



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.

## **JUNE 2016 UPDATE & CALENDAR**

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**This newsletter and previous editions are available  
at our website, [www.westernmassrlc.org](http://www.westernmassrlc.org).**

*To sign up to receive this newsletter each month via postal mail,  
or to receive monthly email alerts, please sign up at our website  
or contact us at [info@westernmassrlc.org](mailto:info@westernmassrlc.org) or (413) 539-5941.*

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**DON'T MISS IT:**

**PUBLIC TALKS ON: VOICE DIALOGUING**

*with Rufus May and Elisabeth Svanholmer*

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

**Thursday, May 26, 1pm to 4pm @**  
Shire City Sanctuary, 40 Melville Street  
Pittsfield MA

*(presentation from 1pm to 3pm, with reception to follow)*

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

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



**Important RLC Numbers:**

*Afiya Respite House:*  
413.570.2990

*Peer Support Line:*  
888.407.4515

*Community Bridgers:*  
413.539.5941 x 334

*Greenfield Center:*  
413.772.0715

*Holyoke Center:*  
413.539.5941

*Pittsfield Center:*  
413.236.5888

*Springfield (BOWEN) Center:*  
413.732.1703  
(will be updated ASAP)

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

**What is Voice Dialoguing? (Excerpts from [www.intervoiceonline.org](http://www.intervoiceonline.org)):** Many people who hear challenging voices have found that a turning point in learning to cope with this experience has been finding different ways of talking with and understanding their voices.

Learning to understand the motives of your voices and different ways of talking with them can help the relationship to change between the voice hearer and the voices. Techniques derived from various psychological and dramatic traditions (e.g. Gestalt, Voice Dialogue, Transactional Analysis, Psychodrama) have used chairs to act out different roles and relationships in order to help people resolve conflicts and reclaim power in their lives.

For the last ten years, a growing number of individuals have adapted this method to use with voice-hearing. We came together to write this so that others may try the technique as an aid for coping with challenging voices.

In our approach, that is derived from "Voice Dialogue", we try to explore the motives of the voices so that the voice hearer can find new strategies to cope with their voices. It can create a more autonomous position in which the voice hearer can make her or his own choices. Some voices even can become supportive.

## Career Initiatives Grants, 2016-17

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

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

**Grant awards average around \$2000 per awardee**

*(Some grant awards may be slightly higher or lower depending on the merit and needs of the project)*

### What to expect:

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

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

**THANK YOU**  
**to everyone who helped us raise**  
**funds (by giving, and sharing**  
**our fundraising efforts) this**  
**Valley Gives Day 2016!!**



### **Elevator Updates in Holyoke**

**PLEASE NOTE:** We have been experiencing a number of difficulties with the elevator in the building where the Holyoke Center is located.

The elevator is now scheduled for full replacement, but we anticipate that this means elevator access will be unpredictable for June.

We may move the location of some groups during this period, so stay tuned!

## THE RLC HAS A NEW MISSION STATEMENT!!

The Western Mass RLC's new mission statement is as follows:

The Western Mass RLC supports healing and empowerment for our broader communities and people who have been impacted by psychiatric diagnosis, trauma, extreme states, homelessness, addiction, and other life-interrupting challenges through:

- \* Peer-to-peer support & genuine human relationships
- \* Alternative Healing Practices
- \* Learning Opportunities
- \* Advocacy

Essential to our work is recognizing and undoing systemic injustices such as racism, sexism, transphobia and psychiatric oppression.

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Why did we update our mission statement? There are several reasons. First, we wanted to get a little clearer about the roots of our community, and the many different challenges we have all faced, and that sometimes get in the way of our leading the lives that we want to lead. Next, we wanted to further clarify the different types of work that we do, and highlight the fact that we have so much more to offer as a community than physical spaces or individual support to people going through difficult times (as important as those spaces and supports may be!).

Finally, we wanted to name recognizing and undoing systemic injustice and oppression as a fundamental part of our work. And, as a step toward that, we wanted to be clear that we are not just talking about psychiatric oppression, but all the many oppressions that impact us and those around us. Along those lines, it felt important for us to name a few specific types of oppression including racism. It felt important because we see how racism impacts our communities and ourselves on a daily basis and we want to be a part of healing that. It also felt important out of recognition of the fact that this movement (of people talking about peer support and psychiatric oppression) has tended to be very white, and we want to be a part of changing that, and creating more opportunities to connect and learn from one another. **We welcome any questions you might have about our new mission statement to [info@westernmassrlc.org](mailto:info@westernmassrlc.org).**



A huge thank you to everyone who took the time to vote for our 'Finding Shelter through Peer Support' project, which was one of the finalists for the Scattergood Foundation's Innovation Award and a grand prize of \$25,000.

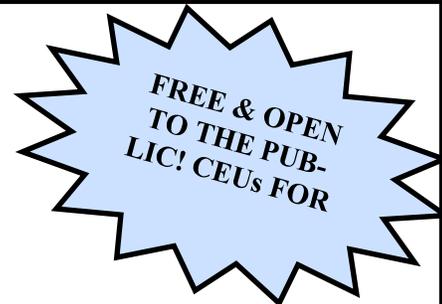
Unfortunately, we didn't quite make the cut this time round. Regardless, the support you all gave us was indispensable and much appreciated.

And, of course, we're not giving up! Project leader, Earl Miller (with the support of others on the team), is going to find a way to keep this great work rolling, no matter what! We have faith that more opportunities to expand will come our way soon

## Coming in July - Don't Miss It!

### Alternative Perspective Series: Trauma-Informed Approaches with Darby Penny

Friday, July 15  
1-4p, Shire City Sanctuary  
40 Melville Street, Pittsfield



Join Darby Penney for a brief introduction to the role that trauma plays in the lives of people with psychiatric histories, and the kind of changes required if mental health systems want to provide trauma-informed approaches to people experiencing extreme mental or emotional states.

Topics will include defining trauma, understanding its impact on people and communities, and looking at trauma through a cultural lens. We will examine the extent to which current practices must change if the mental health system wants to respond in trauma-informed ways and avoid the re-traumatization that the system often perpetrates on people.

Darby Penney is a long-time activist in the human rights movement for people with psychiatric histories. She is a Senior Research Associate at Advocates for Human Potential Inc., where she is currently Principal Investigator of a federally-funded study of Intentional Peer Support. She developed curricula on trauma-informed approaches and trauma-informed peer support for the National Center on Trauma-Informed Care, and is co-author of “Engaging Women in Trauma-Informed Peer Support: A Guidebook”.



Darby is also co-author, with Peter Stastny, of “The Lives They Left Behind: Suitcases from a State Hospital Attic”, based on the discovery of 400 suitcases belonging to people committed to Willard State Hospital in upstate New York. She was formerly Director of Recipient Affairs at the New York State Office of Mental Health, where she brought the perspectives of people with psychiatric disabilities into the policy-making process.

## Changes for Groups Meeting at the Bowen & Wellness Centers

Alternatives to Suicide will continue meeting in June at the Bowen Center, but there will be some changes towards the end of the month, and going forward, due to the center moving.

Some other groups that usually take place at the Bowen & Wellness Centers will also be re-scheduled.

To stay up-to-date on all Bowen Center changes, check the July calendar, our Facebook page, website, or email Earl at [earl@westernmassrlc.org](mailto:earl@westernmassrlc.org), Ana at [ana@westernmassrlc.org](mailto:ana@westernmassrlc.org), and Erin at [erin@westernmassrlc.org](mailto:erin@westernmassrlc.org). As soon as we have the new phone information, we'll get it out there!

## **Our Springfield Bowen Center is Moving**

The Bowen Center (including the Wellness Center) is transitioning to a new space, which will truly be a moment for opportunity - but also means we will have to close for part or all of July. The building was sold without much notice, so this has been news to us as well.

**Our last day at 340 Main Street will be Saturday, June 25th,  
with a sendoff party on June 23rd from 12 – 5pm.**

We don't yet know where we'll be moving to, but this isn't the end of the RLC community in Springfield. The Bowen Center has never been about one space. We've all built strong connections to the place we are now, and we'll be photographing and documenting the mural, and all of the meaningful additions to the space that we've enjoyed over the years. These images and documents will come with us to the new space.

We hope to maintain our connections with everyone, and are excited to see you soon!

During our down time, keep up with what's happening - check our Facebook page, or website, or email Earl at [earl@westernmassrlc.org](mailto:earl@westernmassrlc.org), Ana at [ana@westernmassrlc.org](mailto:ana@westernmassrlc.org), and Erin at [erin@westernmassrlc.org](mailto:erin@westernmassrlc.org).

As soon as we know our new phone information, we'll get it out there!

Next month's newsletter will feature a more in-depth look at the Bowen Center, and the community that has formed around it and made it so vibrant. If you have pictures or writings that you'd like to offer, please email [mitzi@westernmassrlc.org](mailto:mitzi@westernmassrlc.org).

## **Changes for our Pittsfield Center**

Pittsfield is moving at the end of May! We're headed to 146 First Street, a storefront space with bright orange walls and a park next door. Right now, we have a beautiful space that we will miss dearly, but we live at the back of a labyrinthine building and we often don't get found.

The new space is next to the Pittsfield Commons, where farmer's markets happen regularly, there are basketball courts, space for community picnics and more great stuff. We also have room for gardening! Our landlord is connected to a local nursery, so we hope to have lots of herbs and flowers available to our community, and picnic tables out back for folks to lounge in the sun.

The space is considerably smaller, true, but as the community grows and the need grows, there is a beautiful and enormous upstairs space that we are crossing our fingers to be able to rent (if we can get more funding in the future). Which brings us to more exciting news - because we are paying so much less in rent, we will be able to have open hours *every day of the week!* Check out our new schedule for the full details (page 13)!

We will also be having an Open House! The date is TBD, but keep your eyes peeled, because we would love to see the broader community make the trek out here. We are so excited, and hope this is a new era for the Pittsfield Center. We have been around for a long time and have struggled to make our mark on this community. Come help us celebrate!

Lots of love from Cate, Alan, Dani, and Julia!

Ask  
Afiya



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

## Can I call Afiya just for support?

If you call Afiya just looking to talk or get support, there may be times when someone working there can spend a few minutes on the phone with you. However, our priority has to be people staying at the house, and sometimes we're so busy talking with people there in person that we're not even able to pick up the phone when it rings. If we are able to answer, chances are we won't be able to stay on the phone too long, because the Afiya line is mainly meant for individuals who are calling because they're interested in coming to stay at the house.

The Western Mass Recovery Learning Community does offer a Peer Support Line that's open Fridays through Mondays from 8pm to midnight. That number is 888.407.4515.

There are also several Peer Support and 'Warm' Lines around the country that accept calls nationally and have varying open hours and days. Here are the ones of which we are currently aware:

### **Seacoast Warmline (based in New York)**

9am – 5pm Monday through Friday  
5pm – 10pm 7 days a week  
800.809.6262

### **Cincinnati Warmline (based in Ohio)**

24 hrs a day, 7 days a week  
513.931.9276

### **Indiana Consumer Warmline (based in Indiana)**

8am - 4:30p, Monday through Friday  
800.933.5397

### **Peer Support Line (based in Boston, MA)**

4pm - 8pm, 7 days a week  
887.733.7563

### **Edinburgh Warmline (based in Quincy, MA)**

5:30pm - 9pm, Monday through Sunday  
4pm - 9pm, Saturday  
800.243.5836

*Please note: This line states they will call crisis at the end of a call if they are worried about someone.*

### **Allegheny County Warmline (Based in Pennsylvania)**

10am to midnight, 7 days a week  
866.661.9276

*Please note: This line states they will call crisis or the police at the end of a call if they are worried about someone.*

### **Compassionate Ear Warmline (Based in Kansas)**

5pm-11pm, 7 days per week  
5pm-8pm, M - F, for Spanish-speaking line



# WESTERN MASS Recovery Learning Community

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

## Community Happenings

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

**What: Hillside Block Party**

**When:** Friday, June 17th, 5pm-7pm

**Where:** Hillside Park, 42 Grove Street, Greenfield

**Cost:** Free

**More info:** This year's Hillside Block Party will feature music, games, inflatable activities, food, friends, neighbors, and fun! Come celebrate in the neighborhood park!

**For details:** [www.greenfieldrecreation.com/hillside.html](http://www.greenfieldrecreation.com/hillside.html), or call (413) 772-1553. Check out the website for more activities, like Friday night outdoor movies for the whole summer!

**What: Mythbusters!**

**When:** Saturday, June 4th, 11am-1pm

**Where:** ZOO in Forest Park, 293 Sumner Ave, Springfield

**Cost:** Included in admission to the Zoo (\$6 to \$9), and free for members.

**More Info:** Do parrots make good pets? Are snakes slimy? Can porcupines shoot their quills? Come learn about the myths surrounding some of the zoo animals and discover what's fact and what's a myth!

**For details:** [www.for estparkzoo.org/events/](http://www.for estparkzoo.org/events/), or call (413) 733-2251.

**What: Cultural Chaos Festival (FREE)**

**When:** Saturday, June 11, 2016

**Where:** Easthampton, city-wide

**More info:** A full day of food, music, open studios, and street performances. Cultural Chaos is an annual street festival in Easthampton, and this year's theme is "Carnival". The line-up isn't yet fully decided, so keep checking the website for more details. There is parking available, but carpooling, walking or biking are highly recommended!

**For details:** [www.culturalchaos.net](http://www.culturalchaos.net)

**What: Easthampton City Wide Flea Market**

**When:** Saturday, June 18th, 8:30am - 2pm

**Where:** 1 Daley Field Road, Easthampton

**Cost:** Free to attend, \$10 for a table

**More info:** The 5th Annual City Wide Flea Market (formerly Yard Sale) will be happening June 18th (rain date 6/19) Come on down and pick up some unique treasures, or set up a table and sell your own stuff! The Flea is right on Daley Field at Nonotuck Park.

**For details, and to register:** Please call 529-1440 to rent a generous sized space. The cost is \$10, and you must furnish your own table. All fees collected will go to future park events.

**What: Prince Tribute & Birthday Celebration**

**When:** Sunday, June 5th. Doors open at 7:30, music starts at 8.

**Where:** Luthier's Co-op, 108 Cottage St., Easthampton. Free, all-ages show.

**More info:** An evening of Prince covers, celebrating his life, influence and June 7th birthday! Attendees can sign up to perform one or two Prince songs.

**For details:** Visit [www.luthiers-coop.com](http://www.luthiers-coop.com), or email [info@luthiers-coop.com](mailto:info@luthiers-coop.com).

### Other Places to Look for Ways to Connect!

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

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

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

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

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

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

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

# Holyoke Area

## Hampden County • June 2016

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Please contact us if you have accommodation requests, including interpreters.</i></p> <p><i>The RLC aspires to be scent free. Please avoid wearing scents to any RLC events or spaces.</i></p>		<p><b>1</b></p> <p><b>Center Open 12-4p</b></p> <p>Spanish Speaking Open Hours 12-4</p> <p>Knitting Group 1:30-2:30p</p>	<p><b>2</b></p> <p><b>Center Open 12-4p</b></p> <p>Winding Road Support Group 1-2p</p> <p>Spiritual Explorations Group 2:30-3:30p</p> <p>Sylvia Rivera Support Group 4:30-6pm</p>	<p><b>3</b></p> <p><b>Center Closed</b></p>
<p><b>6</b></p> <p><b>Center Open 12-4p</b></p> <p><b>**GCOW**</b></p> <p><b>10a-11:30am</b></p> <p>Peer Support Group 1-2p</p>	<p><b>7</b></p> <p><b>Center Open 12-4p</b></p> <p>Art Group 2p-3p</p> <p>Hearing Voices Group 4:30-6p</p>	<p><b>8</b></p> <p><b>Center Open 1-4p</b></p> <p><b>Community Action Meeting 12-1p</b></p> <p>Spanish Speaking Open Hours 1-4</p> <p>Knitting Group 1:30-2:30p</p> <p><b>Music Jam 4:30-6:30p</b></p>	<p><b>9</b></p> <p><b>Center Open 12-4p</b></p> <p>Winding Road Support Group 1-2p</p> <p>Sexual Trauma Mutual Support Group 2:30-3:30p</p> <p>Sylvia Rivera Support Group 4:30-6pm</p>	<p><b>10</b></p> <p><b>Center Closed</b></p>
<p><b>13</b></p> <p><b>Center Open 12-4p</b></p> <p>Peer Support Group 1-2p</p>	<p><b>14</b></p> <p><b>Center Open 12-4p</b></p> <p>Art Group 2p-3p</p> <p>Hearing Voices Group 4:30-6p</p>	<p><b>15</b></p> <p><b>Center Open 12-4p</b></p> <p>Spanish Speaking Open Hours 12-4</p> <p>Knitting Group 1:30-2:30p</p>	<p><b>16</b></p> <p><b>Center Open 12-4p</b></p> <p>Winding Road Support Group 1-2p</p> <p>Spiritual Explorations Group 2:30-3:30p</p> <p>Sylvia Rivera Support Group 4:30-6pm</p>	<p><b>17</b></p> <p><b>Center Closed</b></p>
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<p><b>27</b></p> <p><b>Center Open 12-4p</b></p> <p>Peer Support Group 1-2p</p> <p><b>Acupuncture 2:30-3:30p</b></p>	<p><b>28</b></p> <p><b>Center Open 12-4p</b></p> <p>Art Group 2p-3p</p> <p>Hearing Voices Group 4:30-6p</p>	<p><b>29</b></p> <p><b>Center Open 12-4p</b></p> <p>Spanish Speaking Open Hours 12-4</p> <p>Knitting Group 1:30-2:30p</p>	<p><b>30</b></p> <p><b>Center Open 12-4p</b></p> <p>Winding Road Support Group 1-2p</p> <p>Sylvia Rivera Support Group 4:30-6pm</p>	

## HOLYOKE AREA / Hampden County • June 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: June 27th, 2:30-3:30pm:** 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!

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

**Community Action Meeting: 2nd Wednesday (6/8), 12-1pm.** The Community Action Meeting will be focused on community ideas, concerns, & growth. We often talk about planning events, ideas for new groups, volunteering, etc. This is a great opportunity to build our sense of community and connection to one another! Pizza will be served.

**Guiding Council of Western Mass (GCOW): First Monday (6/6), 10-11:30am.**

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

**Hearing Voices Group: Tuesdays, 4:30-6pm.** Hearing Voices groups are popular and widespread across the globe, especially in England. Hearing Voices groups do not pathologize the experience of hearing voices or experiencing other altered/extreme states. Instead they ask, “what does the experience mean to you?” You do not need to hear voices to attend this group.

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

**Mt. Tom Reservation Outing: Wednesday, June 22nd, 5-7pm.** Come join in for 2 hours of self-determined leisure. Whether it's resting by the pond, observing wildlife, climbing observation towers, exploring trails or hiking the ridge, there's something for everyone! Group will meet by the restrooms at Bray Lake (near the Rt. 5 entrance). The Route 5 entrance is accessible via the PVRTA B48 bus route. Limited transportation spots available from the Holyoke Center. RSVP to Chris at [chris@westernmassrlc.org](mailto:chris@westernmassrlc.org), or 539-5941.

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

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

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

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

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

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

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

# Springfield Area

## Hampden County • June 2016

**Our Springfield location is changing ,  
starting toward the end of June.**  
*Read more about center changes on page 6.*

Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> <i>Center &amp; Wellness Closed</i> <u><b>Workout Madness</b></u> <i>Please see next page</i>	<b>2</b> Center Open 9a-2p Wellness Open 10a-2p	<b>3</b> Center Open 9a-2p Wellness Open 11a-2p Art Group 10-11a <b>Alternatives To Suicide 2:30-4p</b>	<b>4</b> Center Open 11a-3p Wellness Open 1-3p
<b>7</b> Center Open 9a-2p Wellness Open 12-2p Yoga 10:30-12p	<b>8</b> <i>Center &amp; Wellness Closed</i> <u><b>Workout Madness</b></u> <i>Please see next page</i>	<b>9</b> Center Open 9a-2p Wellness Open 10a-2p	<b>10</b> Center Open 9a-2p Wellness Open 11a-2p Art Group 10-11a <b>Alternatives To Suicide 2:30-4p</b>	<b>11</b> Center Open 11a-3p Wellness Open 1-3p
<b>14</b> Center Open 9a-2p Wellness Open 12-2p Yoga 10:30-12p	<b>15</b> <i>Center &amp; Wellness Closed</i> <u><b>Workout Madness</b></u> <i>Please see next page</i>	<b>16</b> Center Open 9a-2p Wellness Open 10a-2p	<b>17</b> Center Open 9a-2p Wellness Open 11a-2p Art Group 10-11a <b>Alternatives To Suicide 2:30-4p</b>	<b>18</b> Center Open 11a-3p Wellness Open 1-3p
<b>21</b> Center Open 9a-2p Wellness Open 12-2p Yoga 10:30-12p	<b>22</b> <i>Center &amp; Wellness Closed</i> <u><b>Workout Madness</b></u> <i>Please see next page</i>	<b>23</b> <b><i>Sendoff Party 12p-5p</i></b>	<b>24</b> Center Open 9a-2p Wellness Open 11a-2p Art Group 10-11a <b>Alternatives To Suicide 2:30-4p</b>	<b>25</b> Center Open 11a-3p Wellness Open 1-3p
<b>28</b> <b><i>Hampton Ponds Outing 11am-3pm</i></b>	<b>29</b> <i>Center &amp; Wellness Closed</i>	<b>30</b> <b><i>Forest Park Outing 11a-3p</i></b>	<b><i>Please contact us if you have accommodation requests, including interpreters.</i></b>  <b><i>The RLC aspires to be scent free. Please avoid wearing scents to any RLC events or spaces.</i></b>	

## SPRINGFIELD AREA / Hampden County • June 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!***

### **Our Springfield Bowen Center is Moving**

The Bowen Center is transitioning to a new space, which is truly a moment for opportunity - but it also means we will have to close for part or all of July.

The building was sold without much notice, so this is news to us as well.

Our last day at 340 Main Street will be **Saturday, June 25th**, with a sendoff party on June 23rd from 12 – 5pm.

We don't yet know where we'll be moving to, but this is not the end of the RLC community in Springfield.

For all the info, and ways to keep in touch, please go to page 6 of this newsletter.

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

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

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

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

**Alternatives to Suicide Support Group: Fridays, 2:30pm – 4:00pm.** This is a peer-run group for individuals who want a safe, judgment-free zone to talk about alternatives to suicide. The group is supportive and confidential and strives to create a space where people can provide peer support for one another, strategize about alternatives to help each other best cope with difficult life circumstances.

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

**Community Meeting: First Thursday, 11:00am.** Offer leadership, be creative, and share your knowledge & a bit of time to focus on community wellness, ideas, concerns and growth. This is a great opportunity to build our sense of community and connection to one another and to shape the future of the Bowen Center! This meeting will be followed with Pizza!

**Forest Park Outing: June 30th 11a-3p:** To make space for moving, we will spend the last two open days of the month enjoying the outdoors. Please pack your own lunch! Come hang out with the good eggs of the Bowen Center community.

**Hampton Ponds Outing: June 28th 11a-3p:** Join us at Hampton Ponds for a picnic and gathering. There will be limited carpooling available, and it's on a PVTA bus route. There will be a few snacks, but please pack your own lunch! Hampton Ponds is located at 1048 North Road in Westfield.

**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: Tuesdays 10:30a-12pm.** Join Erin in June for an introductory yoga session and learn about the new format we will be using in August. Due to the move, we will not start the new format, this month.

**Sendoff Party: June 23rd 12pm-5pm:** Come join us in saying goodbye to the space we have been in for many years. Join us for some story-telling, fellowship and coffee.

# Pittsfield Area

## Berkshire County • June 2016

Our Pittsfield location has changed!  
 Come see us at 146 First Street!  
 Read more about center changes on page 6.

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Please contact us if you have accommodation requests, including interpreters.</i></p> <p><i>The RLC aspires to be scent free. Please avoid wearing scents to any RLC events or spaces.</i></p>		<p><b>1</b></p> <p>Center Open 12-4p</p> <p><b>*NEW TIME*</b>            Alternatives to Suicide 4:30-6p</p>	<p><b>2</b></p> <p>Center Open 12-4p</p> <p><b>*NEW*</b> Yoga 10-11a</p> <p>Mindfulness Meditation 11:15-12p</p> <p><b>Natural Healing Collaborative 3-4p</b></p> <p>Hearing Voices Support Group 4:30p-6p</p>	<p><b>3</b></p> <p>Center Closed</p>
<p><b>6</b></p> <p>Center Open 12-4p</p> <p>General Support Group 11a-12p</p> <p><b>Happy Little Accidents Art Group 2-3:30p</b></p>	<p><b>7</b></p> <p>Center Open 12-4p</p> <p>Yoga 10a-11a</p> <p>Mindfulness Meditation 11:15-12p</p>	<p><b>8</b></p> <p>Center Open 12-4p</p> <p><b>*NEW TIME*</b>            Alternatives to Suicide 4:30-6p</p>	<p><b>9</b></p> <p>Center Open 12-4p</p> <p><b>*NEW*</b> Yoga 10-11a</p> <p>Mindfulness Meditation 11:15-12p</p> <p><b>Natural Healing Collaborative 3-4p</b></p> <p>Hearing Voices Support Group 4:30p-6p</p>	<p><b>10</b></p> <p>Center Closed</p>
<p><b>13</b></p> <p>Center Open 12-4p</p> <p>Community Voice 12:30-1:30p</p> <p>General Support Group 11a-12p</p> <p><b>Happy Little Accidents Art Group 2-3:30p</b></p>	<p><b>14</b></p> <p>Center Open 12-4p</p> <p>Yoga 10a-11a</p> <p>Mindfulness Meditation 11:15-12p</p>	<p><b>15</b></p> <p>Center Open 12-4p</p> <p><b>*NEW TIME*</b>            Alternatives to Suicide 4:30-6p</p>	<p><b>16</b></p> <p>Center Open 12-4p</p> <p><b>*NEW*</b> Yoga 10-11a</p> <p>Mindfulness Meditation 11:15-12p</p> <p><b>Natural Healing Collaborative 3-4p</b></p> <p>Hearing Voices Support Group 4:30p-6p</p>	<p><b>17</b></p> <p>Center Closed</p>
<p><b>20</b></p> <p>Center Open 12-4p</p> <p>General Support Group 11a-12p</p> <p><b>Happy Little Accidents Art Group 2-3:30p</b></p>	<p><b>21</b></p> <p>Center Open 12-4p</p> <p>Yoga 10a-11a</p> <p>Mindfulness Meditation 11:15-12p</p>	<p><b>22</b></p> <p>Center Open 12-4p</p> <p><b>*NEW TIME*</b>            Alternatives to Suicide 4:30-6p</p>	<p><b>23</b></p> <p>Center Open 12-4p</p> <p><b>*NEW*</b> Yoga 10-11a</p> <p>Mindfulness Meditation 11:15-12p</p> <p><b>Natural Healing Collaborative 3-4p</b></p> <p>Hearing Voices Support Group 4:30p-6p</p>	<p><b>24</b></p> <p>Center Closed</p>
<p><b>27</b></p> <p>Center Open 12-4p</p> <p>General Support Group 11a-12p</p> <p><b>Happy Little Accidents Art Group 2-3:30p</b></p>	<p><b>28</b></p> <p>Center Open 12-3p</p> <p>Yoga 10a-11a</p> <p>Mindfulness Meditation 11:15-12p</p>	<p><b>29</b></p> <p>Center Open 12-4p</p> <p><b>*NEW TIME*</b>            Alternatives to Suicide 4:30-6p</p>	<p><b>30</b></p> <p>Center Open 12-4p</p> <p><b>*NEW*</b> Yoga 10-11a</p> <p>Mindfulness Meditation 11:15-12p</p> <p><b>Natural Healing Collaborative 3-4p</b></p> <p>Hearing Voices Support Group 4:30p-6p</p>	

**PITTSFIELD AREA / Berkshire County • June 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.*

**NEW LOCATION! 146 First Street – parking is in the back**

*The Pittsfield Center phone: 413-236-5888 & fax: 413-236-2995.*

**Berkshire Center Community Hours:** \*NEW CENTER HOURS\* **Mondays-Thursday 12pm-4pm**, unless otherwise noted on the monthly calendar. Peer support, resource information, 2 computers, lending library, Wii gaming and other activities are offered. Additional hours are available by appointment. Come on by, we'd love to see you!

**Alternative Perspective Series: Trauma-Informed Approaches with Darby Penny, Friday July 15th, 1-4pm.**

Shire City Sanctuary, 40 Melville Street, Pittsfield. This presentation is a brief introduction to the role that trauma plays in the lives of people with psychiatric histories and the kind of changes required if mental health systems want to provide trauma-informed approaches to people experiencing extreme mental or emotional states. Topics will include defining trauma, understanding its impact on people and communities, and looking at trauma through a cultural lens. For more information, please see page 5.

**Alternatives to Suicide Support Group: Wednesdays, 4:30-6:00pm.** This is a peer-run group for individuals who want a safe, judgment-free zone to talk about alternatives to suicide. The group is supportive and confidential and strives to create a space where people can provide peer support for one another, and strategize about alternatives to help each other best cope with difficult life circumstances. For more information contact Cate @ 978-270-4113.

**Community Voice & Pizza: Monday, June 12th 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.

**Happy Accidents Art Group: Mondays 2:30-3:30p.** A softly guided experience of art and healing on a medium of your choice.

**Hearing Voices Group: Thursdays, 4:30pm – 6:00pm.** Although 1 in 10 people hear voices, many choose not to talk about them due to fear of judgment and stigma. A Hearing Voices Group is a place where people can meet to talk about their experiences without such concern. It offers mutual support and friendship, with the opportunity to explore your experiences and learn from others with similar stories. Hearing Voices is a real experience and it has real meaning for each of us. Come to a meeting and see what it's all about! For more information contact Alan @ 413-358-7043.

**Mindfulness Meditation: Tuesday's and Thursdays, 11:15-12pm.** 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, and conversation. For more information call Cate@ 978-270-4113

**Natural Healing Collaboration: Thursdays, 3pm-4pm** Discussion about herbalism and other natural/alternative healing modalities in mental/emotional wellbeing, daily life, in dis-ease and health. Bring specific questions, health quandaries, knowledge, lived experience or curiosity. All level of experience and interest are welcome.

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

# Greenfield Area

## Franklin County • June 2016

74 Federal Street - (413) 772-0715

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Please contact us if you have accommodation requests, including interpreters.</i></p> <p><i>The RLC aspires to be scent free. Please avoid wearing scents to any RLC events or spaces.</i></p>		<p><b>1</b></p> <p>Kickboxing (RPX) 11:30a-12:30p</p> <p><b>Open Hours 12:30-3:30p</b></p> <p><b>Hearing Voices 4-5:30p</b></p> <p>Mindfulness-Conversation and Practice 6:15-7:30p</p>	<p><b>2</b></p> <p><b>Acupuncture 12-1p</b></p> <p>Vet to Vet 3-4:30p</p> <p>Men's Wisdom Group 5-6:30p</p>	<p><b>3</b></p> <p>Weekend Self-Care Support Group 1-2p</p> <p><b>Open Hours 2-5p</b></p> <p>Friday Evening Meditation 7-8p</p>
<p><b>6</b></p> <p><b>Open Hours 12:30-3:30p</b></p> <p>Peoples' Medicine Clinic (RPX) 12:30-4:30</p> <p><b>Knitting Group 2-3p</b></p> <p>Young Adult Hearing Voices 4:30-6:00p</p> <p><b>Yoga (RPX) 5:30-6:30p</b></p>	<p><b>7</b></p> <p>Mindfulness Circle 1-2:30p</p> <p><b>Alternatives to Suicide Support Group 5:30-7p</b></p> <p>Journey Dance (RPX) 6-8p</p>	<p><b>8</b></p> <p>Kickboxing (RPX) 11:30a-12:30p</p> <p><b>Open Hours 12:30-3:30p</b></p> <p><b>Hearing Voices 4-5:30p</b></p> <p>Mindfulness-Conversation and Practice 6:15-7:30p</p>	<p><b>9</b></p> <p><b>Acupuncture 12-1p</b></p> <p>Vet to Vet 3-4:30p</p> <p>Men's Wisdom Group 5-6:30p</p>	<p><b>10</b></p> <p>Weekend Self-Care Support Group 1-2p</p> <p><b>Open Hours 2-5p</b></p> <p>Friday Evening Meditation 7-8p</p>
<p><b>13</b></p> <p><b>Open Hours @ ***LAUREL LAKE*** 12:15-3:30p</b></p> <p>Peoples' Medicine Clinic (RPX) 12:30-4:30</p> <p><b>Yoga (RPX) 5:30-6:30p</b></p>	<p><b>14</b></p> <p>Mindfulness Circle 1-2:30p</p> <p><b>Alternatives to Suicide Support Group 5:30-7p</b></p> <p>Journey Dance (RPX) 6-8p</p>	<p><b>15</b></p> <p>Kickboxing (RPX) 11:30a-12:30p</p> <p><b>Open Hours 12:30-3:30p</b></p> <p><b>Hearing Voices 4-5:30p</b></p> <p>Mindfulness-Conversation and Practice 6:15-7:30p</p>	<p><b>16</b></p> <p><b>Acupuncture 12-1p</b></p> <p>Vet to Vet 3-4:30p</p> <p>Men's Wisdom Group 5-6:30p</p>	<p><b>17</b> Weekend Self-Care Support Group 1-2p</p> <p><b>Open Hours 2-5p</b></p> <p><b>**RLC BASICS** 1-5p</b></p> <p>Friday Evening Meditation 7-8p</p>
<p><b>20</b></p> <p><b>Open Hours 12:30-3:30p</b></p> <p>Peoples' Medicine Clinic (RPX) 12:30-4:30</p> <p>Young Adult Hearing Voices 4:30-6:00p</p> <p><b>Yoga (RPX) 5:30-6:30p</b></p>	<p><b>21</b></p> <p>Mindfulness Circle 1-2:30p</p> <p><b>Alternatives to Suicide Support Group 5:30-7p</b></p> <p>Journey Dance (RPX) 6-8p</p>	<p><b>22</b> Kickboxing (RPX) 11:30a-12:30p</p> <p><b>Open Hours 12:30-3:30p</b></p> <p><b>Hearing Voices 4-5:30p</b></p> <p>Mindfulness-Conversation and Practice 6:15-7:30p</p>	<p><b>23</b></p> <p><b>Acupuncture 12-1p</b></p> <p>Vet to Vet 3-4:30p</p> <p>Men's Wisdom Group 5-6:30p</p>	<p><b>24</b> Weekend Self-Care Support Group 1-2p</p> <p><b>Open Hours 2-5p</b></p> <p><b>Potluck &amp; Movie Night!!! 5:30-8:30</b></p>
<p><b>27</b></p> <p><b>**Community Forum** 12:45-2:15p</b></p> <p><b>Open Hours 12:15-3:30p</b></p> <p>Peoples' Medicine Clinic (RPX) 12:30-4:30</p> <p><b>Knitting Group 2-3p</b></p> <p><b>Yoga (RPX) 5:30-6:30p</b></p>	<p><b>28</b></p> <p>Mindfulness Circle 1-2:30p</p> <p><b>Alternatives to Suicide Support Group 5:30-7p</b></p> <p>Journey Dance (RPX) 6-8p</p>	<p><b>29</b></p> <p>Kickboxing (RPX) 11:30a-12:30p</p> <p><b>Open Hours 12:30-3:30p</b></p> <p><b>Hearing Voices 4-5:30p</b></p> <p>Mindfulness-Conversation and Practice 6:15-7:30p</p>	<p><b>30</b></p> <p><b>Acupuncture 12-1p</b></p> <p>Vet to Vet 3-4:30p</p> <p>Men's Wisdom Group 5-6:30p</p>	

## GREENFIELD AREA / Franklin County • June 2016

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

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

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

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

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

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

**Hearing Voices Group:** Wednesdays, 4pm-5:30pm. Although 1 in 10 people hear voices, many are afraid to talk about them. A Hearing Voices group is a place where people can meet to talk about their experiences of hearing voices, seeing visions, or other experiences that are commonly considered “not real”, without judgment or stigma. It offers mutual support and friendship, with the opportunity to explore your experiences and learn from other people’s stories. **You do not need to hear voices to attend this group.** For more information contact Natan: 413-687-7042 or Cindi: cindi.O\_O@comcast.net.

**Journey Dance (In the RPX, enter via 1 Osgood S.):** Tuesdays 6-8pm. Intentional movement practice led by Lorena from the Salasin Project.

**Kickboxing with Estelle:** Wednesdays, 11:30-12:30pm in the RPX (Enter 1 Osgood St.) Fun cardio for all bodies and fitness levels.

**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.

**Open Hours @ Laurel Lake:** Monday, June 13th, 12:15-3:30. We will be providing rides and carpooling to Laurel Lake in Erving. Swim, play games, nap in the sun, or just enjoy the beautiful location! Snacks provided. Let us know if you are able to offer a ride!

**RLC BASICS:** Friday, June 17 1-5pm. A training for anyone who wants to begin developing a solid understanding and foundation of knowledge about the RLC including: Our values, history, various offerings, and our approach to peer-to-peer support.

**Peoples’ Medicine Clinic:** Mondays 12:30-4:30 BY APPOINTMENT Offering at no cost: Acupuncture, Craniosacral Therapy, Herbal Medicine, and Massage. Weekly appointments available every Monday from 1-4pm in the RPX. Call (413) 842-4762 or email peoplesmedicineclinic@gmail.com for more information or to schedule an appointment.

**Potluck & Movie Night:** Friday, June 24th, 5:30-8:30pm. Dinner and a movie with the RLC! All are welcome even if you cannot bring food. Film decided by mid-month. Drop by to find out what’s playing, or call Jesse: 413-336-3873

**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.

# Northampton Area

## Hampshire County • June 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>		<b>1</b>	<b>2</b> Thursday Yoga on Hiatus	<b>3</b>
<b>6</b> Hearing Voices, 3:30pm Alternatives to Suicide Group 6:30 – 8pm Yoga 6 – 7 pm (First Church)	<b>7</b>	<b>8</b>	<b>9</b> Thursday Yoga on Hiatus	<b>10</b>
<b>13</b> Hearing Voices, 3:30pm Alternatives to Suicide Group 6:30 – 8pm Yoga 6 – 7 pm (First Church)	<b>14</b>	<b>15</b>	<b>16</b> Thursday Yoga on Hiatus	<b>17</b>
<b>20</b> Hearing Voices, 3:30pm Alternatives to Suicide Group 6:30 – 8pm Yoga 6 – 7 pm (First Church)	<b>21</b>	<b>22</b>	<b>23</b> Thursday Yoga on Hiatus	<b>24</b>
<b>27</b> Hearing Voices, 3:30pm Alternatives to Suicide Group 6:30 – 8pm Yoga 6 – 7 pm (First Church)	<b>28</b>	<b>29</b>	<b>30</b> Thursday Yoga on Hiatus	

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

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

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

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

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

**Hearing Voices Group: Mondays, 3:30pm.** Windhorse Library, 211 North Street, Northampton. Hearing Voices groups are popular and widespread across the globe, especially in England. Hearing Voices groups do not pathologize the experience of hearing voices or experiencing other altered/extreme states, instead they ask what does the experience mean to you? This group is open to voice hearers and people experiencing other extreme states as well. Join us for one of few Hearing Voices groups in the United States and share and get support from others with similar experiences.

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

### **IMPORTANT YOGA NOTE!**

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

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

# ADDITIONAL PEER COMMUNITY RESOURCES

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

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

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

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

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

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

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

**RECOVER Project:** Open Mon 9a-7p, Tues-Thursday 9a-6p and, Fridays 9a-10p, & Saturdays 9a – 6p. 68 Federal Street, Greenfield. The RECOVER Project is a community-driven program that aims to enhance the lives of people in recovery from substance abuse and alcoholism, family members and concerned others. They provide peer-to-peer services, based on the guiding principal that competence and wisdom reside in those with lived experience. Special events and groups also available! (413) 774-5489, or email [lsarage@wmtcinfo.org](mailto:lsarage@wmtcinfo.org). Visit [www.recoverproject.org](http://www.recoverproject.org) for more info.

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

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

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

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

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# ADDITIONAL PEER COMMUNITY RESOURCES

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

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

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

**DBSA Support Group** - Holyoke, Monday nights, at 6pm-7pm at HMC, at their behavioral health outpatient building. The Depression and Bipolar Support Alliance is a national non-profit organization that offers information and many peer-run support groups throughout the country. This group is facilitated by Renee. Call Renee at (413) 626-7627 or Gia at (413) 532-3644 for more info.

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

**DBSA Support Group** – Every Thursday at 5:45 PM, Grace Episcopal Church, Springfield St, Chicopee. Call Renee at (413) 626-7627 or Gia at (413) 532-3644 for more info. A group meets in Amherst at Bangs Center, 6:30-7:30pm.

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

**Dual Recovery Anonymous** Tuesdays from 12:30 - 1:30pm, @ Lighthouse, 1401 State Street, Springfield. General info at <http://www.draonline.org/>

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

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

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

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

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

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

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

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

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## **HAMPSHIRE COUNTY (Northampton, Easthampton, etc.):**

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

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

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

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

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

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

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

**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](mailto:Info@centralmassrlc.org). The Recovery Learning Community for Central Mass!

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

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

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

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

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

## PEER SUPPORT / WARMLINES

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

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

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

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

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

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

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

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

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

## STATEWIDE ORGANIZATIONS, EVENTS & TRAININGS

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

**Transformation Center:** 98 Magazine Street, Roxbury, MA 02119, (877) 769-7693, [info@transformation-center.org](mailto:info@transformation-center.org), [www.transformation-center.org](http://www.transformation-center.org) - The Transformation Center offers a wide variety of trainings including Level II Wellness Recovery Action Plan (WRAP) certification through MASSWRAP and Certified Peer Specialist (CPS) trainings. Call for more info!

There are lots more resources on our website at  
[www.westernmassrlc.org](http://www.westernmassrlc.org)... Check it out!