



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.

JANUARY 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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Greenfield Fundraising Update

As of the time of this writing (12/19), our fundraiser to save the RLC’s Greenfield Center has earned \$14,342!!!

That’s just \$5,658 shy of our total goal.

We are so excited to have come this far, and want to send a huge thank you out to everyone who has given of their time, energy, and funds to get us this far!

Meanwhile, for anyone who is reading this before it’s officially turned January 1, 2016, we still have a handful of days left!

Even more exciting, we currently have a challenge grant running as offered by Ronna Keil, our good friend and neighbor in Connecticut.

The challenge grant will match the gift of anyone donating to your fundraising page who lives *outside of Massachusetts*.

That’s right. If you live outside of Massachusetts, and you make a donation, Ronna will match it up to a total of \$1000.

We’ve already raised \$550 toward that challenge from people in a variety of locales including Connecticut, Nevada, New Mexico, New York, California, and even England! But we don’t want to miss out on raising that last \$450.

If you know of anyone living outside of Massachusetts who you think would be interested in supporting our work, please encourage them to check out our fundraising page and considering giving!

www.youcaring.com/savetherlcsgreenfieldcenter

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

Video Relay Phone*
413.650.1408

**Answered by Val.*

FEEDBACK SURVEY : FOCUS GROUP

Date: January 12

Time: 3:00-4:30

Location: RLC’s Greenfield Center, 74 Federal Street

Facilitators: Caroline (MSW student at Smith) & Natan (RLC’s Greenfield Community Coordinator)

Join me (Caroline) in a conversation that will help me design a survey for people living in ServiceNet housing. This conversation will provide a chance for you to use your experience as a base to brainstorm what questions might be really helpful to have on a survey. It is also a chance to share and reflect about your experience, as well as what might help others to share their experience too. The conversation will contribute to making a survey that will be an opportunity for people in ServiceNet to give feedback about the ServiceNet system. The RLC will be offering \$20 supermarket gift cards in appreciation for your help with this project to the first 10 people to sign up! Please email Cwevans@smith.edu if interested.

An event from the broader community...

Our Stories of White Privilege, Then & Now

*With Sister Clare Carter, Natan Cohen, Bob Cooley, Ya-Ping Douglas,
George Esworthy, Teegrey Iannuzzi, & Brenda Ross*

With time for questions and discussion

**Saturday, January 9, 2016, 10am to 12pm
Doors open at 9:30am**

@ the First Congregational Church, 43 Silver Street, Greenfield, MA

FREE—Donations Welcome

**For childcare, RSVP with number & ages of children by January 2
email@massslaveryapology.org or 413.625.2951**

**Cancellations due to weather will be announced by 7am on our website &
Facebook page and on WHAI, 98.3 FM.**

Join us for a lunch of home-cooked New Orleans-style food following the program!

RSVP BY 1/2/16. By donation—suggested donation \$5-25

*This event is sponsored by Racial Justice Rising—Mass Slavery Apology
www.massslaveryapology.org email@massslaveryapology.org*

*Made possible in part by grants from the Amherst, Bernardston, Buckland, Deerfield, Gill, Leverett, Montague,
Northfield, Orange, Shelburne, and Warwick Cultural Councils. This training is NOT sponsored by the RLC.*

Changes in Greenfield for the New Year:

Things are changing around a bit in Greenfield on Mondays and Wednesdays.

First, open hours for the center have changed slightly to 12:30 to 3:30pm.

Additionally, the Hearing Voices group has moved from Wednesday mornings to afternoons from 4pm to 5:30pm.

Be sure to check out the Greenfield calendar for all the details!!!!

RLC Deaf Community Updates & Supports

Several changes are taking place for deaf community supports.

We will not have regular drop in hours at the Holyoke Center (though hearing or deaf individuals are ALWAYS welcome for any open hours!)

Instead, we will offer:

Coffee Chat & Walking Group: Tuesdays (NEW DAY), 1pm, meeting at the Starbucks (3rd floor) at the Holyoke Mall. Join Val and others to chat, have coffee, and get some exercise.

Deaf Forum: Last Wednesday of every month, 3pm to 5pm (NEW TIME!) at the RLC's Holyoke Center, 187 High Street, Suite 303. Join Val and others in the community for good conversation and community building.

Individual Support & Advocacy: Val will not be available at the Holyoke Center for set hours, but will have time available to offer individual support by request. Contact her by videophone at 413.650.5379.

Interpreters by Request: Want to join us for a group or event? We will always request American Sign Language and/or Certified Deaf Interpreters if we know someone who is deaf or hard-of-hearing wants to attend. Please just let us know with as much notice as possible!

Get Involved in 2016

There are several opportunities to get involved in shaping the RLC community in 2016, including:

Guiding Council of Western Mass (GCOW): First Monday of each month (unless otherwise noted in the calendar), 10-11:30am at the RLC's Holyoke Center, 187 High Street, Suite 303. This is the advisory board for the whole Western Mass RLC!

Community Meetings:

Springfield: 1st Thursday (1/7) 11am @ Bowen Center, 340 Main Street. Offer leadership, be creative, and share your knowledge focusing on community, ideas, concerns and growth. This meeting will be followed with Pizza!

Pittsfield: 2nd Monday (1/11) 12:30-1:30pm. Offer leadership, be creative, and share your knowledge focusing on community, ideas, concerns and growth. This meeting will be followed by pizza!

Holyoke: 2nd Wednesday (1/13), 12-1pm @ the Holyoke Center, 187 High Street, Suite 303. This Meeting will focus on community ideas, concerns, & growth. We often talk about planning events, ideas for new groups, volunteering, etc. Pizza will be served at the end of the meeting.

Greenfield: 4th Monday (1/25), 1-2:30pm @ the Greenfield Center, 74 Federal St. 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 difficulties or challenges, as well as ideas for the future. We will have pizza and salad.

Storytellers Series

"*Broken Promises, Shattered Lives: The Truth About Problem Gambling*" is a short film that addresses the significant psychological and social impacts of gambling through the narratives of three individuals whose lives were profoundly affected by what they identify as problem addiction.

The film also explores messages of hope and recovery from the devastation problem gambling can cause - an increasingly relevant issue to Springfield MA as we approach the opening of MGM Casino in downtown. Join us for the free screening and discussion with Director Adam Chambers and contributors to the film.



**Friday, January 15th
2-4 PM**

**Bowen Resource Center
340 Main Street
Springfield MA**

Looking for updates on the Murphy Bill in the New Year?

Be sure to stay up-to-date by visiting www.realmhchange.org every week!



YOGA IN GREENFIELD

NEW TIME: Mondays, 5:30-6:30 @ 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!



Remembering Our Songs:

**Mondays 4:30–6:00pm @
RLC's Greenfield Center, 74 Federal Street**

This circle is a space for those of us with lived knowledge of the psychiatric system to talk about our experiences during hospitalizations and/or inpatient treatment, and build a grassroots network of individuals who are organized to humanize relationships throughout the system. Through speaking out and listening to others, we will end our isolation as witnesses behind locked doors, and take concrete steps to move our insights from the margins to the center of structural change - to create dynamics that affirm life.

Pittsfield Center Hours Changing:

Please note that our Wednesday hours will be shifting to 12pm to 3pm beginning in December! This shift is an effort to increase access and meet community expressed needs and wants.

Please let us know if you have any feedback on access, hours, or days of any of our supports and resources!

Addiction support groups

Addiction issues and struggles with substance abuse are huge in our community right now. If you're someone who's struggling and looking for support, check out one of these options:

Addiction & Recovery Collective: Wednesdays 11a-12p @ the RLC's Pittsfield Center, 152 North Street, Suite 230. 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.

Winding Road Support Group: Thursdays, 1p-2p @ the RLC's Holyoke Center, 187 High Street, Suite 303. 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.

In Springfield, although we do not currently offer RLC-sponsored groups specifically related to addiction and substance use, there are both Narcotics Anonymous and Adult Children of Alcoholics groups held in our Bowen Center space in the wellness center at 340 Main Street at 6pm (ACA) and 7:30pm (NA) on Fridays.

In Greenfield, be sure to check out the RECOVER Project at 74 Federal Street (just a few doors down from the RLC's Greenfield Center). RECOVER Project is a peer-to-peer community focused on addiction issues and offers a number of related supports including a Dual Recovery meeting on Tuesdays and Thursdays at 10am.

Want to get trained to use Narcan? Narcan is a potentially life-saving drug that can help stop a narcotics overdose from becoming fatal. Anyone can be trained to use Narcan through a simple, short training. In our area, Tapestry Health offers this training for free. Call them at 413.586.2016 to learn where you can go for this training and a free dose of Narcan to carry with you. Help be a part of saving someone's life!



Massachusetts Certified Peer Specialist Training

Applications are currently available for the next Massachusetts Certified Peer Specialist training class.

This class will be held beginning Friday, March 11 and ending Friday, April 29 at the Brocktonian Room @ Stonehill College in Easton, MA * (plus a three-day retreat at a location to be announced)

The class is 10 days in total (including the three-day retreat). It is free of cost (including food and lodging at the retreat), but students are responsible for their own transportation to and from class.

Applications and an interview are required. The deadline to request an interview is January 10th, 2016. Interviews will be held between January 4th and 17th. (Written applications are due and submitted at the interview.)

For an application, visit <http://transformation-center.org/home/training/certified-peer-specialists/>

To request an interview, e-mail cps@transformation-center.org

**At present, there are no CPS trainings scheduled for Western Massachusetts. Applications for Western Mass applicants are accepted to this training. At present, this is the only training approved to certify Peer Specialists in Massachusetts. It is run by the Transformation Center.*

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 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!**



Per-diem advocates, Western Mass RLC: The Western Mass RLC is currently accepting applications for individuals interested in working in a per diem (as needed) capacity to support our centers in Holyoke and Springfield. Responsibilities may include facilitating groups, holding space and offering mutual support, sharing resource information, and so on.

No prior peer-to-peer support experience required, although some exposure to relevant values, approaches, and/or training is very useful. Personal experience with trauma, psychiatric diagnosis, and/or use of mental health services is required.

Please submit cover letter and resume to info@westernmassrlc.org. Please apply by Friday, January 15th, 2016.



On-line Group Facilitators, Support Group Central:

We are looking for part-time peer support specialists to facilitate online meetings. Our web conference-based group meetings are 90-minutes in length and are for people who are recovering from mental health issues. The meetings are structured with both educational content and sharing / support segments. Meeting materials and training are provided.

Group facilitation experience, strong computer skills and personal experience with mental health recovery are required. Must also have computer with high speed internet connection, webcam, VOIP capability and separate telephone line with a speakerphone or headphone. Must be a Certified Peer Support Specialist or equivalent. Background in social sciences is helpful as is a college degree.

Learn more about us at www.supportgroupscentral.com. Support Groups Central is a division of [Peer Support Solutions](#).

Please send resume with cover email to: jobs@peersupportsolutions.com - no phone calls



Peer recovery Advocate, Clinical & Support Options:

Part-time 20 hours/week (potential for full-time if willing to combine work at other sites). Provide information, resources, advocacy and related services to support individuals through the crisis evaluation and stabilization. Offer hope and role modeling of recovery by sharing personal recovery experiences in a thoughtful way as appropriate.

Experience receiving mental health services and willingness to share knowledge and experience of recovery essential.

See job ad for additional duties and requirements:

<https://home.eease.adp.com/recruit2/?id=13233071&t=1>

Certified Peer Specialist, the Living Room: Full-time position offering peer support in person and by telephone to individuals and their families. Tends to basic needs, and share and model recovery-oriented philosophy, including education around coping skills. Knowledge of delivery systems, recovery-oriented model, etc. required.

Peer Specialist, Behavioral Health Network: Full-time position sharing wisdom gained through own recovery process and personal experiences navigating mental health and other systems. Provides support, resource information, advocacy, and related offerings to help others move forward in their own process. Facilitates mutual support and self-help groups. Must be committed to empowerment and growth, human rights, and community integration of individuals served.

Peer Support Specialist, Behavioral Health Network: Full-time position helping to orient individuals to program services, supports access to other services, facilitates participation in mutual support and self-help groups, etc. Ability to function as role model and competency in personal recovery and coping skills required.

For more responsibilities and requirements for these positions visit: <http://www.jobs.net/jobs/bhncinc/en-us/> and type 'peer specialist' in the 'job title or category' bar.

Please note: Inclusion of job postings should not be interpreted to mean that the RLC has in any way vetted jobs that are offered by other organizations. For additional peer support job listings in MA, check out www.transformation-center.org

New On-line Courses on Hearing Voices by Rachel Waddingham



Over the last year a number of people have asked whether I can begin to run online courses – especially for those who live outside of the UK or find it difficult to fit in full day courses into their busy lives. In response to this, I have developed a series of online courses that enable people to learn at their own pace and in the comfort of their own home.

A Fresh Approach to Taboo & Violent Voices:



This course includes the following four modules:

1. Taboo & Violence Voices: an introduction
2. Re-framing Taboo & Violent Voices
3. Finding a Safe Starting Point
4. Helping People Making Sense of Taboo & Violent Voices

A Fresh Approach to Living with Voices



This course includes the following four modules:

1. Hearing Voices: an introduction
2. Hearing Voices: a relational approach
3. Finding Ways of Coping with Difficult Voices
4. Changing our Relationship with Voices

Courses start on January 4, and are available at 25 pounds (about \$37.00) for higher wage earners and 15 pounds (about \$22.00) for individuals with smaller incomes.

Courses are intended particularly for people who are supporting others who hear voices and who feel comfortable thinking about issues related to this, including: peer supporters; group facilitators; mental health professionals; family members; probation/criminal justice workers.

For more details or to sign up: <http://www.behindthelabel.co.uk/training/online-training/>

Please note: This resource is NOT sponsored by the RLC.

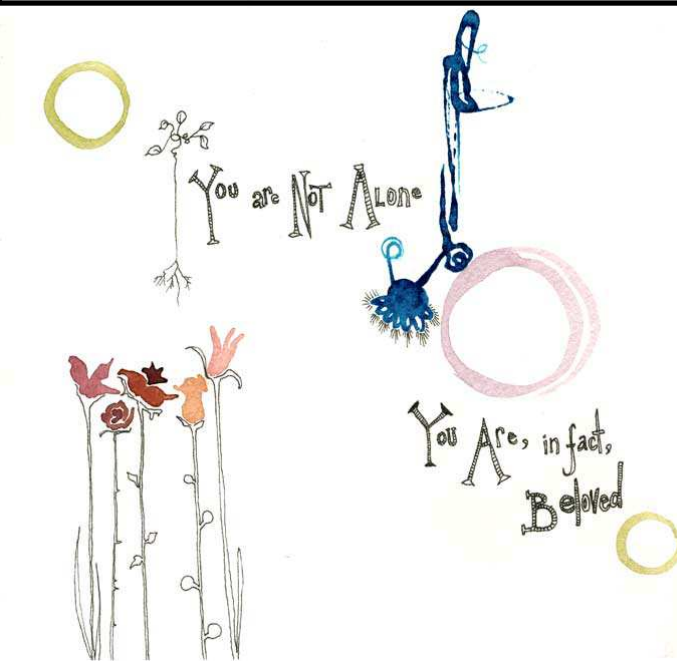
Cultivating Resilience: An Online Community Healing Group for Survivors and Other Miracles with Jacks McNamara

You are not alone. In this transformative healing group, you will join a community of powerful survivors who have been through the fire and are navigating the mystery on the other side. Through a combination of 8 weekly group video-calls, somatic practices, facilitated discussion, journaling, practice buddies, and optional one-on-one coaching, you will be supported in building more safety, connection, and resilience in your life.

- Is being in your own skin a struggle? Do you want to come home to your body?
- Are you anxious, exhausted, overwhelmed, or uncertain about how to heal as a survivor in a mad world? Do you want some company and guidance?
- Do you want to befriend your old survival strategies while stretching towards new practices that give you more choice and freedom in your life now?
- Do you imagine feeling safer, more powerful, resilient, and strong?
- Do you want to be part of a group facilitated by a politicized healer who is also a survivor, has been through this wild journey, and really gets it?

This 8 week program will teach you embodied techniques to work with triggers, navigate relationships, and become a compassionate witness to yourself and others. We'll look at trauma and stress through the lens of somatics and social justice, understanding ourselves as smart and adaptive people who have been navigating oppressive systems and personal distress the best we've known how – and we may also be ready to change. This program will bring you skills, insights, community, practice, accountability, and support. It will help you build up personal and collective resilience. You don't have to do this by yourself. **You are not alone.**

Dates: 8 Sunday afternoons, Jan 24 – March 20. 5pm – 7pm EST *No class on February 28.* Participants must commit to the entire 8 weeks. Enrollment limited to 10 people - sign up early!



Packages: Full Group Package: \$399 for 8 weekly sessions, access to private Cultivating Resilience Facebook group, handouts and materials. \$529 Extra Support Package includes all of the above, plus two discounted, 45 minute one-on-one coaching sessions with Jacks. \$199 Scholarship Package: I am currently working on fundraising so that I can offer 5 50% scholarship packages.

For more information or to sign up: <http://redrootshalingarts.weebly.com/cultivating-resilience-an-online-community-healing-group-for-survivors-and-other-miracles.html>

Who is Jacks: Jacks is a healer, teacher, artist and writer base din Santa Fe, New Mexico. They are also a co-founder of Icarus Project and the focus of the film 'Crooked Beauty.'

Please note: This resource is NOT sponsored by the RLC.

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

Are people staying at Afiya allowed to smoke? And what about electronic cigarettes? Can people smoke those inside the house?

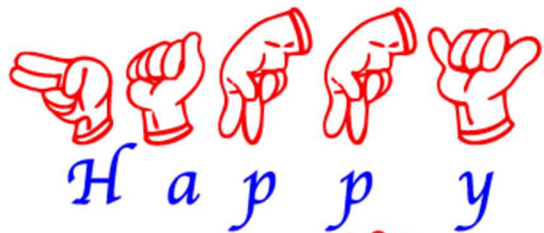
People who stay at Afiya are absolutely allowed to smoke cigarettes. We understand that to be a personal choice, and are not interested in interfering with people's ability to keep smoking while they stay with us. (Although, if you are wanting support to quit, we're more than happy to talk about that and help you look for resources, too!) However, it is absolutely essential that all smoking happens *outside*. Although we understand that this can be less than ideal during colder weather or when it's raining, it's important for the safety of the house and other people's health and comfort that smoking happens outside.

This is also true of electronic cigarettes. Although we understand that some spaces may allow for electronic cigarettes to be used inside, the jury is still out on the health risks involved with second hand smoke from the chemicals used in electronic cigarettes. Additionally, it can be hard for some individuals who are trying to quit smoking to be around others who are using electronic cigarettes indoors.

Thank you to everyone who has been a part of our community in any big or small way in 2015, from near or from afar, on occasion or every day.

Thank you to those of you who have taken the time to connect with someone else, or give of yourselves and your hard-earned wisdom. Even in times of conflict or imperfection, your presence has made a difference and had value.

Happy 2016!!!!



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: Free Workshop: Essential Herbs & Spices for Winter Wellness

When: Tuesday, January 26th, 6:30pm-8pm

Where: River Valley Coop, 330 N. King Street, Northampton

Cost: Free

More info: Join Hannah Jacobson-Hardy, holistic health coach and community herbalist, to learn simple ways to use herbs, spices, teas and mushrooms to support your body during the winter months. There will be brewing of tasty teas and syrups that strengthen the immune system, reduce inflammation in the body, and naturally fight unwanted bacteria. There will be taste tests, handouts and recipes!

For details: www.sweetbirchherbals.com

Please note: PREREGISTRATION IS REQUIRED.

To sign up, please call (413) 584-2665 or stop by stomer

What: Winter Farmers Market

When: Saturday, January 9th, 9am-1pm

Where: Boys' and Girls' Club Lighthouse Café, 16 Melville Street, Pittsfield

Cost: Free

More info: The second Saturday of every month during the winter, visit for pasture-raised meats, eggs, cheese, fruits, vegetables, breads, baked goods, coffee, wine, art, and more.

For details:

<http://farmersmarketpittsfield.org/>

What: www.meetup.com

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

Cost: Varies by group

More Info: There are an amazing variety of events in Massachusetts, Connecticut and elsewhere listed on Meetups.com. No matter where your interests lie, you can probably find something interesting: 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.

What: EarthSpirits Presents: A Feast of Lights

When: Noon Jan 29th- through Jan 31st at 4pm

Where: Hotel UMass, 1 Campus Center Way, Amherst

Cost: Varies, starting at \$40

More info: A Feast of Lights is weekend of warmth at the coldest time of the year - a festival of Earth spirituality and the arts, of community and hope, of tradition and creativity. Come to make music, listen, learn, dance, shop, laugh, reflect, and enjoy warm company.

For details:

Register & get tickets at tinyurl.com/joshe5q

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 • January 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. Please avoid wearing scents to any RLC events or spaces.</p>				<p>1 Center Closed</p>
<p>4 Center Open 12-4p Guiding Council of Western Mass (GCOW) 10-11:30 Peer Support Group 1-2pm</p>	<p>5 Center Open 12-4p Reiki 1-2:30p Coffee Chat & Walking Group 1pm Art Group 2:30-3:30p Hearing Voices Group 4:30-6p</p>	<p>6 Center Open 12-4p Acupuncture 5-6p **Later Time Than Usual**</p>	<p>7 Center Open 12-4p Winding Road Support Group 1-2p Holyoke Prayer Meeting 2:30-3:30p Sylvia Rivera Support Group 4:30-6pm</p>	<p>8 Center Closed</p>
<p>11 Center Open 12-4p Peer Support Group 1-2p</p>	<p>12 Center Open 12-4p Reiki 1-2:30p Coffee Chat & Walking Group 1pm Art Group 2:30-3:30p Hearing Voices Group 4:30-6p</p>	<p>13 Center Open 1-4p Community Action Meeting 12-1p Music Jam 4:30-6:30p</p>	<p>14 Center Open 12-4p Winding Road Support Group 1-2p Sexual Trauma Mutual Support Group 2:30p-3:30p Sylvia Rivera Support Group 4:30-6pm</p>	<p>15 Center Closed</p>
<p>18 **Center Closed** for Martin Luther King, Jr. Day</p>	<p>19 Center Open 12-4p **Gentle Yoga** 12:15-1:30pm Coffee Chat & Walking Group 1pm Reiki 1-2:30p Art Group 2:30-3:30p Hearing Voices Group 4:30-6p</p>	<p>20 Center Open 12-4p **Acupuncture happening at Bowen this week. See Springfield Calendar**</p>	<p>21 Center Open 12-4p Winding Road Support Group 1-2p Holyoke Prayer Meeting 2:30-3:30p Sylvia Rivera Support Group 4:30-6pm</p>	<p>22 Center Closed</p>
<p>25 Center Open 12-4p Peer Support Group 1-2pm</p>	<p>26 Center Open 12-4p Reiki 1-2:30p Coffee Chat & Walking Group 1pm Art Group 2:30-3:30p Hearing Voices Group 4:30-6p</p>	<p>27 Center Open 12-4p Deaf/HOH Community Forum 3-5pm **New Time**</p>	<p>28 Center Open 12-4p Winding Road Support Group 1-2p Sexual Trauma Mutual Support Group 2:30p-3:30p Sylvia Rivera Support Group 4:30-6pm</p>	<p>29 Center Closed</p>

HOLYOKE AREA / Hampden County • January 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: Wednesday, 1/6 5-6pm (note later start time). This month the Bowen and Holyoke spaces are “trading” Acupuncture and Yoga for one session, so check the Springfield calendar for the 2nd Acupuncture session. Join certified acupuncturist Deb for free group ear acupuncture. Acupuncture is great for supporting healing from addictions, anxiety, etc. No registration required, just show up!

Art Group: Tuesdays 2:30-3:30pm. Come join Christina for collaborative and/or individual art projects, both for decorating our space and to bring home.

Coffee Chat & Walking Group: Tuesdays, 1pm. This group is primarily intended for people who are deaf or communicate using American Sign Language, but anyone is welcome. Meet at the Starbucks (3rd floor) at the Holyoke Mall. Join Val and others to chat, have coffee, and get some exercise.

Community Action Meeting: 2nd Wednesday (1/13), 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.

Deaf & Hard-of-Hearing Forum: Last Wednesday of the month (1/27), 3-5pm ** New Time **
Join Val and others in the community for good conversation and community building.

Gentle Yoga: Tuesday 1/19, 12:15-1:30pm This month the Bowen and Holyoke spaces are “trading” Acupuncture and Yoga for one session. Join Ana for a gentle yoga session in our Mind & Body space. This session will be limited to five people on a first come, first served basis.

Guiding Council of Western Mass (GCOW): First Monday (1/4) from 10am-noon.

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.

Holyoke Prayer Meeting for People of All Faiths and None: 1st and Third Thursdays, 2:30-3:30pm.

This group, formerly known as Mythology: 10,000 Questions, turns our focus inward, examining our own relationship with justice. May we weave strong nets of living story and spirit to protect us all from the terror of the powerful.

Music Jam: 2nd Wednesday (1/13), 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!

Reiki: Tuesdays, 1-2:30pm Reiki is a Japanese technique for stress reduction that promotes relaxation and healing. Free 10-minute sessions are offered on a first come, first served basis.

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.

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 • January 2016

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

SPRINGFIELD AREA / Hampden County • January 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!

Please Note: The Bowen & Wellness Centers will be closed on January 1st.

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 11a-2p; Thursdays 10a-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 DVDs and have an impromptu class.

Acupuncture: Tuesday, 1/19, 10-11am. Join certified acupuncturist Deb for this free session of group ear acupuncture. Acupuncture is great for supporting healing from addictions, anxiety, etc. No pre-registration required, just show up!

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, 1/7, 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!

Peer Support Group: Tuesdays 10-11am. Join members of the community as we gather in a supportive, non-judgmental way to discuss and share around anything in our lives that we want to share!

Storytellers Series: "Broken Promises, Shattered Lives: The Truth About Problem Gambling" is a short film that addresses the significant psychological and social impacts of gambling, through the narratives of three individuals whose lives were profoundly affected by what they identify as problem addiction. The film also explores messages of hope and recovery from the devastation problem gambling can cause - an increasingly relevant issue to Springfield MA as we approach the opening of MGM Casinos in downtown. Join us for the free screening and discussion with Director Adam Chambers and contributors to the film.

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!

Yoga (all levels welcome): Tuesdays 10-11am, and Friday 10-11am (except the 19th) at the Bowen Wellness Center.

Yoga class is made up of breathing, stretching, strengthening and balancing poses that lead to a greater sense of peace, relaxation, and power! Modifications are always offered so that you can move at your own comfortable pace.

You will feel more relaxed, calm, and at peace even after one class.

NOTE: If this is your first class please show up ten minutes early to check in with Erin. Promptness is important in creating the environment needed for yoga so please be aware that if you are more than 5 minutes late, you may not be able to join in.

Pittsfield Area

Berkshire County • January 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>1 Center Closed</p>
<p>4 Center Open 12-4p General Support Group 11a-12p *NEW* Woman's Talking Circle 2:30p-3:30p</p>	<p>5 Center Closed Yoga 10a-11a</p>	<p>6 Center Open 12-3p *NEW* Addiction & Recovery Collective 11a-12p Alternatives to Suicide 3:30p-5p</p>	<p>7 Center Open 12-4p The Up Collective Meeting of Manos Unidas 2:30-3:30</p>	<p>8 Center Closed</p>
<p>11 Center Open 12-4p Community Voice 12:30p-1:30p General Support Group 11a-12p *NEW* Woman's Talking Circle 2:30p-3:30p</p>	<p>12 Center Closed Yoga 10a-11a *NEW* Thoughts of Violence 2p-3:30p</p>	<p>13 Center Open 12-3p *NEW* Addiction & Recovery Collective 11a-12p Alternatives to Suicide 3:30p-5p</p>	<p>14 Center Open 12-4p The Up Collective Meeting of Manos Unidas 2:30-3:30 Hearing Voices Support Group 4:30p-6p</p>	<p>15 Center Closed</p>
<p>18 Center Open 12-4p General Support Group 11a-12p *NEW* Woman's Talking Circle 2:30p-3:30p</p>	<p>19 Center Closed Yoga 10a-11a</p>	<p>20 Center Open 12-3p *NEW* Addiction & Recovery Collective 11a-12p Alternatives to Suicide 3:30p-5p</p>	<p>21 Center Open 12-4p The Up Collective Meeting of Manos Unidas 2:30-3:30</p>	<p>22 Center Closed</p>
<p>25 Center Open 12-4p General Support Group 11a-12p *NEW* Woman's Talking Circle 2:30p-3:30p</p>	<p>26 Center Closed Yoga 10a-11a *NEW* Thoughts of Violence 2p-3:30p</p>	<p>27 Center Open 12-3p *NEW* Addiction & Recovery Collective 11a-12p Alternatives to Suicide 3:30p-5p</p>	<p>28 Center Open 12-4p The Up Collective Meeting of Manos Unidas 2:30-3:30 Hearing Voices Support Group 4:30p-6p</p>	<p>29 Center Closed</p>

PITTSFIELD AREA / Berkshire County • January 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!

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 & Potluck: Monday January 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!

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 Lisa @ 413-561-3269.

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.

Woman's Talking Circle: Mondays 2:30p-3:30p. Come together with other women to talk in a safe environment about topics that are meaningful to you and touch the lives of so many others. No subject is taboo - we will welcome your interests. Some subjects that will probably come up include, spirituality, sex, money, relationships, aging, assertiveness, etc. No need to call ahead. Just show up.

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.

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..

Thoughts of Violence: 2nd and 4th Tuesdays 2p-3:30p. In this group, peers can meet and speak about thoughts of violence in a non-judgmental space without concern of "saying the wrong thing." All experiences are welcome. *Personal privacy is of utmost importance, along with RLC Values.*

Greenfield Area

Franklin County • January 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. Please avoid wearing scents to any RLC events or spaces.</p>		<p>SPECIAL: On Sunday the 31st, Shape Note Singing will be offered at the Greenfield Center from 1:30-4:30pm. See the next page for more info!</p>		<p>1 Center Closed</p>
<p>4</p> <p>Open Hours *NEW TIME* 12:30-3:30p</p> <p>Remembering Our Songs 4:30-6:00p</p> <p>Yoga is back! (RPX) 5:30-6:30p</p>	<p>5</p> <p>Mindfulness Circle 1-2:30p</p> <p>Alternatives to Suicide Support Group 5:30-7p</p>	<p>6</p> <p>Open Hours *NEW TIME* 12:30-3:30p</p> <p>Hearing Voices 4-5:30p **New Time**</p> <p>Mindfulness-Conversation and Practice 6:15-7:30pm</p>	<p>7</p> <p>Acupuncture 12-1p</p> <p>Vet to Vet 3-4:30p</p> <p>Men's Wisdom Group 5-6:30p</p>	<p>8</p> <p>Weekend Self-Care Support Group 1-2p</p> <p>Open Hours 2-5p</p>
<p>11</p> <p>Open Hours *NEW TIME* 12:30-3:30p</p> <p>Remembering Our Songs 4:30-6:00p</p> <p>Yoga is back! (RPX) 5:30-6:30p</p>	<p>12</p> <p>Mindfulness Circle 1-2:30p</p> <p>Focus Group 3-4:30p</p> <p>Alternatives to Suicide Support Group 5:30-7p</p>	<p>13</p> <p>Open Hours *NEW TIME* 12:30-3:30p</p> <p>Hearing Voices 4-5:30p **New Time**</p> <p>Mindfulness-Conversation and Practice 6:15-7:30pm</p>	<p>14</p> <p>Acupuncture 12-1p</p> <p>Vet to Vet 3-4:30p</p> <p>Men's Wisdom Group 5-6:30p</p>	<p>15</p> <p>Weekend Self-Care Support Group 1-2p</p> <p>Open Hours 2-5p</p>
<p>18</p> <p>Open Hours *NEW TIME* 12:30-3:30p</p> <p>Remembering Our Songs 4:30-6:00p</p> <p>Yoga is back! (RPX) 5:30-6:30p</p>	<p>19</p> <p>Mindfulness Circle 1-2:30p</p> <p>Alternatives to Suicide Support Group 5:30-7p</p>	<p>20</p> <p>Open Hours *NEW TIME* 12:30-3:30p</p> <p>Hearing Voices 4-5:30p **New Time**</p> <p>Mindfulness-Conversation and Practice 6:15-7:30pm</p>	<p>21</p> <p>Acupuncture 12-1p</p> <p>Vet to Vet 3-4:30p</p> <p>Men's Wisdom Group 5-6:30p</p>	<p>22</p> <p>Weekend Self-Care Support Group 1-2p</p> <p>Open Hours 2-5p</p>
<p>25</p> <p>Open Hours *NEW TIME* 12:30-3:30p</p> <p>*Community Forum* 12:45-2:15p</p> <p>Remembering Our Songs 4:30-6:00p</p> <p>Yoga is back! (RPX) 5:30-6:30p</p>	<p>26</p> <p>Mindfulness Circle 1-2:30p</p> <p>Alternatives to Suicide Support Group 5:30-7p</p>	<p>27</p> <p>Open Hours *NEW TIME* 12:30-3:30p</p> <p>Hearing Voices 4-5:30p **New Time**</p> <p>Mindfulness-Conversation and Practice 6:15-7:30pm</p>	<p>28</p> <p>Acupuncture 12-1p</p> <p>Vet to Vet 3-4:30p</p> <p>Men's Wisdom Group 5-6:30p</p>	<p>29</p> <p>Weekend Self-Care Support Group 1-2p</p> <p>Open Hours 2-5p</p> <p>*Movie Night* 5:30-8:30p</p>

GREENFIELD AREA / Franklin County • January 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.

Please Note: The Greenfield Center will be closed on January 1st.

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.

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 who 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, January 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 difficulties or challenges, as well as ideas for the future. We will have pizza and salad. Come let your voice be heard!

Focus Group—Feedback Survey: Tuesday, January 12th, 3:00-4:30pm. See page 2 for details.

*****NEW TIME*** 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.

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.

Movie Night: Friday January 29th, 5:30-8:30pm. Film decided by mid-month. Call or drop by to find out what’s playing. Bring snacks and friends, or just yourself!

Remembering Our Songs: Mondays 4:30–6:00pm. This circle is a space for those of us with lived knowledge of the psychiatric system to talk about our experiences during hospitalizations and/or inpatient treatment, and build a grassroots network of individuals who are organized to humanize relationships throughout the system. Through speaking out and listening to others, we will end our isolation as witnesses behind locked doors, and take concrete steps to move our insights from the margins to the center of structural change - to create dynamics that affirm life.

Shape Note Singing at WMRLC’s Greenfield Space: Sunday, January 31st, 1:30-4:30pm. Participatory singing for all ages. Shape note singing is powerful, a capella singing: joyful, deeply moving and spiritual. Using a form of musical notation developed in New England around 1800, singers first sing through the notes using their syllable names. The songs are beautiful and just plain fun to sing. Listeners, beginners and people of all ages invited. No musical experience necessary. Music books will be available to borrow. Potluck snack will be shared. Free.

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.

*****NEW TIME*** 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 • January 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
<p>4</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>5</p>	<p>6</p>	<p>7</p> <p>Thursday Yoga on Hiatus</p>	<p>8</p>
<p>11</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>12</p>	<p>13</p>	<p>14</p> <p>Thursday Yoga on Hiatus</p>	<p>15</p>
<p>18</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>19</p>	<p>20</p>	<p>21</p> <p>Thursday Yoga on Hiatus</p>	<p>22</p>
<p>25</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>26</p>	<p>27</p>	<p>28</p> <p>Thursday Yoga on Hiatus</p>	<p>29</p>

NORTHAMPTON AREA / Hampshire County • January 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.

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: **NEW TIME Every Monday from 6pm to 7pm** at the First Church, Center Street Entrance. (There is a ramp to the left of the building, across from the Iron Horse performance venue)

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.

**Inevitably, some of these resources will be out-of date.
We do work on keeping them all accurate, but it's always best to call ahead
and make sure any events are still happening!**

If you spot something inaccurate, please email us at info@westernmassrlc.org!

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. (Stay tuned for a new Pittsfield group on Thursdays in 2009!)

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

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

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

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 www.salasinwomenscenter.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.):

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 Reinlagen, (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 Reinlagen, (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-

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3644 for
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/>

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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.

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!

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!