



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.

DECEMBER 2016 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.

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Challenging Times

It is difficult to know what to say in the challenging times that we find ourselves in. Standing Rock, the election, and the fear, anger, upset, and sense of betrayal experienced by so many in our communities are very real.

It's unclear what lies ahead as we enter what feels like a period of great unknown and potential threats for our black, brown, Muslim, queer, trans*, and female-identified fellow citizens. In the little that Trump has had to say about mental health, it also appears he leans in support of the Murphy Bill and other regressive legislation. We have a long road ahead of us.

We haven't gathered our thoughts enough to pull together a statement of our own, but we didn't want to remain silent as if nothing were happening. While we hope that our spaces can offer people a place to find mutual support and connect without fear of hate speech, we also want to take this moment to raise up the words of others:

First, we want to share that Massachusetts Attorney General Maura Healey and others in her office have organized a new hotline to report any incidents of bias-related threats or hate crimes.

The number is 800.994.3228. Complaints can also be filed here:
<http://www.mass.gov/ago/consumer-resources/your-rights/civil-rights/civil-rights-complaint.html>

Next, we want to share the following statement offered by Black Lives Matters last week. We have no claim to their words, but feel that those words are nonetheless powerful and important to share.

Our mandate has not changed: organize and end all state-sanctioned violence until all Black Lives Matter.

What is true today—and has been true since the seizure of this land—is that when black people and women build power, white people become resentful. Last week, that resentment manifested itself in the election of a white supremacist to the highest office in American government.

Continued on page 3

Important RLC Numbers:

Afiya Respite House:
413.570.2990

Peer Support Line:
888.407.4515

Community Bridgers:
413.539.5941 x 334

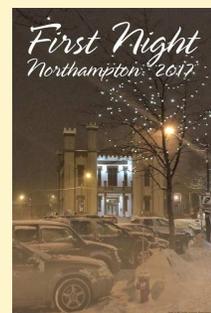
Greenfield Center:
413.772.0715

Holyoke Center:
413.539.5941

Springfield (BOWEN) Center:
413.732.1703

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

**Check out page 7
for details on celebrating
New Years Eve at First
Night Northampton!**



Continued from page 2

In the three years since Black Lives Matter organized, we've called for more safety. Not less. We've demanded an end to anti-black state violence. We've asked white people to organize their communities, to courageously help their loved ones understand the importance of solidarity and to show up for us, for themselves and democracy.

In the months leading up to this election, we have demanded support from white people in dismantling white supremacy—a farce that persuaded some to believe we were living in a post-racial America while simultaneously rolling back the rights of black people and other people of color. White supremacy fortified the decision to disregard racism and sexism as serious variables in the outcome of this election. Even if everyone didn't agree politically, at the very least, we deserved to have our collective humanity affirmed. We feel more than disappointed or angry—we feel betrayed.

Donald Trump has promised more death, disenfranchisement and deportations. We believe him. The violence he will inflict in office, and the permission he gives for others to commit violence, is just beginning to emerge.

In the face of this, our commitment remains the same: protect ourselves and our communities. But we ask ourselves—how do we reconcile our vision for future generations' prosperity with the knowledge that more than half of white voting Americans believe a white supremacist can and should decide what's best for this country? We organize.

Here's what we know: Civic engagement is one way to engage democracy, and our lives don't revolve around election cycles. We are obliged to earn the trust of future generations—to defend economic, social and political power for all people. We are confident that we have the commitment, the people power and the vision to organize our country into a safe place for black people—one that leads with inclusivity and a commitment to justice, not intimidation and fear.

We also need and deserve an elaborate strategy to eradicate both white supremacy and implicit bias towards it. We must reckon with the anti-blackness of America's history that led to this political moment. We continue to operate from a place of love for our people and a deep yearning for real freedom. In our work, we center the most marginalized, and look to them for leadership. We fight for our collective liberation because we are clear that until black people are free, no one is free. We are committed to practicing empathy for one another in this struggle—but we do not and will not negotiate with racists, fascists or anyone who demands we compromise our existence.

We affirm our existence. We affirm our right to not only live, but to thrive. To exist in a world where our humanity is seen and honored. We are organizing to realize a world in which our faiths are held in esteem, our identities are respected and our families are prioritized. We deserve a world in which our children are protected, where our water is sacred, and where we are given a fair chance to decide our fates.

Because it is our duty to win, we will continue to fight. And today, like every day before it, we demand reparations, economic justice, a commitment to black futures and an end to the war on black people, in the United States and around the world.

The work will be harder, but the work is the same.

SAVE THE DATE

Maastricht Interview Training for Hearing Voices:

April 3rd through April 5th

Holyoke, MA Area, Location To Be Announced

Learn how to use the Maastricht Interview tool to support people to map out and build understanding about their voices and other unusual experiences.

2-Day Workshop on Supporting People with Unusual Beliefs:

April 10th and 11th

Shire City Sanctuary, Pittsfield, MA

Learn a variety of techniques and ways to approach people whose lives have been negatively impacted by struggles with unusual beliefs or what often gets labeled as 'paranoia'.

Both events will feature trainers, Peter Bullimore and Shawn Hunt, who have first-hand experience with the subject matter (as well as really cool English accents)!

Continuing Education Credits for Social Workers and LMHCs will be requested.

More details and registration forms will be available Mid-December!

SAVE THE DATE



**Hearing Voices Group Facilitator Training
@ Holyoke Community College,
303 Homestead Ave, Holyoke, MA**

**Tuesday, April 18th through Thursday, April 20th
with Caroline White and Marty Hodge**

Learn the history and foundation of the Hearing Voices approach, as well as the fundamental components and pieces involved in facilitating an effective Hearing Voices group!

Application required and available by mid-December

To receive an application, visit our website, or email info@westernmassrlc.org.

Healing is Possible



Soul Centered Healing
for emotional and mental health

Tuesday Nights
6:00-7:00 PM
Beginning 11/29/16

Facilitated by Diana Bella of Doors of Light Studio, whose work draws on her personal journey of spiritual healing and learning with Julie of Light Omega, her experience as a trauma counselor, and practice as a transformational kinesiologist based on the Ageless Wisdom tradition.

Held at Wellspring, 104 Russell St. Hadley MA
Please RSVP at 413.687.7748 or insacredlife@yahoo.com

Join our ongoing group at any time, where we will help each other deepen our qualities of sacred awareness and relationship to our higher selves (the soul). Through conversation, prayer and mindfulness practices, discover a greater capacity to live with more harmony, purpose and joy, and to transmute the interfering energies that take us away from wholeness.

By donation

PLEASE NOTE: This offering is a community offering, and not sponsored directly by the RLC.

PEER NETWORKING CORNER

This corner is especially for anyone who works in a (paid or volunteer) peer role or is interested in doing so! This page will be a regular feature in each newsletter, and we welcome submissions to be included. Please e-mail info@westernmassrlc.org by the 10th of each month, if you'd like submit something!

SAVE THE DATE

The Western Mass Peer Network will be hosting their next banquet to celebrate peer roles in Western Mass on Friday, May 12, 2017.

Stay tuned for more, including an opportunity to nominate someone you know for an award!

Peer Networking Meeting

Peer Networking meetings are generally held the last Thursday of each month at the RLC's Holyoke Center, 187 High Street, suite 303 from 12:30 to 3:00pm.

The next meeting will be Thursday, December 29.

CPS Trainings

The next Massachusetts Certified Peer Specialist Training will be held on the Cape in a special two-week format as follows:

**January 17th to 20th, 2017
& February 13th to 17th, 2017**

For questions or to get an application, e-mail: cps@transformation-center.org

Peer Networking Awards are Coming!

In December, we will begin to seek nominations for a variety of awards geared toward the recognition of people working in peer roles in Western Massachusetts, as well as some of their allies and supporters.

Award categories will include 'Change Agent,' 'Innovation,' 'Volunteerism,' and more. Nomination forms should be available soon, so keep an eye out!

Announcing Peer Networking Banquet Keynote: **Darby Penney**

We are excited to announce that this year's Peer Networking Banquet will feature a keynote talk from Darby Penney. Among so many other strengths and accomplishments, Darby is the co-author of the 2012 technical assistance document, 'Engaging Women in Trauma-Informed Peer Support.' She is also co-author of the 'The Lives They Left Behind: Suitcases from a State Hospital Attic.' We're really excited to have her join us!



First Night Northampton

Join us to ring in the New Year in
at First Night Northampton 2017!

Free buttons available
(good to get in to see the shows and many other
festivities, but please bring some spending cash for food,
if you'd like!)

Limited space and travel assistance available.

**Contact 413.539.5941 x 301 or
info@westernmassrlc.org with questions or to sign up!**

*Visit www.firstnightnorthampton.org for more details
about the day's events and other offerings*



First Night
Northampton 2017

Holyoke Center Elevator

What's going on with the elevator in the
building where the RLC's Holyoke Center
is located has become a very long-running
joke!

We have received dates many times for the
start date of repairs (to include the
complete replacement of the elevator unit
itself), then we've passed the dates along to
you only to have nothing happen!

The truth is, we just don't know when the
elevator repairs are going to happen, but
once they start we do expect the elevator to
not be available for about two weeks.

In the meantime, unfortunately, there are
times here and there when it is down for
smaller service jobs. Although we're not
sure we'll be able to get an accurate start
date in the calendar, we will post on Face-
book once it has begun!

You can also always call ahead to make
sure it's running at 413.539.5941

AMAZON SMILE: Do You Order on Amazon.com?

**Did you know that you can help raise funds for the RLC simply by
[going to smile.amazon.com](http://smile.amazon.com) instead?**

Smile.amazon.com offers all the *same items* at the *same prices*, but .5% of your total
purchase price is donated to your selected non-profit!!

If this is your first time going to smile.amazon.com you'll need to select your
non-profit. To select the RLC, enter 'Western Massachusetts Training
Consortium' (our umbrella organization), and then you're good to go.

Each time you return (as long as you go to smile.amazon.com and NOT
amazon.com), .5% of your purchase price will automatically be
donated in support of the RLC community! **It's that easy!**



FOR THE FIRST TIME IN THE UNITED STATES!



The International Hearing Voices Community
is coming to US Shores!

9th Annual World Hearing Voices Congress

August 16–18, 2017

Boston University, Boston, Massachusetts, USA

All are welcome with special invitation
extended to fellow voice hearers.

**The Hearing Voices Movement will be celebrating its 30th Anniversary on US soil!
Be sure to mark your calendars! Be a part of history!**

Topics range from groups, personal testimony, and voice dialogue, to research, artistic endeavor and more!

The Hearing Voices Movement is comprised of over 30 national networks from around the world joined by shared goals and values, including a fundamental belief that hearing voices, seeing visions and related phenomena are meaningful experiences that can be understood in many ways; hearing voices is not, in itself, an indication of illness.

Stay tuned for more information by subscribing to our newsletter at
www.hearingvoicesusa.org

Interested in sponsoring or underwriting this event?
Email: 2017Congress@hearingvoicesusa.org



Ask
Afiya



To learn more about Afiya visit:

www.afiyahouse.org or call 413.570.2990

To submit a question e-mail afiya@westernmassrlc.org

Who is the Afiya Team (now)?

Afiya is a peer respite house where people can come and stay for 1-7 nights when they are having a hard time. Here's a little bit of info about those of us who work permanent shifts at Afiya these days, from A to Z!

Andy has been with Afiya from the start, and is a rabid science fiction fan who regularly asks his cat for advice. He also lives a double-life as a rock star (Micah added this fact, he does not self-identify as a rock star as far as Micah knows).

Elliot loves hanging out with their dog Bam Bam. They are looking forward to their first New England winter with some trepidation, having moved here from the southeast.

Kim has been hanging around Afiya since early 2014. She loves science and nature, and is kept company at home by a total of 4 dogs, 3 horses, 2 goats, 2 frogs, 2 geckos, and a partridge in a pear tree.

Micah has been the director of Afiya since the beginning of 2016. His favorite topics of conversation are the natural beauty of Western Mass, the storytelling possibilities of comics and graphic novels, and the wonders of space. He is also a proud Hufflepuff.

Natan loves working at Afiya as well as with the RLC's Greenfield community. They are a huge Steven Universe fan, and enjoy taking walks at all hours, especially where they live in Turners Falls.

Rachel has just been welcomed onto Afiya's permanent team after working nearly a year as per diem. She likes to hum show tunes, play catch with small objects, stretch on the floor, and wear pajamas.

Twan likes to play video games, and collects Generation 1 Transformers. He has 2 children, and likes to go to the symphony and theater.

Wyatt has been a part of the Afiya team since we opened in 2012. If he were at Hogwarts he would be in Slytherin house, he would live in Rivendell in Middle Earth, and if he were on Star Trek he would be a Bajoran.

Yiriam is our most recent addition to the Afiya team. She is a cat lover, and she loves to laugh!

Zoe has been involved with the RLC since 2014. She spends her free time making art from recycled objects and catering to a spoiled pug.

We also have a rocking per diem team who fills in when someone can't work their shift. They are no less valuable or appreciated, but you'll have to get to know them in person at the house or over the phone when you call, since there were too many of them to list in this space!

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 if you know of an event that should be added for next month's calendar!

What: Spoken Word Night (hosted by Women of Color Leadership Network)

When: Tuesday, December 6th, 7-9pm

Where: New Africa House Room #203, 180 Infirmary Way, UMass, Amherst

More info: Join WOCLN and Student Bridges for an evening of spoken word performances. All are invited to perform original spoken word or poetry pieces or read from the works of your favorite artists/authors in relation to power, liberation, oppression, cultural and social identities, resistance, solidarity, and other social justice related topics. Refreshments will be served. Free, open to all, and wheelchair accessible.

For details: If you're interested in performing, please email wocln@umass.edu.

What: Karaoke

When: Every 3rd Friday, 8pm - 10:30 pm

Where: 68 Federal St, Greenfield

Cost: Free

More info: www.recoverproject.org
(alcohol-free venue)

What: Pittsfield Holiday Shindy 2016

When: Saturday, Dec. 10th, 10am - 6pm

Sunday, Dec. 11th, 11am - 4pm

Where: Shire City Sanctuary, 40 Melville St.

Cost: \$3 general public, kids under 12 free

More info: The 10th annual celebration of crafting in the Berkshires. Music, shopping from many local crafters and artists, gift wrapping by the 4H Club (benefitting the Elizabeth Freeman Center).

For details: <http://holidayshindy.com/>, or call (413) 236-9600

What: LGBTQ+ Self Defense Class

When: December 10th & 17th

Where: Valley Women's Martial Arts, 1 Cottage Street, Easthampton

Cost: Sliding scale

More info: Come learn essential self-defense skills in the company of our local LGBTQ community. This class is open to folks of all abilities who self-identify as LGBTQ and are ages 14+. Both the space and class content are open to all physical abilities and levels.

For details:

<https://www.eventbrite.com/e/lgbtq-self-defense-class-1210-tickets-29360226227> (apply for free tickets on the page)

Standing Rock Water Protectors Benefit - Saturday, December 10th, 5pm - 8pm.

at The United Congregational Church, 395 High Street, Holyoke

In observance of Human Rights Day, Nuestras Raices and the United Congregational Church of Holyoke will host a benefit dinner and lecture about the Standing Rock Water Protectors and how to support their cause. Jennifer Weston, a researcher, writer, and producer from the Standing Rock Sioux Reservation in the Dakotas will host. More event details will follow; check <https://www.facebook.com/events/1157991350903566/>.

Other Places to Look for Ways to Connect!

Hilltown Event Recommendations: www.hilltownfamilies.org/

Sober Events in Western Mass: www.westernmassaa.org/Non-AA_Events_Links.html

Events in the Pioneer Valley: www.pioneervalley.org

Events in and around the Berkshires: berkshires.org/events/

Events in and around Franklin County: www.franklincc.org/

Events in and around Hampden County: www.masslive.com/events/

Massachusetts Festivals: www.festivals4fun.com/massachusetts-festivals-and-events/

Holyoke Area

Hampden County • December 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.</i></p> <p><i>Please avoid wearing scents to any RLC events or spaces.</i></p>			<p>1</p> <p>Center Open 12-4p</p> <p>Winding Road Peer Support Group 1-2p</p> <p>Spiritual Explorations Group 2:30-3:30p</p>	<p>2</p> <p>Center Closed</p>
<p>5</p> <p>Center Open 12-4p</p> <p>GCOW 1-2:30p</p> <p>Peer Support Group 2-3p</p> <p>**New Time**</p>	<p>6</p> <p>Center Open 12-4p</p> <p>Reiki 1-2:30p</p> <p>Art Group 2p-3p</p> <p>Hearing Voices Group 4:30-6p</p>	<p>7</p> <p>Center Open 1-4p</p> <p>Community Action Meeting 12-1p</p> <p>Spanish Speaking Open Hours 1-4p</p>	<p>8</p> <p>Center Open 12-4p</p> <p>Winding Road Peer Support Group 1-2p</p> <p>Sexual Trauma Mutual Support Group 2:30-3:30p</p>	<p>9</p> <p>Center Closed</p>
<p>12</p> <p>Center Open 12-4p</p> <p>Peer Support Group 2-3p</p> <p>**New Time**</p>	<p>13</p> <p>Center Open 12-4p</p> <p>Reiki 1-2:30p</p> <p>Art Group 2p-3p</p> <p>Hearing Voices Group 4:30-6p</p>	<p>14</p> <p>Center Open 12-4p</p> <p>Spanish Speaking Open Hours 12-4p</p> <p>Music Jam 4:30 - 6:30p</p>	<p>15</p> <p>Center Open 12-4p</p> <p>Community Holiday Meal! 1-4p</p>	<p>16</p> <p>Center Closed</p>
<p>19</p> <p>Center Open 12-4p</p> <p>Peer Support Group 2-3p</p> <p>**New Time**</p>	<p>20</p> <p>Center Open 12-4p</p> <p>Reiki 1-2:30p</p> <p>Art Group 2p-3p</p> <p>Hearing Voices Group 4:30-6p</p>	<p>21</p> <p>Center Open 12-4p</p> <p>Spanish Speaking Open Hours 12-4p</p>	<p>22</p> <p>Center Open 12-4p</p> <p>Winding Road Peer Support Group 1-2p</p> <p>Sexual Trauma Mutual Support Group 2:30-3:30p</p>	<p>23</p> <p>Center Closed</p>
<p>26</p> <p>Center Open 12-4p</p> <p>Peer Support Group 2-3p</p> <p>**New Time**</p>	<p>27</p> <p>Center Open 12-4p</p> <p>Reiki 1-2:30p</p> <p>Art Group 2p-3p</p> <p>Hearing Voices Group 4:30-6p</p>	<p>28</p> <p>Center Open 12-4p</p> <p>Spanish Speaking Open Hours 12-4p</p>	<p>29</p> <p>Center Open 12-4p</p> <p>Winding Road Peer Support Group 1-2p</p>	<p>30</p> <p>Center Closed</p>

HOLYOKE AREA / Hampden County • December 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.

Art Group: Tuesdays 2-3pm. Come join us for collaborative and/or individual art projects.

Community Action Meeting: Wednesday (12/7), 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.

Community Holiday Meal: Thursday 12/15 1-4pm. Come celebrate our community and the holiday season by sharing a meal together. We will be providing some food and desserts. Bring a dish to share if you are able and inspired. Please contact us if you are interested in cooking but cannot afford ingredients.

Guiding Council of Western Massachusetts (GCOW): 1st Monday (12/5) 1-2:30pm.

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

Hearing Voices Group: Tuesdays, 4:30-6pm. 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.

Music Jam: 2nd Wednesday (12/14), 4:30-6:30pm. Come join us for this musical gathering. Bring your voice, musical instrument and/or song requests!

Peer Support Group: Mondays, 2-3p We're back at a new time! 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!

Reiki: Tuesdays, 1-2:30pm. Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. It is administered by the Reiki practitioner placing their hands on your shoulders and above, while you relax in a chair. Join us every Tuesday between 1:00 and 2:30pm for a ten minute Reiki session. If you have any questions, please call Jasmine @ 413-693-8188.

Sexual Trauma Mutual Support Group: 2nd & 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: *NEW TIME* Wednesdays, 12-4p. Come connect with our Spanish-speaking advocate and help build our community anytime during our open hours on Wednesdays!

Spiritual Explorations Group: 1st and 3rd Thursdays, 2:30-3:30pm. (No Group 12/15 for Holiday Meal)

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.

Winding Road Peer Support Group: Thursdays, 1:00-2:00pm. (No Group 12/15 for Holiday Meal) 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.

Springfield Area

Hampden County • December 2016

Come See Us At Our New Location!
235 Chestnut Street in Springfield

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. Please avoid wearing scents to any RLC events or spaces.</i></p>		<p>1 Open Hours 9a-2p Wellness Center Open Hours 9a-2p</p> <p>Community Meeting 11a</p>	<p>2 Open Hours 9a-2p Wellness Center Open Hours 9a-2p</p> <p>Alternatives To Suicide 2:30-4p</p>	<p>3 Open Hours 11a-3p</p>
<p>6 Open Hours 9a-2p Wellness Center Open Hours 9a-2p Yoga 10:30a-12p</p>	<p>7 Center Closed</p> <p>Workout Madness 4-6pm</p>	<p>8 Open Hours 9a-2p Wellness Center Open Hours 9a-2p</p>	<p>9 Open Hours 9a-2p Wellness Center Open Hours 9a-2p</p> <p>Alternatives To Suicide 2:30-4p</p>	<p>10 Open Hours 11a-3p</p>
<p>13 Open Hours 9a-2p Wellness Center Open Hours 9a-2p Yoga 10:30a-12p</p>	<p>14 Center Closed</p> <p>Workout Madness 4-6pm</p>	<p>15 Open Hours 9a-2p Wellness Center Open Hours 9a-2p</p>	<p>16 Open Hours 9a-2p Wellness Center Open Hours 9a-2p</p> <p>Alternatives To Suicide 2:30-4p</p>	<p>17 Open Hours 11a-3p</p>
<p>20 Open Hours 9a-2p Wellness Center Open Hours 9a-2p Yoga 10:30a-12p</p>	<p>21 Center Closed</p> <p>Workout Madness 4-6pm</p>	<p>22 Open Hours 9a-2p Wellness Center Open Hours 9a-2p</p>	<p>23 Open Hours 9a-2p Wellness Center Open Hours 9a-2p</p> <p>Alternatives To Suicide 2:30-4p</p>	<p>24 Open Hours 11a-3p</p>
<p>27 <i>Closed for Holiday</i></p>	<p>28 Center Closed</p> <p>Workout Madness 4-6pm</p>	<p>29 Open Hours 9a-2p Wellness Center Open Hours 9a-2p</p>	<p>30 Open Hours 9a-2p Wellness Center Open Hours 9a-2p</p> <p>Alternatives To Suicide 2:30-4p</p>	<p>31 Center Closed</p> <p><i>First Night in Northampton</i></p>

SPRINGFIELD AREA / Hampden County • December 2016

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

235 Chestnut St, Springfield, MA 01105. Check in the calendar below and on our website for more info.

Please call (413) 539-5941 for more information.

Hablamos inglés y español!

Come See Us At Our New Location!
235 Chestnut Street in Springfield

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

Closed during Yoga. 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.

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! To join contact Earl @ 413-539-8603.

Yoga: Tuesdays 10:30a-12pm. Join Erin in November for an introductory yoga session and learn about the new format we will be using in our new space.

Wellness Center: The space is in a bit of a flux as we replace and fix old equipment but if you are willing, the actual gym is open during all open hours, aside from when Yoga is happening.

Greenfield Area

Franklin County ● December 2016

74 Federal Street - (413) 772-0715

*RPX: Studio behind the Greenfield center (side entrance)
1 Osgood Street, down the hall

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Due to air quality issues the Greenfield Center is not available. Groups will continue to meet at temporary locations - see below for details!</p> <p><i>Text/Call Natan with schedule questions: 413-687-7042</i></p> <p><i>Or join us on Facebook: http://facebook.com/groups/rlcgreenfield</i></p>			<p>1</p> <p>Acupuncture 12-1p (RPX)</p> <p>Vet to Vet 3-4:30p (RPX)</p>	<p>2</p> <p>Kickboxing 3pm (RPX)</p>
<p>5</p> <p>Open Hours 2:30-5:30 Salasin Center **</p> <p>Young Adult Hearing Voices (CA Youth Programs 154 Federal St) 4:30-6:00p</p> <p>Yoga* (RPX) 5:30-6:30p</p>	<p>6</p> <p>Mindfulness Circle (RPX) 1-2:30p</p> <p>Alternatives to Suicide Support Group (Salasin Center **) 5:30-7p</p> <p>Journey Dance* (RPX) 5-6:30p</p>	<p>7</p> <p>Hearing Voices (CA Family Center, 90 Federal St) 4-5:30p</p> <p>Mindfulness Conversation and Practice 6:15-7:30p (CA Family Center 90 Federal St.)</p>	<p>8</p> <p>Acupuncture 12-1p (RPX)</p> <p>Vet to Vet 3-4:30p (RPX)</p>	<p>9</p> <p>Kickboxing 3pm (RPX)</p>
<p>12</p> <p>Open Hours 2:30-5:30 (Salasin Center **)</p> <p>Yoga* (RPX) 5:30-6:30p</p>	<p>13</p> <p>Mindfulness Circle (RPX) 1-2:30p</p> <p>Alternatives to Suicide Support Group (Salasin Center **) 5:30-7p</p> <p>Journey Dance* (RPX) 5-6:30p</p>	<p>14</p> <p>Hearing Voices (CA Family Center, 90 Federal St) 4-5:30p</p> <p>Mindfulness Conversation and Practice 6:15-7:30p (CA Family Center 90 Federal St.)</p>	<p>15</p> <p>Acupuncture 12-1p (RPX)</p> <p>Vet to Vet 3-4:30p (RPX)</p>	<p>16</p> <p>Kickboxing 3pm (RPX)</p>
<p>19</p> <p>Open Hours 2:30-5:30 (Salasin Center **)</p> <p>Young Adult Hearing Voices (CA Youth Programs 154 Federal St) 4:30-6:00p</p> <p>Yoga* (RPX) 5:30-6:30p</p>	<p>20</p> <p>Mindfulness Circle (RPX) 1-2:30p</p> <p>Alternatives to Suicide Support Group (Salasin Center **) 5:30-7p</p> <p>Journey Dance* (RPX) 5-6:30p</p>	<p>21</p> <p>Hearing Voices (CA Family Center, 90 Federal St) 4-5:30p</p> <p>Mindfulness Conversation and Practice 6:15-7:30p (CA Family Center 90 Federal St.)</p>	<p>22</p> <p>Acupuncture 12-1p (RPX)</p> <p>Vet to Vet 3-4:30p (RPX)</p>	<p>23</p> <p>*Community Forum* (Location TBA) 12:30-2:00</p> <p>Kickboxing 3pm (RPX)</p>
<p>26</p> <p>CLOSED FOR HOLIDAY</p>	<p>27</p> <p>Mindfulness Circle (RPX) 1-2:30p</p> <p>Alternatives to Suicide Support Group (Salasin Center **) 5:30-7p</p> <p>Journey Dance* (RPX) 5-6:30p</p>	<p>28</p> <p>Hearing Voices (CA Family Center, 90 Federal St) 4-5:30p</p> <p>Mindfulness Conversation and Practice 6:15-7:30p (CA Family Center 90 Federal St.)</p>	<p>29</p> <p>Acupuncture 12-1p (RPX)</p> <p>Vet to Vet 3-4:30p (RPX)</p>	<p>30</p> <p>Kickboxing 3pm (RPX)</p> <p>Potluck and Movie Night!!!</p>

GREENFIELD AREA / Franklin County • December 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.

RPX: Studio behind the Greenfield center (use side entrance)

1 Osgood Street, down the hall

Salasin Center: 474 Main Street, Greenfield

CA Family Center: 90 Federal Street, Greenfield

Greenfield Center Open Hours: Mondays, 2:30-5:30, Salasin Center, 474 Main Street. Come by for peer support, chat and check out other available resources, or just share space with others. Check Facebook or with Natan @ 413-687-7042, natan@westernmassrlc.org.

Acupuncture: Thursdays, 12-1pm (RPX*). 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 (Salasin Center, 474 Main St.) 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 to best cope with difficult life circumstances, and talk about experiences of feeling suicidal without being judged.

Community Forum: Friday December 23rd, 12:30-2pm (Location TBA). Join the Greenfield Center Community to discuss upcoming happenings as well as issues and changes in the community. All community members encouraged to attend!

Hearing Voices Group: Wednesdays, 4pm-5:30pm (RPX*). 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 contact Natan: 413-687-7042 or Cindi: cindi.O_O@comcast.net.

Journey Dance: Tuesdays, 5-6:30pm, RPX*. Intentional movement practice led by Lorena from the Salasin Project.

Kickboxing with Estelle: Fridays, 3pm-4pm in the RPX*. Fun cardio for all bodies and fitness levels.

Mindfulness Circle: Tuesdays, 1:00-2:30pm (RPX*). 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: Wed, 6:15-7:30pm. (Meet at center, walk to alternate location TBA). 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 and Movie Night: Friday December 30th, 5:30-8:30 (RPX*). Dinner and a movie with the RLC! All are welcome even if you cannot bring food. Film decided by mid-month. Be in touch to find out what’s playing: natan@westernmassrlc.org

Vet to Vet - A Community of Support: Thursdays, 3:00-4:30pm (RPX*). 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.

Yoga: Mondays, 5:30-6:30 in the RPX*: Coop Yoga series, in collaboration with the Franklin Community Cooperative and Green River Yoga. FREE!

Young Adult Hearing Voices Group: First and third Mondays, 4:30-6pm. (Meet at center, walk to location, TBA). *This group is centered around folks up to age 30. Contact Micah at micah@westernmassrlc.org or 413-437-4776 for more information.* 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.

Northampton Area

Hampshire County • December 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>			1	2
5 Hearing Voices, 3:30pm Alternatives to Suicide Group 6:30 – 8pm Yoga 6 – 7 pm (First Church)	6	7	8	9
12 Hearing Voices, 3:30pm Alternatives to Suicide Group 6:30 – 8pm Yoga 6 – 7 pm (First Church)	13	14	15	16
19 Hearing Voices, 3:30pm Alternatives to Suicide Group 6:30 – 8pm Yoga 6 – 7 pm (First Church)	20	21	22	23
26 Hearing Voices, 3:30pm Alternatives to Suicide Group 6:30 – 8pm Yoga 6 – 7 pm (First Church)	27	28	29	30

NORTHAMPTON AREA / Hampshire County • December 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. Items are listed alphabetically.

Daylight Savings Time will be ending on Sunday, November 6th. Be sure to set your clocks back by one hour, and check meeting times for all groups!

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

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.

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 kashflokata@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. Visit 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.

ADDITIONAL PEER COMMUNITY RESOURCES

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

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 - 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 12:30pm - 1:30pm, and Fridays 12:30pm - 1:30pm, @ 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.

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.

ADDITIONAL PEER COMMUNITY RESOURCES

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

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 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.

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.

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!

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.

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. 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!

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 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!