, Parents & Family, LGBT, Dancing, and many more.

#### Some Examples:

- Sci-Fi/Fantasy, Anime, and Video Game enthusiasts meet for games & talk.  
See here: <http://www.meetup.com/4scifi>
- Dancing, from Salsa to Line Dancing, for experienced dancers or those looking to learn.

## Other Places to Look for Ways to Connect!

**Hilltown Event Recommendations:** [www.hilltownfamilies.org/](http://www.hilltownfamilies.org/)

**Sober Events in Western Mass:** [www.westernmassaa.org/Non-AA\\_Events\\_Links.html](http://www.westernmassaa.org/Non-AA_Events_Links.html)

**Events in the Pioneer Valley:** [www.pioneervalley.org](http://www.pioneervalley.org)

**Events in and around the Berkshires:** [berkshires.org/events/](http://berkshires.org/events/)

**Events in and around Franklin County:** [www.franklincc.org/](http://www.franklincc.org/)

**Events in and around Hampden County:** [www.masslive.com/events/](http://www.masslive.com/events/)

**Massachusetts Festivals:** [www.festivals4fun.com/massachusetts-festivals-and-events/](http://www.festivals4fun.com/massachusetts-festivals-and-events/)

# Holyoke Area

Hampden County • April 2016

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Please contact us if you have accommodation requests, including interpreters.</i></p> <p><i>The RLC aspires to be scent free. Please avoid wearing scents to any RLC events or spaces.</i></p>				<p><b>1</b> Center Closed</p>
<p><b>4</b> Center Open 12-4p Peer Support Group 1-2p</p>	<p><b>5</b> Center Open 12-4p Art Group 2p-3p Hearing Voices Group 4:30-6p</p>	<p><b>6</b> Center Open 12-4p GCOW 9:30-11am Spanish Speaking Open Hours 12-4p Knitting Group 1:30-2:30p</p>	<p><b>7</b> Center Open 12-4p Winding Road Support Group 1-2p Spiritual Explorations Group 2:30-3:30p Sylvia Rivera Support Group 4:30-6pm</p>	<p><b>8</b> Center Closed</p>
<p><b>11</b> Center Open 12-4p Peer Support Group 1-2p</p>	<p><b>12</b> Center Open 12-4p Art Group 2p-3p Hearing Voices Group 4:30-6p</p>	<p><b>13</b> Center Open 1-4p Community Action Meeting 12-1p Spanish Speaking Open Hours 1-4p Knitting Group 1:30-2:30p Music Jam 4:30-6:30p</p>	<p><b>14</b> Center Open 12-4p Winding Road Support Group 1-2p Sexual Trauma Mutual Support Group 2:30-3:30p Sylvia Rivera Support Group 4:30-6pm</p>	<p><b>15</b> Center Closed</p>
<p><b>18</b> Center Closed For Patriots' Day</p>	<p><b>19</b> Center Open 12-4p Art Group 2p-3p Hearing Voices Group 4:30-6p</p>	<p><b>20</b> Center Open 12-4p Spanish Speaking Open Hours 12-4p Knitting Group 1:30-2:30p</p>	<p><b>21</b> Center Open 12-4p Winding Road Support Group 1-2p Spiritual Explorations Group 2:30-3:30p Sylvia Rivera Support Group 4:30-6pm</p>	<p><b>22</b> Center Closed</p>
<p><b>25</b> Center Open 12-4p Peer Support Group 1-2p</p>	<p><b>26</b> Center Open 12-4p Art Group 2p-3p Hearing Voices Group 4:30-6p</p>	<p><b>27</b> Center Open 12-4p Spanish Speaking Open Hours 12-4p Knitting Group 1:30-2:30p</p>	<p><b>28</b> Center Open 12-4p Winding Road Support Group 1-2p Sexual Trauma Mutual Support Group 2:30-3:30p Sylvia Rivera Support Group 4:30-6pm</p>	<p><b>29</b> Center Closed</p>

# HOLYOKE AREA / Hampden County • April 2016

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 Open Hours: Mondays, Tuesdays, Wednesdays & Thursdays, 12-4pm.** Come by for peer support, to use our computer lab, do artwork, or just to chat and/or check out other available resources.

**Acupuncture:** *On Hiatus in Holyoke for a couple months. There is acupuncture available in Greenfield this month.*

**Art Group: Tuesdays 2-3pm.** Come join Christina for collaborative and/or individual art projects, both for decorating our space and to bring home.

**Community Action Meeting: 2nd Wednesday (4/13), 12-1pm.** The Community Action Meeting will be focused on community ideas, concerns, & growth. We often talk about planning events, ideas for new groups, volunteering, etc. This is a great opportunity to build our sense of community and connection to one another! Pizza will be served.

**Guiding Council of Western Mass (GCOW): Wednesday, April 6th, 9:30-11am.**

GCOW is the Advisory Board for the RLC. Come help determine where the RLC is headed next. Anyone is welcome!

**Hearing Voices Group: Tuesdays, 4:30 to 6pm.** Hearing Voices groups are popular and widespread across the globe, especially in 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?" You do not need to hear voices to attend this group.

**Knitting Group: Wednesdays 1:30-2:30pm.** Have you ever been curious about knitting and expression through an age old art? Beginner, Intermediate or Expert, all are invited to come in and explore something new or share your passion for knitting. Instruction in English and Spanish available for beginners and more in-depth technique can also be discussed if interested. Yarn and needles available in the space or bring your favorite project! Crochet projects also welcome and crochet instruction available.

**Music Jam: 2nd Wednesday (4/13), 4:30-6:30pm.** Come join us for this musical gathering. Bring your voice, musical instrument and/or song requests!

**Peer Support Group: Mondays, 1-2pm** Come join fellow community members to share your expertise in this mutual support group. Offer and receive support in a confidential, non-judgmental peer setting. Everyone is invited and welcome!

**Sexual Trauma Mutual Support Group: 2nd and 4th Thursdays, 2:30-3:30pm.** Many of us have experienced some form of sexual trauma in our lifetimes. This group is an intentional space for us to come together and talk about our experiences without judgment, to share our trials and our victories, and our dreams for our futures.

**Spanish Speaking Open Hours: Wednesdays 12-4p (1-4p on 2nd Wednesdays).** Come connect with our Spanish-speaking advocate anytime during our open hours on Wednesdays!

**Spiritual Explorations Group: 1st and 3rd Thursdays, 2:30-3:30pm.** This group has grown out of the "Holyoke Prayer Meeting for People of All Faiths and None." This is a time to come together to discuss where we are on our spiritual journeys. All are welcome, whether you have chosen a particular path, many paths, or no path at all. A non-judgmental place to discuss spiritual experiences, spiritual tools that we have tried or would like to try, and to explore where we find meaning and what connects us.

**Sylvia Rivera Peer Support Group: Thursdays, 4:30pm to 6:00pm.** Join Sean, Wyatt and others in community for a peer-run support group creating a safe, non-judgmental space to find support and talk with others about extreme states, gender and sexuality. We welcome people who identify with the LGBTQQA spectrum, and those whose gender and sexual identity is otherwise defined. For those who live with extreme states or have ever been given a psychiatric label and are looking for support in not being "normal", or wanting to be, you can find a place here!

**Winding Road Support Group: Thursdays, 1:00-2:00pm.** Join members of the community as we gather in a supportive, non-judgmental way to discuss and share around issues regarding addictions, healing, and coping along life's path. All are welcome.



# Springfield Area

## Hampden County • April 2016

Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>Please contact us if you have accommodation requests, including interpreters.</i></p> <p><i>The RLC aspires to be scent free.</i></p> <p><i>Please avoid wearing scents to any RLC events or spaces.</i></p>			<p><b>1</b></p> <p>Center Open 9a-2p Wellness Open 11a-2p</p> <p>Art Group 10-11a</p> <p><b>Alternatives To Suicide 2:30-4p</b></p>	<p><b>2</b></p> <p>Center Open 11a-3p</p> <p>Wellness Open 1-3p</p>
<p><b>5</b></p> <p>Center Open 9a-2p</p> <p>Wellness Open 11a-2p</p>	<p><b>6</b></p> <p><b>Center &amp; Wellness Closed</b></p> <p><b><u>Workout Madness</u></b> <i>Please see next page</i></p>	<p><b>7</b></p> <p>Center Open 9a-2p</p> <p>Wellness Open 10a-2p</p> <p>Community Meeting 11am</p>	<p><b>8</b></p> <p>Center Open 9a-2p Wellness Open 11a-2p</p> <p>Art Group 10-11a</p> <p><b>Alternatives To Suicide 2:30-4p</b></p>	<p><b>9</b></p> <p><b>Center Open 11a-3p</b></p> <p><b>Wellness Open 1-3p</b></p>
<p><b>12</b></p> <p>Center Open 9a-2p</p> <p>Wellness Open 11a-2p</p>	<p><b>13</b></p> <p><b>Center &amp; Wellness Closed</b></p> <p><b><u>Workout Madness</u></b> <i>Please see next page</i></p>	<p><b>14</b></p> <p>Center Open 9a-2p</p> <p>Wellness Open 10a-2p</p>	<p><b>15</b></p> <p>Center Open 9a-2p Wellness Open 11a-2p</p> <p>Art Group 10-11a</p> <p><b>Alternatives To Suicide 2:30-4p</b></p>	<p><b>16</b></p> <p>Center Open 11a-3p</p> <p>Wellness Open 1-3p</p>
<p><b>19</b></p> <p>Center Open 9a-2p</p> <p>Wellness Open 11a-2p</p>	<p><b>20</b></p> <p><b>Center &amp; Wellness Closed</b></p> <p><b><u>Workout Madness</u></b> <i>Please see next page</i></p>	<p><b>21</b></p> <p>Center Open 9a-2p</p> <p>Wellness Open 10a-2p</p>	<p><b>22</b></p> <p><b>Center Open 9a-2p</b></p> <p><b>Wellness Open 11a-2p</b></p> <p>Art Group 10-11a</p> <p><b>Alternatives To Suicide 2:30-4p</b></p>	<p><b>23</b></p> <p><b>Center Closed</b></p>
<p><b>26</b></p> <p>Center Open 9a-2p</p> <p>Wellness Open 11a-2p</p>	<p><b>27</b></p> <p><b>Center &amp; Wellness Closed</b></p> <p><b><u>Workout Madness</u></b> <i>Please see next page</i></p>	<p><b>28</b></p> <p>Center Open 9a-2p</p> <p>Wellness Open 10a-2p</p>	<p><b>29</b></p> <p><b>Center Open 9a-2p</b></p> <p><b>Wellness Open 11a-2p</b></p> <p>Art Group 10-11a</p> <p><b>Alternatives To Suicide 2:30-4p</b></p>	<p><b>30</b></p> <p>Center Open 11a-3p</p> <p>Wellness Open 1-3p</p>

## **SPRINGFIELD AREA / Hampden County • April 2016**

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.*

***Hablamos inglés y español!***

**Bowen Resource Center: Open Tuesdays, Thursdays and Fridays 9am-2pm; and Saturdays 11am-3pm.**

Come by to find out about local resources, or feel free to use the computers. This is a time to connect with other community members, hang out, play a board game, or have a cup of coffee and just relax.

**Bowen Wellness Center: Tuesdays and Fridays 11-2, Thursdays 10-2p and Saturdays 1p-3p.**

Come by to work out on our treadmills, bikes, or other weight equipment, or throw in one of our exercise DVD's and have an impromptu class.

**Alternatives to Suicide Support Group: Fridays, 2:30pm – 4:00pm.** This is a peer-run group for individuals who want a safe, judgment-free zone to talk about alternatives to suicide. The group is supportive and confidential and strives 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.

**Art Group: Fridays, 10-11am.** Join Ana for an hour of art at your own pace and with your own voice.

**Community Meeting: First Thursday, 11:00am.** Offer leadership, be creative, and 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 Bowen Center!

This meeting will be followed with Pizza!

**Workout Madness: Wednesdays, 4-6pm** 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!

**NOTE:** Workout Madness has gotten so popular that things have gotten a little over-crowded at times!

For this reason, *we need to ask that people call to sign up for a slot before attending; new people will be continuously rotated in.* To reserve a space call the Bowen Center at (413) 732-1703 or email [info@westernmassrlc.org](mailto:info@westernmassrlc.org).

**Yoga is on hiatus:**

***Erin is taking some time off to recharge and reformat the yoga class. We hope to have it back as soon as we can.***

# Pittsfield Area

Berkshire County • April 2016

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Please contact us if you have accommodation requests, including interpreters.</i></p> <p><i>Please avoid wearing scents to any RLC events or spaces.</i></p>				<p><b>1</b> Center Closed</p>
<p><b>4</b> Center Open 12-4p  General Support Group 11a-12p</p>	<p><b>5</b> Center Closed  Yoga 10a-11a</p>	<p><b>6</b> Center Open 12-3 Addiction &amp; Recovery Collective 11a-12p  Alternatives to Suicide 3:30p-5p</p>	<p><b>7</b> Center Open 12-4p  The Up Collective Meeting of Manos Unidas 2:30p-3:30p</p>	<p><b>8</b> Center Closed  Family Movie Night 4p-6p</p>
<p><b>11</b> Center Open 12-4p General Support Group 11a-12p  Community Voice and Pizza 12:30p-1:30p</p>	<p><b>12</b> Center Closed  Yoga 10a-11a</p>	<p><b>13</b> Center Open 12-3 Addiction &amp; Recovery Collective 11a-12p  Alternatives to Suicide 3:30p-5p</p>	<p><b>14</b> Center Open 12-4p  The Up Collective Meeting of Manos Unidas 2:30p-3:30p  Hearing Voices Support Group 4:30p-6</p>	<p><b>15</b> Center Closed</p>
<p><b>18</b> Center Closed for Patriots' Day  *Potluck and Outdoor Time on the Common!*</p> <p style="text-align: center;"><b>12:00pm</b></p>	<p><b>19</b> Center Closed  Yoga 10a-11a</p>	<p><b>20</b> Center Open 12-3 Addiction &amp; Recovery Collective 11a-12p  Alternatives to Suicide 3:30p-5p</p>	<p><b>21</b> Center Open 12-4p  The Up Collective Meeting of Manos Unidas 2:30p-3:30p</p>	<p><b>22</b> Center Closed</p>
<p><b>25</b> Center Open 12-4p  General Support Group 11a-12p</p>	<p><b>26</b> Center Closed  Yoga 10a-11a</p>	<p><b>27</b> Center Open 12-3 Addiction &amp; Recovery Collective 11a-12p  Alternatives to Suicide 3:30p-5p</p>	<p><b>28</b> Center Open 12-4p  The Up Collective Meeting of Manos Unidas 2:30p-3:30p  Hearing Voices Support Group 4:30p-6</p>	<p><b>29</b> Center Closed</p>

## **PITTSFIELD AREA / Berkshire County • April 2016**

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

*Unless specifically noted, all activities are free and take place at the RLC Pittsfield Center: 152 North St., Suite 230 located between Pancho's Restaurant and The Garden. 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 and in the lot located on 1st Street. The Pittsfield Center phone: 413-236-5888 & fax: 413-236-2995.*

**Berkshire Center Community Hours: Mondays and Thursdays 12-4pm and Wednesday 12-3pm**, 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!

**Addiction & Recovery Collective: Wednesdays 11a-12p**. This unique group is open to all who may feel the challenges of addictive behavior. We are peers, creating space for finding strength in our "weaknesses", exploring the nature of addiction, and the variety of paths toward healing. All voices are welcome, free from fear of judgments, labels or interventions.

**Alternatives to Suicide Support Group: Wednesdays, 3:30-5:00pm**. This is a peer-run group for individuals who want a safe, judgment-free zone to talk about alternatives to suicide. The group is supportive and confidential and strives to create a space where people can provide peer support for one another, and strategize about alternatives to help each other best cope with difficult life circumstances. For more information contact Cate @ 978-270-4113.

**Community Voice & Pizza: Monday, April 11th, 12:30 – 1:30pm**. Offer leadership, be creative, and 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 RLC's Pittsfield Center! This meeting will be followed by pizza!

**Family Movie Night: Friday, April 15th, 4-6pm** Join us for family friendly community movie and snacks. All family members are welcome.

**General Support Group: Each Monday, 11:00am – 12:00pm**. Offer and receive support in a confidential, non-judgmental peer setting. Share your expertise and that of your peers in this generative environment. Everyone is invited and welcome! The door is closed at 11:15am to offer a respectful and healing environment for those meeting. Please be mindful of this group decision.

**Hearing Voices Group: 2nd and 4th Thursday of the month, 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 a real experience and it has real meaning for each of us. Come to a meeting and see what it's all about! For more information contact Alan @ 413-358-7043.

**Potluck Lunch and Outdoor Time on the Common: Monday, April 18th, noon**. Meet friends out on the Commons for a potluck lunch, Frisbee and other fun, weather permitting. Otherwise we will meet at the center.

**The Up Collective of Manos Unidas: Thursdays 2:30p-3:30p**. Manos Unidas is a multicultural organization that strives to unearth the common strengths and innate skills of our under heard community through shared bilingual resources, living arts, cross cultural organizing and cooperative economy initiatives.

**Yoga: Tuesdays, 10:00 – 11:00am**. Yoga can be a helpful way to get in touch with your own body, mind, and spirit through movement, breathing, and being present. This class will offer you many choices as you explore yoga forms (asana, or postures), stretching and strengthening, resting, and breathing. The emphasis of this class will be on finding more comfort in your own body and making choices that bring awareness and support to our individual experience and needs from moment to moment. The practice is low-impact, and open to all levels of experience. Chairs and other supportive props are available.



# Greenfield Area

Franklin County • April 2016

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Please contact us if you have accommodation requests, including interpreters.</p> <p>The RLC aspires to be scent free.</p> <p>Please avoid wearing scents to any RLC events or spaces.</p>				<p><b>1</b></p> <p>Weekend Self-Care Support Group 1-2p</p> <p><b>Open Hours</b> <b>2-5p</b></p> <p>Kickboxing (RPX) 5:30-6:30p</p>
<p><b>4</b></p> <p><b>Open Hours</b> <b>12:30-3:30p</b></p> <p><b>Knitting Group 2-3p</b></p> <p>Remembering Our Songs 4:30-6:00p</p> <p><b>Yoga (RPX)</b> <b>5:30-6:30p</b></p>	<p><b>5</b></p> <p>Mindfulness Circle 1-2:30p</p> <p><b>Alternatives to Suicide Support Group</b> <b>5:30-7p</b></p> <p>Journey Dance (RPX) 6-8p</p>	<p><b>6</b></p> <p><b>Open Hours</b> <b>12:30-3:30p</b></p> <p><b>Hearing Voices</b> <b>4-5:30p</b></p> <p>Mindfulness- Conversation and Practice 6:15-7:30p</p>	<p><b>7</b></p> <p><b>Acupuncture</b> <b>12-1p</b></p> <p>Vet to Vet 3-4:30p</p> <p>Men's Wisdom Group 5-6:30p</p>	<p><b>8</b></p> <p>Weekend Self-Care Support Group 1-2p</p> <p><b>Open Hours</b> <b>2-5p</b></p> <p>Kickboxing (RPX) 5:30-6:30p</p>
<p><b>11</b></p> <p><b>Open Hours</b> <b>12:30-3:30p</b></p> <p><b>Knitting Group 2-3p</b></p> <p>Remembering Our Songs 4:30-6:00p</p> <p><b>Yoga (RPX)</b> <b>5:30-6:30p</b></p>	<p><b>12</b></p> <p>Mindfulness Circle 1-2:30p</p> <p><b>Alternatives to Suicide Support Group</b> <b>5:30-7p</b></p> <p>Journey Dance (RPX) 6-8p</p>	<p><b>13</b></p> <p><b>Open Hours</b> <b>12:30-3:30p</b></p> <p><b>Hearing Voices</b> <b>4-5:30p</b></p> <p>Mindfulness- Conversation and Practice 6:15-7:30p</p>	<p><b>14</b></p> <p><b>Acupuncture</b> <b>12-1p</b></p> <p>Vet to Vet 3-4:30p</p> <p>Men's Wisdom Group 5-6:30p</p>	<p><b>15</b></p> <p>Weekend Self-Care Support Group 1-2p</p> <p><b>Open Hours</b> <b>2-5p</b></p> <p>Kickboxing (RPX) 5:30-6:30p</p>
<p><b>18</b></p> <p><b>Open Hours</b> <b>*At The Green River*</b> <b>12:30-3:30p</b></p> <p><b>Knitting Group 2-3p</b></p> <p>Remembering Our Songs 4:30-6:00p</p> <p><b>Yoga (RPX) 5:30-6:30p</b></p>	<p><b>19</b></p> <p>Mindfulness Circle 1-2:30p</p> <p><b>Alternatives to Suicide Support Group</b> <b>5:30-7p</b></p> <p>Journey Dance (RPX) 6-8p</p>	<p><b>20</b></p> <p><b>Open Hours</b> <b>12:30-3:30p</b></p> <p><b>Hearing Voices</b> <b>4-5:30p</b></p> <p>Mindfulness- Conversation and Practice 6:15-7:30p</p>	<p><b>21</b></p> <p><b>Acupuncture</b> <b>12-1p</b></p> <p>Vet to Vet 3-4:30p</p> <p>Men's Wisdom Group 5-6:30p</p>	<p><b>22</b></p> <p>Weekend Self-Care Support Group 1-2p</p> <p><b>Open Hours</b> <b>2-5p</b></p> <p>Kickboxing (RPX) 5:30-6:30p</p>
<p><b>25</b></p> <p><b>Open Hours</b> <b>12:30-3:30p</b></p> <p><b>*Community Forum*</b> <b>12:45-2:15p</b></p> <p>Remembering Our Songs 4:30-6:00p</p> <p><b>Yoga (RPX) 5:30-6:30p</b></p>	<p><b>26</b></p> <p>Mindfulness Circle 1-2:30p</p> <p><b>Alternatives to Suicide Support Group</b> <b>5:30-7p</b></p> <p>Journey Dance (RPX) 6-8p</p>	<p><b>27</b></p> <p><b>Open Hours</b> <b>12:30-3:30p</b></p> <p><b>Hearing Voices</b> <b>4-5:30p</b></p> <p>Mindfulness- Conversation and Practice 6:15-7:30p</p>	<p><b>28</b></p> <p><b>Acupuncture</b> <b>12-1p</b></p> <p>Vet to Vet 3-4:30p</p> <p>Men's Wisdom Group 5-6:30p</p>	<p><b>29</b></p> <p>Weekend Self-Care Support Group 1-2p</p> <p><b>Open Hours</b> <b>2-5p</b></p> <p><b>*Potluck and Movie Night*</b> <b>5:30-8:30p</b></p>

## **GREENFIELD AREA / Franklin County • April 2016**

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

*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.*

**Greenfield Center Open Hours:** Mondays and Wednesdays 12:30-3:30pm, and Fridays 2:00-5pm. Come by for peer support, to play a board game, to do artwork, knit/crochet, use the computers, chat and check out other available resources, or just share space with others.

**Green River Open Hours:** Monday April 18th. Meet at 74 Federal St at 12:15. Return at 3:30pm. We will be hanging out at the Green River Recreational Area at Nash's Mill Road in Greenfield. We will carpool and take multiple trips if necessary.

**Acupuncture:** Thursdays, 12-1pm. Free auricular (ear) acupuncture clinic, offered by licensed acupuncturist, John Freitas, works on a variety of issues, including cravings, addiction, insomnia, anxiety and pain.

**Alternatives to Suicide Support Group:** Tuesdays, 5:30-7pm. This is a peer-run group for individuals and a space where people can provide support for one another, strategize about alternatives to help each other best cope with difficult life circumstances, and talk about experiences of feeling suicidal without being judged.

**Community Forum:** 4th Monday, April 25th, 1:00-2:30pm. Time for the Franklin County community to provide input and discuss issues important to you regarding the Greenfield Center and/or the RLC in general. This can include challenges, new activities, and ideas for the future. We will have pizza and salad. Come let your voice be heard!

**Friday Evening Meditation Group:** Fridays, 7-8pm except on Movie Night! An experimental collective of a variety of different kinds of meditation and learning. For more info call Derrick at 315-561-6893.

**Hearing Voices Group:** Wednesdays, 4pm-5:30pm. Although 1 in 10 people hear voices, many are afraid to talk about them. A Hearing Voices group is a place where people can meet to talk about their experiences of hearing voices, seeing visions, or other experiences that are commonly considered "not real", without judgment or stigma. It offers mutual support and friendship, with the opportunity to explore your experiences and learn from other people's stories. **You do not need to hear voices to attend this group.** For more information email Natan: natan@westernmassrlc.org or Cindi: cindi.O\_O@comcast.net.

**Journey Dance (In the RPX, enter via 1 Osgood S.):** Tuesdays 6-8pm.

**Kickboxing with Estelle:** Fridays 5:30-6:30 in the RPX (Enter 1 Osgood St.) Fitness, Empowerment, Emotional Healing, Life Coaching, Positive Change.

**Men's Wisdom Group:** Thursdays, 5:00-6:30pm. (Carpooling available from Holyoke.) This group is for all persons who identify as male to come together for conversation, to be there for one another, and to support one another to navigate our interactions in the world as men. New perspectives welcome!

**Mindfulness Circle:** Tuesdays, 1:00-2:30pm. Practiced regularly, Mindfulness Meditation is a means to bring greater clarity, ease and kindness into one's life. This weekly group aims to meet the needs of both beginning and experienced meditators through brief periods of instruction/guidance, silent sitting, walking meditation, and conversation. For more information, call Lance at 847-502-6204.

**Mindfulness Circle – Conversation and Practice:** Wednesdays, 6:15-7:30pm. This group enjoys periods of silent meditation and a study of the Lojong Slogans taught by Pema Chodron and others. For more information, call Lance at 847-502-6204.

**Potluck & Movie Night:** Friday, April 29th, 5:30-8:30pm. Dinner and a movie with the RLC! All are welcome even if you cannot bring food. Film decided by mid-month. Drop by to find out what's playing, or call Jesse: 413-336-3873

**Remembering Our Songs:** Mondays 4:30-6:00pm. We are a welcoming group that meets to discuss our lived experiences as "patients" in the psychiatric system, and end our isolation. Meanwhile, we are compiling our insights into how we can act to humanize relationships throughout the system (with other patients, staff, psychiatrists etc.; around a variety of issues) from the role of "patient". Please join us to contribute to our publication, or drop in for a listening ear.

**Vet to Vet - A Community of Support:** Thursdays, 3:00-4:30pm. When the civilian world is a challenge for veterans, we get it, and we care. This community is a collaboration of the RECOVER Project and the Recovery Learning Community. For more information, call Tim 413-475-0226.

**Weekend Self-Care Support Group:** Fridays, 1:00-2:00pm. Setting aside an hour on Friday afternoon, we come together to talk about and de-stress a sometimes-difficult time – weekends. People can share events, tools, and information on how they handle that time, and get ideas from others who find weekends challenging.

**Yoga:** Mondays, 5:30-6:30 in the RPX (Enter the building via 1 Osgood St. and go down the hall). Coop Yoga series, in collaboration with the Franklin Community Cooperative and Green River Yoga. FREE!

# Northampton Area

## Hampshire County • April 2016

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Please contact us if you have accommodation requests, including interpreters.</b></p> <p><b>The RLC aspires to be scent free. Please avoid wearing scents to any RLC events or spaces.</b></p>				<p><b>1</b></p>
<p><b>4</b></p> <p>Hearing Voices, 3:30pm</p> <p>Alternatives to Suicide Group 6:30 – 8pm</p> <p>Yoga 6 – 7 pm (First Church)</p>	<p><b>5</b></p>	<p><b>6</b></p>	<p><b>7</b></p> <p><b>Thursday Yoga on Hiatus</b></p>	<p><b>8</b></p>
<p><b>11</b></p> <p>Hearing Voices, 3:30pm</p> <p>Alternatives to Suicide Group 6:30 – 8pm</p> <p>Yoga 6 – 7 pm (First Church)</p>	<p><b>12</b></p>	<p><b>13</b></p>	<p><b>14</b></p> <p><b>Thursday Yoga on Hiatus</b></p>	<p><b>15</b></p>
<p><b>18</b></p> <p>Hearing Voices, 3:30pm</p> <p>Alternatives to Suicide Group 6:30 – 8pm</p> <p>Yoga 6 – 7 pm (First Church)</p>	<p><b>19</b></p>	<p><b>20</b></p>	<p><b>21</b></p> <p><b>Thursday Yoga on Hiatus</b></p>	<p><b>22</b></p>
<p><b>25</b></p> <p>Hearing Voices, 3:30pm</p> <p>Alternatives to Suicide Group 6:30 – 8pm</p> <p>Yoga 6 – 7 pm (First Church)</p>	<p><b>26</b></p>	<p><b>27</b></p>	<p><b>28</b></p> <p><b>Thursday Yoga on Hiatus</b></p>	

## **NORTHAMPTON AREA / Hampshire County • April 2016**

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](mailto:info@westernmassrlc.org). Items are listed alphabetically.*

**Alternatives to Suicide Group: Mondays from 6:30 to 8pm.** 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, 3:30pm.** Windhorse Library, 211 North Street, Northampton. Hearing Voices groups are popular and widespread across the globe, especially in 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.

**Yoga Classes: Every Monday from 6pm to 7pm** at First Church in Northampton.

### **IMPORTANT YOGA NOTE!**

**For yoga, go to the side door, up the walkway, to the Spanish Church entrance.**

If you have any questions about the location, please email Sally at: [sallymorganpt@gmail.com](mailto:sallymorganpt@gmail.com)



# 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.):**

**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](http://www.dbsabennington.org).

**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.):**

**Family/Friend Support Group:** The last Wednesday of the month at CSO, One Arch Place, Greenfield from 630-830pm (call Betty Stafursky 413 625-2236 [kashflokate@yahoo.com](mailto:kashflokate@yahoo.com)) or the second Wednesday at the Quabbin House, 5-7pm, 25 West Main St in Orange (Call Jen Mannino or Rich Stemm for more info at 978-544-1859) Sponsored by NAMI.

**RECOVER Project:** Open Mon 9a-7p, Tues-Thursday 9a-6p and, Fridays 9a-10p, & Saturdays 9a – 6p. 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, or email [lsarage@wmtcinfo.org](mailto:lsarage@wmtcinfo.org). Visit [www.recoverproject.org](http://www.recoverproject.org) for more info.

**The Salasin Center Women's Resource Center:** Open hours Mondays 1-3pm, and Fridays 12-2pm, and other times for groups and special activities. Located at 474 Main St, Greenfield. Open Hours are a supportive time to connect with women over coffee & tea, a variety of art materials for art and crafts, a lending library, computer lab, a women's and children clothing exchange & local resources information. A number of classes and workshops are also available including writing groups, art groups, Journey Dance, and Nourishment for the Soul! 775-0010. See <https://salasincenter.org/> for more info.

**Turner's Falls Women's Center:** Open Tuesday-Thursday 10a-1p, and Wednesdays 5-8pm. 41 Third Street, Turners Falls. During Open Hours women come together for coffee or tea, arts & crafts, to read the paper, peruse the lending library, free books shelf and clothes closet or to use the computer lab, find local resource information and share peer support. A number of classes and workshops are also available! (413) 863-4804 ext. 1003.

**Dual Recovery Anonymous group:** Freedom Fellowship. 25 West Main Street, Quabbin House, in Orange on Tuesdays and Thursdays 5-7. Contact (978) 544-1859 for more information.

**Family/Friend Support Group:** The last Wednesday of the month at CSO, One Arch Place, Greenfield from 630-830pm (call Betty Stafursky 413 625-2236 [kashflokate@yahoo.com](mailto:kashflokate@yahoo.com)) or the second Wednesday at the Quabbin House, 5-7pm, 25 West Main St in Orange (Call Jen Mannino or Rich Stemm for more info at 978-544-1859) Sponsored by NAMI.

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# ADDITIONAL PEER COMMUNITY RESOURCES

## 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** First Tuesday of each month, 6:15-7:45pm. Meet at 507 Southampton Rd, left rear unit, in Westfield. For more info, call Michael Reinhagen, (413) 359-0222, mr@bacautism.org, and www.bacautism.org

**Asperger's Syndrome Peer Support Group** Third Saturday of each month, 2-4pm. Meet at 507 Southampton Rd, left rear unit, in Westfield. For more info, call Michael Reinhagen, (413) 359-0222, mr@bacautism.org, and www.bacautism.org

**DBSA Support Group** - Holyoke, Monday nights, at 6pm-7pm at HMC, at their behavioral health outpatient building. 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** - 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** – 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. A group meets in Amherst at Bangs Center, 6:30-7:30pm.

**DBSA Support Group** - 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. Call Renee at (413) 626-7627 or Gia at (413) 532-3644 for more info.

**Dual Recovery Anonymous** Tuesdays from 12:30 - 1:30pm, @ 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.

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

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

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

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

**Dual Recovery Anonymous** Tuesdays from 3 to 4pm, @ Lighthouse, 1401 State Street, Springfield. General info at <http://www.draonline.org/>

**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

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

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## **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](http://www.anchorhouseartists.org).

**Beliefs Group:** This group will focus on giving people a chance to discuss religion, spirituality, death, taxes, money, government – all the things that spark diverse responses. We present a non-judgmental atmosphere and a locale where we can forge relationships. We will explore our individual subjective truths in the tradition of the groups of Dr. Rufus May and Tamasin Knight. Rufus May stresses the importance of loosening up on our beliefs while acknowledging their strength in our daily lives. The group meets every Tuesday at 4pm. It's a free group and is open to the public. If you have any questions, please call Tim 413 586-0207 ext. 113. Windhorse Integrative Mental Health is located at 211 North St. in Northampton.

**Family/Friend Support Group:** Second and fourth Tuesday of every month, Windhorse Community Room, 211 North Street, Northampton. Call Carol (527-0532) for more information. Sponsored by NAMI.

**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.

**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, 7pm to 8:30pm, 32 Masonic Street, Northampton. Contact Freedom Center for more info at 877-677 6424.

**Writing Group:** Every Wednesday, 2p – 3p, at Windhorse Associates, 211 North Street, Northampton. Join facilitator David Stark and share and work on your writing. Memoirs, non-fiction and poetry are particularly encouraged but all work is welcomed. Space can be limited so it's a good idea to call Windhorse to let them know you're coming!

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# ADDITIONAL PEER COMMUNITY RESOURCES

## 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](mailto: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](mailto:info@bostonresourcecenter.org), [www.metrobostonrlc.org](http://www.metrobostonrlc.org), The RLC in Boston!

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

**Northeast RLC:** NILP, 20 Ballard Rd, Lawrence, MA 01843. (978) 687-4288. [jbower@nilp.org](mailto:jbower@nilp.org), [www.nilp.org](http://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](mailto:eamaral@comcounseling.org). The RLC in the Southeast part of Mass!

**Western Mass Peer Support Line** (facilitated by the Western Mass RLC): (888) 407-4515.

## PEER SUPPORT / WARMLINES

Peer Support Lines and Warmlines are phone lines answered by people who identify as having lived experience with trauma, psychiatric diagnoses, etc. They are ready to provide a friendly voice, support and (in some instances) resource information. Hours and days, but are typically open after hours or on weekends. All lines listed have stated that they accept calls nationally. Times are listed in Eastern Time.

**Edinburgh Warmline:** (800) 243-5836. This line operates out of the Quincy, MA area. Monday through Friday, 5pm to 10pm. Saturday, 4pm to 9pm.

**Peer Warmline:** (877) 733-7563 (877.PEER.LNE). Operating out of Boston. The hours of operation are Tuesday through Sunday from 4-8pm. A Spanish-speaking warmline worker is available on Sundays and Tuesdays.

**Stepping Stone Warmline:** 603-543-1388. New Hampshire. 7 days per week 5 to 10pm.

**Empowerment Center Warmline:** (877) 435.7800. New York. Monday through Friday, 8am to 8pm. (Support in Spanish is available.)

**Allegheny County Warmline:** (866) 661-9276 (866.661.WARM). Pennsylvania. 7 days, 10am to midnight. (Support in Spanish available on an on-call basis.)

**Indiana Consumer Warmline:** (800) 933-5397. Indiana. Monday through Friday, 8am to 430pm.

**Compassionate Ear Warmline:** (866) 927-6327 (866.WARM.EAR) Kansas. 7 days per week, 3pm to 9pm.

**David Romperly Warmline:** (800) 698-2392. Oregon. Monday, 7am to 5pm; Tuesday, 9am to 7pm; Wednesday, 6am to 11am; Thursday, 5am to 3pm; Friday, 9am to 2pm; Saturday & Sunday, 2pm to 7pm.

## 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 RLCs 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](mailto:cps@transformation-center.org) or going to [www.transformation-center.org/cps/](http://www.transformation-center.org/cps/)

**Transformation Center:** 98 Magazine Street, Roxbury, MA 02119, (877) 769-7693, [info@transformation-center.org](mailto:info@transformation-center.org), [www.transformation-center.org](http://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](http://www.westernmassrlc.org)... Check it out!