

WMTC
187 High Street, #204
Holyoke, MA 01040

July 2011 Newsletter & Calendars Inside!

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Donate To The Western Mass RLC!!

Support healing activities and your local recovery community through a donation to the Western Mass RLC!

Donations may be used in a number of ways to support the RLC community including purchase of food and other provisions, increased worker and open hours, translation of materials into Spanish, stipends for groups and workshops, trainings, transportation assistance, art supplies, books and more! Even a few dollars makes a difference!!

**All donations are fully tax deductible.
If you prefer, donations may also be made anonymously.**

Your Name: _____

Street Address: _____

City: _____ State: _____ Zip Code: _____

Phone Number: _____ E-Mail: _____

Amount Enclosed: \$ _____

Please make checks payable to The Consortium-Recovery Learning Community

Mail To:
Western Mass RLC – Attn: Sera
187 High St, #303
Holyoke, MA 01040

Also...

Consider donating through a special fundraiser! The RLC is a Charity Partner for the 33rd Annual Bridge of Flowers Road Race in Shelburne Falls on August 13!

Please consider running or walking for the RLC, or sponsoring **Janice Sorensen** on her run!
To pledge your support for Janice, please visit
<https://www.pledgereg.com/19677>

Donate To The Western Mass RLC!!





WESTERN MASS

Recovery Learning Community

The Western Mass Recovery Learning Community (RLC) creates conditions that support recovery at both the individual and community level through trauma-sensitive peer supports and the development of a regional network.

We believe that human relationships are at the center of what heal people who have experienced extreme emotional states, trauma, mental health diagnoses and a variety of other challenges in life.

Our lived experience and ‘humanness’ is what unites us.
Our stories, collective wisdom and strength is what guides us and our community to wellness.

JULY 2011 UPDATE & CALENDAR

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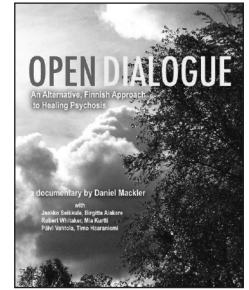
**This newsletter and previous editions are available
at our website, www.westernmassrlc.org.**

To sign up to receive this newsletter each month via postal mail,
or to receive monthly email alerts when it is posted to our website, please contact us at
info@westernmassrlc.org or call us at **(413) 539-5941** or **toll free (866) 641-2853**



Alternative Perspectives Grand Finale in July

The Alternative Perspectives series was introduced in October of 2010 as a way to bring people from all parts of our community (individuals receiving services, individuals providing services, family, friends, first responders, students, teachers and those in our general community) together to consider ideas and perspectives we don't hear as much about in our day-to-day lives and work and to provide a forum in which we may consider those ideas together. The 2010/2011 Alternative Perspectives series will have its grand finale in July with multiple exciting events. The centerpiece of the finale will be the return of **Daniel Mackler** (former therapist, author and filmmaker of 'Take These Broken Wings' and 'Healing Homes') to screen his third film, '**Open Dialogue**' about a Finnish program that is achieving some of the best documented recovery rates in the world, particularly for individuals experiencing their 'first break.' 9 screenings will be held throughout the state as listed below.



Discussion lead by Daniel Mackler will follow each screening. 2 Continuing Education credits will be available for LicSWs and LMHCs (LMFT credits are awaiting approval). All screenings will be open and free to the public. No pre-registration required. For more information, visit our website (www.westernmassrlc.org) or call (413) 539-5941 ext. 301.

Monday July 11th, 10am-12pm
Berkshire Athenaeum Auditorium
1 Wendell Ave, Pittsfield
Co-sponsors: The Brien Center
& WM RLC

Wednesday, July 13th, 10am-12pm
Holyoke Community College
Kittredge Center Room #303, Holyoke
Co-sponsors: River Valley Counseling,
Holyoke Medical Center & WM RLC

Thursday, July 14th, 6pm-8pm
Center for Human Development
332 Birnie Avenue, Springfield
Co-sponsors: Center for Human
Development & WM RLC

Monday July 11th, 6pm-8pm
Smith College
Seelye Room # 106, Northampton
Co-sponsors: Windhorse Integrative
Mental Health & WM RLC

Wednesday, July 13th, 2pm-4pm
Advocates, Inc.
1881 Worcester Rd, Framingham
Co-sponsors: Advocates, Inc.
& WM RLC

Friday, July 15th, 12pm-2pm
Central Mass RLC's Worcester Center
91 Stafford Street, Worcester
Co-sponsors: CM RLC & WM RLC

Tuesday, July 12th, 4pm-6pm
Westfield Athenaeum Auditorium
6 Elm Street, Westfield
Co-sponsors: The Carson Center
& WM RLC

Thursday, July 14th, 12pm-2pm
Metro Suburban RLC's Quincy Center
460 Quincy Ave, Quincy
Co-sponsors: MS RLC
& WM RLC

Friday, July 15th, 430pm-630pm
Recovery Hall (behind Recover Project)
One Osgood Street, Greenfield
Co-sponsors: Clinical & Support Options
& WM RLC

Also helping to close out our grand finale month, will be **two luncheons** that will provide a smaller and more casual opportunity for interactive conversation with individuals actively involved in looking at or working in alternative kinds of environments. Both luncheons are free (including lunch!), but space is limited and **REGISTRATION IS REQUIRED** by e-mailing info@westernmassrlc.org or calling Sera at (413) 539-5941 ext.203.

Friday, July 22nd 1130am – 2pm:
Willits-Hallowell Conference Center
Mount Holyoke College, South Hadley
Come have lunch with **Richard Shulman**, **Director of Volunteers in Psychotherapy (VIP)**, a unique program based in Connecticut that offers free and truly private therapy to individuals in exchange for working volunteers hours at a place of their choice in the community. Learn about the VIP model and Richard's perspective on treatment options and perspectives today.



Friday, July 29th 1130am – 2pm
Willits-Hallowell Conference Center
Mount Holyoke College, South Hadley
Join journalist and author, **Robert Whitaker** ('Mad in America' and 'Anatomy of an Epidemic'), for lunch and a chance to learn more about his work and all he has learned about treatment options available in our country and the alternatives that are out there or that communities are working to develop. Ask about his books, film appearances or next upcoming project!





Community Resource: Building Autistic Community

Many individuals in our recovery community who have received psychiatric diagnoses also identify as having an **Aspergers Syndrome (or other Autism Spectrum) diagnosis**. Although it can be difficult to find resources for people who identify with this diagnosis, the supports are out there!

One organization that offers a variety of supports is called 'Building Autistic Community.' From their website:

"Building Autistic Community (BAC) was founded by persons with autism to provide a sense of community for this otherwise atomized group of people. It is governed by a majority-autistic board and volunteers whom understand life as an autistic person. BAC presently offers support, discussion, and social groups as well as employment assistance."

Information is available at their website (www.buildingautisticcommunity.org/), including information about peer support groups.

Two local Aspergers Syndrome peer support groups you should know about include:

Thursdays, 615-745pm at the West Springfield Public Library, 200 Park Street (sponsored by the National Alliance for Mental Illness of Western Mass)

3rd Saturday of each month, 2-4pm, Westfield Athenaeum Library, Committee Room, 6 Elm Street.

Contact Michael for more info on either of these groups at mreinhausen@gmail.com or (413) 977-9073

Recovery Singers Perform at the 9th Annual Mental Health and Wellness Fair in Greenfield

Grey clouds and an intermittent drizzle did not dampen the spirits of fifteen performers from the **Recover Project (RP)** and the **Western Mass Recovery Learning Community (RLC)** at the Mental Health and Wellness Fair in Greenfield on May 18, 2011. The Fair is held annually on the third Wednesday of May, is sponsored by Clinical & Support Options (CSO) to raise awareness and support around Mental Health, and there were many vendors and informational booths.

RP and RLC sang "Imagine" by John Lennon, "Unwritten" by Natasha Bedingfield, and two original songs by Turners Falls artist Quickchange: "It Was No Picnic", an ironically upbeat song about homelessness, and "The RLC and RP Song", honoring these sister organizations. This is the third time we've performed, and was our biggest performance yet!

This year we were invited to join CSO Quabbin House Director and Fair Manager, Bob Veronelli, to sing a couple of songs with him: "Helpless" by Neil Young and "California Dreamin'" by the Mamas and Papas. In this last song John Semon, the Director of The Green River House, led a fabulous solo.

It felt great singing together as a community, four different organizations working together. And though it did rain, our spirits were not dampened. AND, not one train went by during our set!



Community from the RLC & RP join talents to perform at the 9th Annual Mental Health and Wellness Fair in Greenfield

RLC Team Update

July will bring two transitions to the Western Mass RLC team. First, **Andy Grant**, who has worked as the Franklin County Peer Worker for the last two years, will transition to a Peer Consultant role through which he will be involved in many projects in our community that capitalize on his strengths as an artist and photographer (including our summer training film project!). And, as Andy shifts to a new and broader role within the community, recent Certified Peer Specialist (CPS) graduate and long-time community member, **Star** will shift into the Peer Worker position in the Greenfield area. We hope you will join us in welcoming Star aboard and supporting Andy as he transitions to a new focus!

**WE WANT YOUR
FEEDBACK AND IDEAS
FOR THIS NEWSLETTER!**

**Please contact us at
(413) 539-5941 ext. 311
or [newsletter@
westernmassrlc.org](mailto:newsletter@westernmassrlc.org)**

Holyoke Area

HAMPDEN COUNTY • JULY 2011



| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|---|---|
| <p>The Guiding Council of Western Mass will be on vacation for the month of July and will resume on August 1st from 1pm to 3pm at the Western Mass RLC's Holyoke Center.</p> | | <p><i>The RLC aspires to be scent free. Please avoid wearing scents to any RLC events or spaces. Please contact us if you have additional accommodation requests, including interpreters.</i></p> | | <p>1</p> <ul style="list-style-type: none"> Center Open 12-4pm |
| <p>4</p> <ul style="list-style-type: none"> 4th OF JULY HOLIDAY CENTER CLOSED GUIDING COUNCIL CANCELLED THIS MONTH | <p>5</p> <ul style="list-style-type: none"> Center Open 10-4pm Hearing Voices Group 4:30-6pm | <p>6</p> <ul style="list-style-type: none"> Center Open 12-7pm ASL Class 12-1pm Deaf/HOH Drop-in 1-5pm Ear Acupuncture 3-4pm Movie Night 4-6pm | <p>7</p> <ul style="list-style-type: none"> Center Open 12-4p New Support Group: Body Awareness & Eating Disorders, 4-5:30p | <p>8</p> <ul style="list-style-type: none"> Center Open 12-4pm |
| <p>11</p> <ul style="list-style-type: none"> Center Closed For Drop-In | <p>12</p> <ul style="list-style-type: none"> Center Open 10-4pm Hearing Voices Group 4:30-6pm | <p>13</p> <ul style="list-style-type: none"> Center Open 12-7pm Film Screening Event: Open Dialogue with Daniel Mackler 10am-12pm at Holyoke Community College ASL Class 12-1pm Deaf/HOH Drop-in 1-5pm Ear Acupuncture 3-4pm Movie Night 4-6pm | <p>14</p> <ul style="list-style-type: none"> Center Open 12-4pm NEW: Women's Self Defense Class 12-1pm Body Awareness & Eating Disorders, 4-5:30p | <p>15</p> <ul style="list-style-type: none"> Center Open 12-4pm |
| <p>18</p> <ul style="list-style-type: none"> Center Closed For Drop-In | <p>19</p> <ul style="list-style-type: none"> Center Open 10-4pm Hearing Voices Group 4:30-6pm Pizza & Community Council, 1-3pm | <p>20</p> <ul style="list-style-type: none"> Center Open 12-7pm ASL Class 12-1pm Deaf/HOH Drop-in 1-5pm Ear Acupuncture 3-4pm Movie Night 4-6pm | <p>21</p> <ul style="list-style-type: none"> Center Open 12-4pm NEW: Women's Self Defense Class 12-1pm Body Awareness & Eating Disorders 4-5:30p | <p>22</p> <ul style="list-style-type: none"> Center Open 12-4pm Special luncheon event with Richard Shulman at Mount Holyoke College in South Hadley today! (See page 1 and Northampton area calendar for info) |
| <p>25</p> <ul style="list-style-type: none"> Center Closed For Drop-In Hearing Voices Network Meeting 4:30-6:30pm | <p>26</p> <ul style="list-style-type: none"> Center Open 10-4pm Hearing Voices Group 4:30-6pm | <p>27</p> <ul style="list-style-type: none"> Center Open 12-7pm ASL Class 12-1pm Deaf/HOH Drop-in 1-5pm Warmline Coalition Meeting, 1-3p Ear Acupuncture 3-4pm Movie Night 4-6pm Deaf Comm. Forum 4-6p | <p>28</p> <ul style="list-style-type: none"> Center Open 12-4pm Peer Worker Networking Meeting 11:30am-2p NEW: Women's Self Defense Class 12-1pm New Support Group: Body Awareness & Eating Disorders, 4-5:30pm | <p>29</p> <ul style="list-style-type: none"> Center Open 12-4pm Special luncheon event with Robert Whitaker at Mount Holyoke College in South Hadley today! (See page 1 and Northampton area calendar for info) |

HOLYOKE AREA / Hampden County • June 2011

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

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

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

Alternatives to Suicide: Is on hiatus this month. Please contact Sera if you are interested in this group when it re-starts by calling 413 539-5941 or e-mailing info@westernmassrlc.org.

American Sign Language (ASL) for Beginners: Wednesdays from 12 to 1pm. Join instructor Valerie Ennis as you gain knowledge and understanding of ASL and begin building your comfort level with gestural communication. Class size is limited, so please call ahead to register.

Pizza & Community Council: Third Tuesday of every month from 1 to 3pm. The Community Council is an open meeting for the local Holyoke community to provide input and discuss issues that are important to you regarding the Holyoke Center and/or the RLC in general. This can include difficulties or challenges that have come up or ideas for the future. We want to hear from you!!! Pizza served.

Deaf Community Forum: Wednesday, July 27th from 4pm to 6pm. Join Valerie Ennis and others for an informal conversation about issues in the deaf community that are important to you. Pizza to be served.

Ear Acupuncture: Wednesdays from 3pm to 4pm. Join us for group auricular (ear) acupuncture. Great for supporting healing from addictions, anxiety, etc. No pre-registration required, just show up!

Film Screening Event – Open Dialogue with Daniel Mackler: Wednesday, July 13th 10am to 12pm at Holyoke Community College, Kittredge Center #303. Join us for a screening of Daniel's 3rd film, Open Dialogue with discussion with the filmmaker to follow. Continuing Ed. credits available. See page 1 or website for details or call (413) 539-5941 ext. 301.

Guiding Council of Western Mass (GCOW): Cancelled this month!

Hearing Voices Group: Tuesdays from 4:30 to 6pm. Hearing Voices groups are popular and widespread across the globe, especially England. Hearing Voices groups do not pathologize the experience of hearing voices or experiencing other altered/extreme states (you do not need to hear voices to attend this group), instead they ask what does the experience mean to you? Join us for one of few Hearing Voices groups in the United States and share and get support from others with similar experiences! RLC is lead sponsor, co-sponsored by the Center for Human Development and the Freedom Center.

Hearing Voices Networking Meeting: Monday, July 25th from 4:30pm to 6:30pm. This meeting is an opportunity for individuals who have been trained as Hearing Voices group facilitators to come together, network, share ideas and support one another. Light snacks will be served! Please RSVP to Sera at 539-5941 ext. 203 or sera@westernmassrlc.org.

Knit Happens!: Knit Happens will be on hiatus this month.

Movie Nights: Wednesdays from 4 to 6 pm. Join fellow community members for an evening of movies, snacks, and a brief community discussion following the film. Due to popular demand, unless otherwise notified, movie nights are "viewer's choice." You can choose from our fairly wide selection or bring a movie from home! We will try and start films no later than 4:15 pm. Most films close captioned and interpretation for discussions available on request. PLEASE NOTE: Some films may contain content that could be triggering.

Peer Worker Networking Meeting: Thursday, July 28th from 11:30am to 2pm. All peer workers in paid or volunteer positions are welcome to join this Peer Worker Network and work to support one another, share ideas and talk about issues relevant to Peer workers in our area.

Support Group- Body Awareness & Eating Disorders: Thursdays, beginning June 30th from 4pm to 5:30pm for 8 weeks. Johnna Bossuot and Don Wentworth will lead this drop-in support group for individuals wishing to explore issues around eating disorders and body awareness. The goal will be to provide a safe, comfortable and non-judgmental environment to talk about the ways we think about ourselves and act toward ourselves and how they can affect our relationship to food and our bodies.

Warmline Coalition Meeting: The Western Mass Warmline Coalition will be held on Wednesday, June 27th from 1 to 3pm. Anyone from a provider organization or the community is welcome to come and help us evaluate what warmline services we need and want in our area and how to implement our vision! We are currently moving toward implementing a weekend warmline for the fall!!

Women's Self Defense Class Thursdays for four weeks beginning July 14th from 12 to 1pm at the RLC's Holyoke Center. Join Pamela for a women's self-defense class using Tae Kwon Do (Korean Karate). Tae Kwon Do is the art of kicking and punching. "Tae" means to kick. "Kwon" means to punch, and "Do" means art or a way of life. "Do" expresses a way of approaching life through enlightenment. Come experience Do with us in a safe environment and become empowered through self-determination and personal strength. Call 413-539-5941 to sign up as space is limited. You're welcome to participate without sign up if space is available, but people who do sign up will be prioritized.

Springfield Area

HAMPDEN COUNTY • JULY 2011



| Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|
| <p><i>Event details are on the following page. All events are free of charge (unless otherwise noted).</i></p> | <p>Tell others about the RLC, share copies of our newsletter, organize a carpool to an event!</p> | | <p>1</p> <ul style="list-style-type: none"> • Center Open 9am-3pm • Wellness Ctr. Open 12-6pm | <p>2</p> <ul style="list-style-type: none"> • Center Open 11am-3pm • Wellness Center Open 12-3pm |
| <p>5</p> <ul style="list-style-type: none"> • Center Open 9am-3pm • Reiki 10am-1pm • 1st Tuesday Potluck, 12-2 • New Day/Time: After Incarceration Group 2-3:30p (736 State St.) • Yoga 2-3:30pm (Downtown @ 11 Pearl St., Suite 217) | <p>6</p> <ul style="list-style-type: none"> • Center Closed • Wellness Ctr. Open 12-6 | <p>7</p> <ul style="list-style-type: none"> • Center Open 9am-3pm • Yoga for the Rest of Us, 10-11am • Wellness Ctr. Open 12-6pm | <p>8</p> <ul style="list-style-type: none"> • Center Open 9am-3pm • Wellness Ctr. Open 12-6pm | <p>9</p> <ul style="list-style-type: none"> • Center Open 11am-3pm • Wellness Center Open 12-3pm |
| <p>12</p> <ul style="list-style-type: none"> • Center Open 9-3 • Reiki 10am-1pm • New Day/Time: After Incarceration Group 2-3:30p (736 State St.) • Yoga 2-3:30pm (see above) • Film Screening Event: Open Dialogue with Daniel Mackler 4-6pm (Westfield Athenaeum Auditorium, 6 Elm Street, Westfield) | <p>13</p> <ul style="list-style-type: none"> • Center Closed • Wellness Ctr. Open 12-6 | <p>14</p> <ul style="list-style-type: none"> • Center Open 9am-3pm • Yoga for the Rest of Us, 10-11am • Wellness Ctr Open 12-6 • Film Screening Event: Open Dialogue with Daniel Mackler 6-8pm (Center for Human Development, 332 Birnie Ave) | <p>15</p> <ul style="list-style-type: none"> • Center Open 9am-3pm • Wellness Ctr. Open 12-6pm | <p>16</p> <ul style="list-style-type: none"> • Center Open 11am-3pm • Wellness Center Open 12-3pm |
| <p>19</p> <ul style="list-style-type: none"> • Center Open 9am-3pm • Reiki on vacation today! • New Day/Time: After Incarceration Group 2-3:30p (736 State St.) • Yoga 2-3:30pm (Downtown @ 11 Pearl St., Suite 217) | <p>20</p> <ul style="list-style-type: none"> • Center Closed • Wellness Ctr. Open 12-6 | <p>21</p> <ul style="list-style-type: none"> • Center Open 9am-3pm • Yoga for the Rest of Us, 10-11am • Pizza & Community Council, 11-12p • Wellness Ctr. Open 12-6 | <p>22</p> <ul style="list-style-type: none"> • Center Open 9am-3pm • Wellness Ctr. Open 12-6pm | <p>23</p> <ul style="list-style-type: none"> • Center Open 11am-3pm • Wellness Center Open 12-3pm |
| <p>26</p> <ul style="list-style-type: none"> • Center Open 9am-3pm • Reiki on vacation today! • New Day/Time: After Incarceration Group 2-3:30p (736 State St.) • Yoga 2-3:30pm (Downtown @ 11 Pearl St., Suite 217) | <p>27</p> <ul style="list-style-type: none"> • Center Closed • Wellness Ctr. Open 12-6 | <p>28</p> <ul style="list-style-type: none"> • Center Open 9am-3pm • Yoga for the Rest of Us, 10-11am • Wellness Ctr. Open 12-6 | <p>29</p> <ul style="list-style-type: none"> • Center Open 9am-3pm • Wellness Ctr. Open 12-6pm | <p>30</p> <ul style="list-style-type: none"> • Center Open 11am-3pm • Wellness Center Open 12-3pm |

SPRINGFIELD AREA / Hampden County • June 2011

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

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

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

Bowen Community Wellness Center Hours: Open Wednesday, Thursday, and Friday from 12-6pm **WITH NEW HOURS ON SATURDAY FROM 12 TO 3PM THANKS TO OUR DEDICATED VOLUNTEERS!** and is located at 340 Main St., Springfield (down the hall from the Bowen Resource Center). A variety of treadmills, stair steppers, weight machines, and other fitness equipment are available during Wellness Center hours.

After Incarceration Support Group: NEW DAY/TIME: Tuesdays from 2:30 to 3:30 pm (people who are new and would like to talk with the facilitator before the group are welcome to come at 2pm), AISS, 736 State Street, Springfield. Join Mark and others from the community who have experienced legal issues and/or being incarcerated as well as trauma or mental health issues for a supportive group with those who have been through similar experiences.

Pizza & Community Council: The third Thursday of every month: July 21st from 11am to 12pm. The Community Council is an open meeting for the local Springfield community to provide input and discuss issues that are important to you regarding the Bowen Resource Center, the Wellness Center and/or the RLC in general. This can include difficulties or challenges that have come up or ideas for the future. We want to hear from you!!! Pizza served at the end of the meeting.

Film Screening Event – Open Dialogue with Daniel Mackler: Tuesday, July 12th 4pm to pm, Westfield Athenaeum Auditorium, 6 Elm Street, Westfield and Thursday, July 14th 6pm to 8pm, Center for Human Development, 332 Birnie Ave, Springfield. Join us for a special screening of Daniel's 3rd film, Open Dialogue with discussion with the filmmaker to follow. Continuing Education credits available. See newsletter or website for details or call (413) 539-5941 ext. 301.

First Tuesday Potluck: The first Tuesday of the month: July 5th, 12 to 2pm. Join the RLC community for a fun celebration with food, games, music, pool and/or movies! Bring food to share if you can, but please join us even if you aren't able to bring a dish! RSVPs appreciated, but you're welcome to just show up!

Reiki: Tuesdays from 10a to 1pm in our new Wellness Center! **ON VACATION (NO REIKI) ON JULY 19th and JULY 26th.** Come experience a Reiki session with Reiki Master, Posie. Reiki is an empowering Japanese hands-on healing art, form of bodywork and energy medicine that is used to gently address energetic blocks or disturbances connected to physical, emotional and spiritual suffering in people.

Yoga: Tuesdays from 2 to 3:15pm in Karoun's private downtown studio: 11 Pearl St., Suite 217, Springfield. In Karoun's gentle yoga class you will be guided to find your own flow. With each pose, Karoun insures that you feel comfortable, and you can grow at your own pace. Karoun includes gentle strengthening and flexibility poses, mixed with restorative poses, and breath meditations. She creates a safe atmosphere where you can reconnect with your body and your breath. The result is a more relaxed and peaceful body and mind.

Yoga for the Rest of Us: Thursdays from 10 to 11am in our new Wellness Center! Can't do yoga? Afraid it will be too much or too boring? This class is for you! Very simple breathing/stretching exercises taught with detailed instruction, humor, and fun. Benefits? Feel less stress and worry in your life, feel more relaxed, and more confident!

Pittsfield Area

BERKSHIRE COUNTY • JULY 2011



| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|--|
| <p><i>Unless otherwise noted, all activities are held at the RLC's Pittsfield Center, 152 North St., SUITE 230 – entrance between Pancho's and The Garden – beneath the Pancho's awning. Proceed to 2nd floor via elevator or stairs in the rear of the building. Accessible entrance is at the rear of the building at 152 Renne Avenue.</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</p> <ul style="list-style-type: none"> • General Support Group, 1-2pm • Green Thumb Diggers 2:30-3:30pm |
| <p>4</p> <ul style="list-style-type: none"> • 4th OF JULY HOLIDAY • CENTER CLOSED | <p>5</p> <ul style="list-style-type: none"> • Center Open 12-4pm • Yoga means Union, 10-11:30am • Crochet, 3-4pm | <p>6</p> <ul style="list-style-type: none"> • UR an Artist, 11am-12:30pm | <p>7</p> <ul style="list-style-type: none"> • Center Open 12-4pm • Mindfulness, 3-4pm | <p>8</p> <ul style="list-style-type: none"> • General Support Group, 1-2pm • Green Thumb Diggers 2:30-3:30pm |
| <p>11</p> <ul style="list-style-type: none"> • Film Screening Event: OPEN DIALOGUE with Daniel Mackler 10am-12pm, Berkshire Athenaeum Auditorium, 1 Wendell Ave, Pittsfield • Center Open 1-3pm (note change) • Jewelry Creations, 1-3pm | <p>12</p> <ul style="list-style-type: none"> • Center Open 12-4pm • Yoga means Union, 10-11:30am • Crochet, 3-4pm | <p>13</p> <ul style="list-style-type: none"> • UR an Artist, 11am-12:30pm | <p>14</p> <ul style="list-style-type: none"> • Center Open 12-4pm • Mindfulness, 3-4pm | <p>15</p> <ul style="list-style-type: none"> • General Support Group, 1-2pm • Green Thumb Diggers, 2:30-3:30pm |
| <p>18</p> <ul style="list-style-type: none"> • Center Open 12-3pm • Jewelry Creations, 1-3pm | <p>19</p> <ul style="list-style-type: none"> • Center Open 12-4pm • Yoga means Union, 10-11:30am • Crochet, 3-4pm | <p>20</p> <ul style="list-style-type: none"> • UR an Artist, 11am-12:30pm | <p>21</p> <ul style="list-style-type: none"> • Center Open 12-4pm • Peer Worker Networking Lunch, 1-2pm • Mindfulness, 3-4pm | <p>22</p> <ul style="list-style-type: none"> • General Support Group, 1-2pm • Green Thumb Diggers, 2:30-3:30pm |
| <p>25</p> <ul style="list-style-type: none"> • Center Open 12-3pm • Jewelry Creations, 1-3pm | <p>26</p> <ul style="list-style-type: none"> • Center Open 12-4pm • Yoga means Union, 10-11:30am • Crochet, 3-4pm | <p>27</p> <ul style="list-style-type: none"> • UR an Artist, 11am-12:30pm | <p>28</p> <ul style="list-style-type: none"> • Center Open 12-4pm • Mindfulness, 3-4pm | <p>29</p> <ul style="list-style-type: none"> • General Support Group, 1-2pm • Green Thumb Diggers, 2:30-3:30pm |

PITTSFIELD AREA / Berkshire County • June 2011

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

Unless specifically noted, all activities are free and take place at the RLC Berkshire Center:

152 North St., Suite 230 located between Pancho's Restaurant and The Garden beneath the Pancho's awning.

Once inside follow the signs to the elevator or stairs at the back of the building. We are on the 2nd floor!

An automated handicap-accessible door is located in the rear of the building at 152 Renne Avenue. 30 & 90 minute parking is available on street and 3 hour parking in the Columbus Parking Deck located on Summer Street just behind Ad-Lib. The RCC phone: 413-236-5888 & fax: 413-236-2995

Berkshire Center Community Hours: Mondays 12:00pm-3:00pm (**except Monday, July 11, we'll be open from 1-3pm, to allow time to see the Open Dialogue film**), Tuesdays 12:00pm-4:00pm, and Thursdays 12:00pm-4:00pm unless otherwise noted on the monthly calendar. Peer support, resource information, computer lab, lending library, Wii gaming and other activities are offered. Additional hours are available by appointment. Come on by and drop in. We'd love to see you!

***YAY*Bring-A-Friend Campaign!** Enter our monthly drawing for a \$25 Gift Certificate to Big Y each time you bring someone new to the RLC Berkshire Center. Our new beautiful space has room for more community. You get an entry for each person you bring! If you give them the 'Welcome Tour'...you get to enter twice!

****NEW** Barter Board:** The RCC has a board where you can post what skills you'd like to offer as well as what you're looking for! Come on by and join the community spirit. Become a "helping hand" and get a "helping hand" in return! I'll barter dog walking services for assistance with grocery shopping for instance! Come check it out!

Film Screening Event – Open Dialogue with Daniel Mackler: Monday, July 11th 10am to 12pm, 1 Wendell Ave, Pittsfield. Join us for a special screening of Daniel's 3rd film, Open Dialogue with discussion with the filmmaker to follow. Continuing Education credits available. See newsletter or website for details or call (413) 539-5941 ext. 301.

General Support Group: Each Friday, 1:00pm-2:00pm. Come offer and receive support in a confidential, non-judgmental peer setting. Share your expertise and those of your peers in this generative environment. Everyone is invited and welcome!

Peer Worker Networking Lunch: 3rd Thursday of each month, 12:00pm – 1:00pm (Bring your lunch!) All peer workers in paid or volunteer positions are invited to attend and share lunch as we use our lunchtime to work to support one another, share ideas and talk about issues relevant to Peer workers in our area. For more info. or questions: (413)236-5888.

Green Thumb Diggers Each Friday from 2:30pm – 3:30pm. ****Gardeners and gardener-want-to-bees take note...** The Center has big beautiful windows that are flooding our space with light and begging to be a part of a planting experience! Each Friday we will meet for fun with seeds, soil, water, companionship, sharing knowledge and hanging but everyone is encouraged to come on by during our 'Community Hours' and tend to the garden. Feel free to bring your own plants, tools, books, etc...but most importantly... bring yourself. Materials will be provided.

Jewelry Creations: Mondays from 1-3pm: Back by popular demand, Jewelry Creations takes small projects from start to end and teaches the basics of stringing and wire jewelry making. Bring your own projects or use the materials provided.

Mindfulness: **Note Time Change**... 3:00pm-4:00pm! Explore the world of mindfulness with Chris. What is mindfulness and why is everyone recommending the practice? Mindfulness is a way of looking at yourself and the world in an open and non-critical way. The intent is to see things as they are rather than coloring them with past experience, preconceptions, judgment and/or expectations that can trap you in past patterns. Begin to approach life with a fresh outlook. Experience less negativity and let each experience be a new one.

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

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

Crochet Club: Each Tuesday, 3:00pm-4:00pm. Come get hooked on crocheting! Join us as we improve on (or begin) our crocheting. It is a great way to share and catch up during this enjoyable hour of friendship. Use supplies offered or bring your own! Patterns are available.

YES! WE'RE ON FACEBOOK...Have you friended us yet?

Greenfield Area

FRANKLIN COUNTY • JULY 2011



| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|---|---|
| <p><i>Event details are on the following page. All events are free of charge (unless otherwise noted).</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> <ul style="list-style-type: none"> • 4th OF JULY HOLIDAY CENTER CLOSED | <p>5</p> <ul style="list-style-type: none"> • CIRCLE OF FRIENDS OPEN SESSION: Opening the Heart, Touching the Soul 11:30-1:30 • Alternatives to Suicide Peer Support Group, 5:30-7pm | <p>6</p> <p>WELLNESS WED</p> <ul style="list-style-type: none"> • Gentle Yoga, 9:30-10:50am • Acupuncture, 12-1pm | <p>7</p> <ul style="list-style-type: none"> • Center Open 9am-noon • Inner Working Series: Creating Your Haven 6-7:30pm | 8 |
| <p>11</p> <ul style="list-style-type: none"> • Center Open 1-4pm Spanish speaker available. Abierto, Horas en Español • RLC Support Forum, 10-noon • Dance of the Hoop, 5-6pm • Women's Self Care Support Group, 6:30-8:30pm | <p>12</p> <ul style="list-style-type: none"> • Alternatives to Suicide Peer Support Group, 5:30-7pm | <p>13</p> <p>WELLNESS WED</p> <ul style="list-style-type: none"> • Gentle Yoga, 9:30-10:50am • Acupuncture, 12-1pm • Veterans Support Discussion, 3-4pm • Yoga Warriors, 4-5pm | <p>14</p> <ul style="list-style-type: none"> • Center Open 9am-noon | <p>15</p> <ul style="list-style-type: none"> • Film Screening Event: OPEN DIALOGUE with Daniel Mackler 430-630pm Recovery Hall [behind RECOVER Project], One Osgood St. Greenfield |
| <p>18</p> <ul style="list-style-type: none"> • Center Open 1-4pm Spanish speaker available. Abierto, Horas en Español • Dance of the Hoop 5-6pm • Women's Self Care Support Group, 6:30-8:30pm | <p>19</p> <ul style="list-style-type: none"> • Alternatives to Suicide Peer Support Group, 5:30-7pm | <p>20</p> <p>WELLNESS WED</p> <ul style="list-style-type: none"> • Gentle Yoga, 9:30-10:50am • Acupuncture, 12-1pm | <p>21</p> <ul style="list-style-type: none"> • Center Open 9am-noon • Inner Working Series Creating Your Haven 6-7:30pm | <p>22</p> <ul style="list-style-type: none"> • Fourth Friday Art Circle, 7-9pm |
| <p>25</p> <ul style="list-style-type: none"> • Center Open 1-4pm Spanish speaker available. Abierto, Horas en Español • Dance of the Hoop 5-6pm • Women's Self Care Support Group, 6:30-8:30pm | <p>26</p> <ul style="list-style-type: none"> • Alternatives to Suicide Peer Support Group, 5:30-7pm | <p>27</p> <p>WELLNESS WED</p> <ul style="list-style-type: none"> • Gentle Yoga, 9:30-10:50am • Acupuncture, 12-1pm • Veterans Support Discussion, 3-4 • Yoga Warriors, 4-5 | <p>28</p> <ul style="list-style-type: none"> • Center Open 9am-noon | 29 |

GREENFIELD AREA / Franklin County • June 2011

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

Unless otherwise noted, all events in this section are at the RLC's Greenfield Center at the RECOVER Project, 68 Federal Street, Greenfield, MA 01301 or at the Recovery Annex, 74 Federal Street. Voicemail can be left at (413) 774-5489 or speak directly to Franklin County Coordinator, Janice Sorensen, at (413) 561-3268.

Franklin County Center Open Hours: Mondays, 1-4pm (except for 4th of July) & Thursdays, 9-12. 68 Federal St., Grnfl. Come get peer support and check out other resources available. Abierto, Horas en Español a lunes! Venga para apoyo o solo para charlar. **Spanish speaker available on Mondays.** Come by for support or just to chat.

Acupuncture: Wed, 12-1pm, Franklin County RCC/RECOVER Project, 68 Federal St., Grnfl. This free auricular (ear) acupuncture clinic focusing on five ear points and offered by licensed acupuncturist, Caroline Picker, works on a variety of issues including cravings, addictions, insomnia, stress, and anxiety. Acupuncture is a collaboration of The RP and the RLC.

Alternatives to Suicide Support Group: Tues, 5:30-7pm, Alternatives to Suicide Support Groups have been developed because we believe that empathic talking about suicide decreases suicide. The RLC, with support from Tapestry Health, has created a spaces where people can provide peer support for one another, strategize about alternatives to help each other best cope with difficult life circumstances, and talk about their experience of feeling suicidal without being judged.

Art Show: (May-Aug) The Transmission Series, work of RLC Peer Art Series Tell Tale Artist, Adrian Montagano. The Recovery Annex, 74 Federal St. A body of glyphs, ideograms, and pictographs are relational, mathematical, and musical; they are portals, mandalas and yantras to be used in contemplation to familiarize one to the emergence of this new earth.

Circle of Friends Open Session: Opening the Heart, Touching the Soul Tues, June 7th, 11:30-1:30pm, lunch will be provided. The Recovery Annex, 74 Federal St. Circle of Friends Open Session is a monthly gathering (first Tuesdays) that uses breath work, sharing, and psychodrama to open the heart and touch the soul. For many years, Circle of Friends has been meeting to learn new skills to enhance our lives as we find the commonality between us. We now extend the circle to new friends in Greenfield. Please join us and experience the healing that takes place; we welcome you. For more info: eschreiber@carsoncenter.org 413-579-7570 Circle of Friends Open Session is a collaboration of Valley Human Services in Ware and the Western Mass RLC.

Dance of the Hoop: It's back!! Mondays, 5-6pm (except for 4th of July), Greenfield Energy Park. Come hula hoop with Shenandoah as she helps us find the dance within this unique form of exercise. The hoop connects your mind to your body. Learn techniques and have fun while exercising! It's rhythmic, fun, inspiring and for all ages. Drop-ins and beginners welcomed!

Film Screening Event – Open Dialogue with Daniel Mackler: Friday, July 15th 430pm to 630pm, Recovery Hall (behind RECOVER Project), One Osgood St. Join us for a special screening of Daniel's 3rd film, Open Dialogue, with discussion with the filmmaker to follow. Continuing Ed. credits available. See page 1 or website for details or call (413) 539-5941 ext. 301.

Fourth Friday Art Circle: Fri, July 22, 7-9pm. The Recovery Annex, 74 Federal St., Grfld. Fourth Friday is a support group for visual artists who have lived experience with extreme states, a mental health diagnosis or trauma. For many, creativity is a key to wellness. This is a safe space to show work in progress, talk about what your art means to you, share struggles and breakthroughs, or simply be present.

Gentle Yoga: Weds, 9:30- 10:50am, The Recovery Annex, 74 Federal St., Grnfl. Erica Travis incorporates light-hearted joyful movement with a reverent and consistent focus on breath and deepening individual awareness. While this class will be tailored to the beginner and those in recovery, all students are encouraged to practice at a pace that suits their own bodies in the present moment. Multiple variations of poses are presented to encourage individual choices and levels of ability. Class is co-ed!

Inner Workings Series presents: Creating Your Haven with Candace Sutton: Thurs, July 7 & 21 (and August 4th), 6-7:30pm- In this creativity workshop, participants will be taken through a series of art-based approaches to personal space design for mindfulness and ease of living. In addressing organization of personal space, we will incorporate creative writing, collage, "repurposing" what we already have, trash to treasure ideas, and various budget sensitive hints. Workshops continue on July 7 & 21 and August 4th. These workshops are intended to build on one another so try to attend all four. Space is limited so sign up now. For questions or to reserve your spot: 413-561-3268 or janice@westernmassrlc.org

Veteran Support-Discussion Group and Yoga Warriors: 2nd & 4th Wednesdays 3-5pm, The Recovery Annex, 74 Federal St. 3-4pm Discussion Group, 4-5pm Yoga Warriors ATTENTION ALL VETERANS: Looking to connect with other Vets? Coping with stress and the transitioning to civilian life? Having issues with housing, employment or health? Want to learn about community resources? Miss your buddies? Come to the Recovery Annex for a Veteran Support Discussion Group and Yoga Warriors. Yoga Warriors promotes health, wellness and peace of mind from within. Refreshments provided! Call Alex at (413) 774-5489 x14 for more info. The Recover Project & Recovery Learning Community are programs of The Consortium.

Women's Self-care Support Group: Mondays, 6:30-8:30pm (except for 4th of July), The Greenfield Women's Resource Center, 278 Federal St, Grnfl. Join facilitator Janice Sorensen for a supportive group where women can share wellness tools and ideas, find a sounding board and support one another. For more info, 413-561-3268.

Northampton Area

HAMPSHIRE COUNTY • JUNE 2011



| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|------------------|---------------------------------------|--|
| <p><i>Events are in various locations throughout Hampshire County. Please check detailed descriptions on next page for more information.</i></p> | | | | |
| <p>4 • 4th OF JULY HOLIDAY GROUPS CANCELLED</p> | <p>5 • Alternatives to Suicide Group, 6:30-8pm</p> | <p>6</p> | <p>7 • Yoga, 3:30-5pm</p> | <p>1</p> |
| <p>11 • Acupuncture Clinic, 4:30pm • Hearing Voices Group, 4-5:30pm • Film Screening Event: Open Dialogue with Daniel Mackler 6-8pm (Smith College, Seelye Room #106, Northampton)</p> | <p>12 • Alternatives to Suicide Group, 6:30-8pm</p> | <p>13</p> | <p>14 • Yoga, 3:30-5pm</p> | <p>15 • Out to the Movies @ Cinemark, 1-4pm</p> |
| <p>18 • Acupuncture Clinic, 4:30pm • Hearing Voices Group, 4-5:30pm</p> | <p>19 • Alternatives to Suicide Group, 6:30-8pm</p> | <p>20</p> | <p>21 • Yoga, 3:30-5pm</p> | <p>22 • Special luncheon event: Lunch and conversation with Richard Schulman 1130-2pm (Mount Holyoke College, South Hadley)</p> |
| <p>25 • Acupuncture Clinic, 4:30pm • Hearing Voices Group, 4-5:30pm</p> | <p>26 • Alternatives to Suicide Group, 6:30-8pm</p> | <p>27</p> | <p>28 • Yoga, 3:30-5pm</p> | <p>29 • Special luncheon event: Lunch and conversation with Robert Whitaker 1130-2pm (Mount Holyoke College, South Hadley)</p> |

NORTHAMPTON AREA / Hampshire County • June 2011

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

Events in this section are in varying locations. Check event description for locations.

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

Acupuncture Clinic: Every Monday from 4:30pm to 6pm (**except for 4th of July**), Friends Meeting Space, 43 Center Street, 2nd floor, Northampton. Drop-in auricular acupuncture focuses on five ear points. Arrive promptly to secure your space! Freedom Center is lead sponsor, co-sponsored by the RLC (877-677-6424 for more info).

Alternatives to Suicide Group: Tuesdays from 6:30 to 8pm at the Quaker Meeting House in Northampton. This is a peer-run group for individuals who want a safe, judgment-free zone to talk about alternatives to suicide. Please call Kelly at 413-330-5269 for more information or to join this group.

Film Screening Event – Open Dialogue with Daniel Mackler: Monday, July 11th from 6 to 8pm at Smith College, Seelye #106, Northampton. Join us for a special screening of Daniel's 3rd film, Open Dialogue with discussion with the filmmaker to follow. Continuing Education credits available. See page 1 in newsletter or website for details or call (413) 539-5941 ext. 301.

Hearing Voices Group: Mondays from 4 to 5:30pm (**except 4th of July**) at the Windhorse Library, 211 North Street, Northampton. Hearing Voices groups are popular and widespread across the globe, especially England. Hearing Voices groups do not pathologize the experience of hearing voices or experiencing other altered/extreme states, instead they ask what does the experience mean to you? This group is open to voice hearers and people experiencing other extreme states as well. Join us for one of few Hearing Voices groups in the United States and share and get support from others with similar experiences!

Out to the Movies @ Cinemark: The 3rd Friday of the month, July 15th, 12:30pm to 4pm (actual time may vary slightly depending on movie selected) @ Cinemark Theatres at the Hampshire Mall, Rt. 9, Hadley. Join Sera and other community members for an afternoon at the movies. 6 SPOTS AVAILABLE FOR FREE TICKETS, AND 3 TO 4 SPOTS AVAILABLE FOR TRANSPORTATION ASSISTANCE. You MUST SIGN UP for this event and early sign up is recommended. The actual film and exact meeting time will be determined by Wednesday of that week. Please call Sera at (413) 539-5941, x203 to sign up and/or for more info!

Special Luncheon Event: Lunch and Dialogue with Rich Shulman: Friday, July 22nd, 11:30am-2pm at Mount Holyoke College, Willits-Hallowell Conference Center, South Hadley. (Map at <http://www.mtholyoke.edu/campusmap>) Join us for a free lunch and conversation with Rich Shulman, Director of Volunteers in Psychotherapy (VIP). More info about VIP's program at <http://www.ctvip.org>. See page 1 in newsletter or website for more details about this event. Sign-up required to Sera (413) 539-5941 ext. 203 or info@westernmassrlc.org.

Special Luncheon Event: Lunch and Dialogue with Robert Whitaker: Friday, July 29th 11:30am-2pm at Mount Holyoke College, Willits-Hallowell Conference Center, South Hadley. (Map at <http://www.mtholyoke.edu/campusmap>) Join us for a free lunch and conversation with Robert Whitaker, author of Mad in America and Anatomy of an Epidemic. See page 1 in newsletter or website for more details. Sign-up required to Sera (413) 539-5941 ext. 203 or info@westernmassrlc.org.

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

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

ADDITIONAL PEER COMMUNITY RESOURCES

The resources below are listed by area and include peer supports in all four counties of Western Massachusetts as well as some statewide resources like warmlines, the Certified Peer Specialist Program (CPS) and other RLCs. THESE ORGANIZATIONS, GROUPS, MEETINGS AND WORKSHOPS ARE NOT RUN, SPONSORED (unless otherwise noted) OR OVERSEEN BY THE RLC IN ANY WAY. The RLC includes these resources for your information and personal use. Inclusion on this list does NOT necessarily mean that the RLC is attesting to the values or quality of any group or organization listed. Rather these resources are included based on the belief that there is strength in connection and the creation of a network of supports, in having and knowing your choices and in understanding that different supports work for different people.

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

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

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

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

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

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

Art Group: Thursdays from 10am to 12pm 239 Main Street #7, Greenfield. Join this open art group facilitated by Lee Shuer. Call or email for more info (413) 588-8395 or Ishuer@servicenetinc.org. Sponsored by ServiceNet, Inc.

Community Expressions: M-F, 1 to 4 pm. 13 Prospect St., 1st floor, Greenfield. A peer-driven community center offering computers, a comfortable social space, a quiet space and more. Sponsored by ServiceNet, Inc.

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

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

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

ADDITIONAL PEER COMMUNITY RESOURCES (Cont.)

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

ADDITIONAL PEER COMMUNITY RESOURCES (Cont.)

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

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

HAMPSHIRE COUNTY (Northampton, Easthampton, etc.):

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

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

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

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

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

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

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

Peer Educator Support Group: Fridays from 3pm to 4pm at the Forbes Library, Watson Room, Northampton. This is a voluntary peer-led group run by peer educators with lived mental health experience. Participants at meetings will discuss experiences, 'the tough stuff,' and their journeys through it as a recovery opportunity. Facilitated by Marie Laureano and Tam Ward. Call (413) 584-1508 for more info. Co-sponsored by ServiceNet and VINFEN.

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

WARMLINES

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

Consumer Warm Line: (800) 243-5836. This peer-run warmline operates out of Waltham, MA but is accessible throughout the state via their toll-free number. They also offer a 'call list' and will call you regularly if you put your name on that list. Open 5pm to 10pm on weekdays and on weekends from 1pm to 10pm.

ADDITIONAL PEER COMMUNITY RESOURCES (Cont.)

Peer Warmline: (877) 733-7563. This peer-run warmline is a collaboration between the Boston and Northeast RLC's and is accessible locally through their toll-free number. This number can be easily remembered as it can be spelled as 877 PEER LNE. The hours of operation are Tuesday through Sunday from 4-8pm. A Spanish-speaking warmline worker is available on Sundays and Tuesdays.

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

RLCs IN OTHER AREAS OF THE STATE

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

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

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

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

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

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

STATEWIDE ORGANIZATIONS, EVENTS & TRAININGS

Certified Peer Specialist (CPS) Training: The CPS training is the statewide certification program for individuals interested in working as Peer Specialists as using their own recovery stories and experiences to inspire and support others to move forward on their own recovery journeys. The CPS trainings take place at locations throughout Massachusetts determined at the start of each year, and an application process is required to enter as a student. Although your local RLC MAY be able to help you get access to a CPS application, link you to others who have already been through the CPS class, or get support around studying for the CPS the RLC's do NOT oversee the CPS class or exam and are not responsible for its content or application process. The CPS classes are sponsored through the Transformation Center at 98 Magazine Street in Roxbury, MA 02119. You may access more information about the CPS training and/or exam by calling Karen at (617) 442-4111, e-mailing to cps@transformation-center.org or going to www.transformation-center.org/cps/

Film Screening Event – Open Dialogue with Daniel Mackler: Wednesday, July 13th, 2pm to 4pm at Advocates, Inc, 1881 Worcester Rd, Framingham; Thursday, July 14th 12pm to 2pm, Metro Suburban RLC's Quincy Center, 460 Quincy Ave, Quincy; Friday, July 15th, 12pm to 2pm, Central Mass RLC's Worcester Center, 91 Stafford St, Worcester. Join us for a special screening of Daniel's 3rd film, Open Dialogue with discussion with the filmmaker to follow. Continuing Education credits available. See page 1 for more information about these screenings. For more about Daniel and his work, please visit www.iraesoul.com.

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!**