



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.

NOVEMBER 2016 UPDATE & CALENDAR

Table of Contents:	Page(s)
November Newsletter.....	2-10
Holyoke Area Calendar (Hampden County)	11
Holyoke Area Descriptions.....	12
Springfield Area Calendar	13
Springfield Area Descriptions.....	14
Greenfield Area Calendar (Franklin County).....	17
Greenfield Area Descriptions.....	18
Northampton Area Calendar (Hampshire County).....	19
Northampton Area Descriptions.....	20
Community Peer-Run Resources Outside the RLC.....	19-22

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

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

Highlights in this edition:

Our Pittsfield Center.....	3	RLC Human Rights Committee.....	5
Bowen Center Re-Opens!.....	4	Peer Networking Corner.....	7
Greenfield Center Update.....	4	World Hearing Voices Congress.....	8
Six Flags Update.....	5	Ask Afiya.....	9

DON'T FORGET TO VOTE!!!

Tuesday, November 8, 2016

This is a big voting year, and we hope you will take the time to make sure your voice is heard by voting on Tuesday, November 8.

If you live in Massachusetts and aren't sure where to go to vote, you can check this website: www.wheredoivotema.com

The two most talked about candidates are Hillary Clinton (Democratic party) and Donald Trump (Republican party). If you're interested in a brief comparison of where they stand on issues pertaining directly to mental health, check out this article by Mara Flanagan: "How Do Trump and Clinton Differ on Mental Health" (www.romper.com/p/how-do-trump-clinton-differ-on-mental-health-they-dont-put-equal-emphasis-on-reform-20164) or visit their own presidential pages for statements on this issue (www.hillaryclinton.com/briefing/factsheets/2016/08/29/hillary-clintons-comprehensive-agenda-on-mental-health/ or www.donaldjtrump.com/positions/healthcare-reform). There views on a wide variety of other issues are also available on their respective sites.

Other candidates on at least 20 state ballots include Jill Stein (Green Party), Gary Johnson (Libertarian Party), and Darrell Castle (Constitution Party). You can learn more about their views on their election websites at www.jill2016.com, www.johnsonweld.com, and www.castle2016.com.

You can also find out more about each candidate's perspectives on a variety of topics at www.ontheissues.org.

Meanwhile, there are also a number of issues up for vote in Massachusetts including the legalization of recreational marijuana, an increase in number of charter schools, and approval of an additional slot license by the gambling commission. Read more about these issues here: www.ballotpedia.org/Massachusetts_2016_ballot_measures

Whatever you do, please remember that how you vote is likely to have long lasting effects! (For example, Trump has made statements that seem to be in support of the Murphy Bill, in addition to his many other racist, sexist, and ableist remarks.)

Important RLC Numbers:

Afiya Respite House:
413.570.2990

Peer Support Line:
888.407.4515

Community Bridgers:
413.539.5941 x 334

Greenfield Center:
413.772.0715

Holyoke Center:
413.539.5941

Pittsfield Center:
413.236.5888

Springfield (BOWEN) Center:
413.732.1703

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



See page 3 for important details on RLC center openings and closures

The RLC's Springfield (Bowen) Center Re-Opens!

The RLC's Springfield (Bowen) Center is set to re-open on **Tuesday, November 1!**

The new center is located at 235 Chestnut Street in Springfield (downtown, near the YMCA and right next to the Registry of Motor Vehicles).

Our center is located right on the first floor, with a fully accessible entrance, so we're super easy to find. Our hours will be the same as at the old center (Tuesday, Thursday, Friday 9am to 2pm and Saturday 11am to 3pm), so stop in to check the place out!

The new center will offer everything that the old Bowen did (computers, gym equipment, space to connect with others, chess!), and more. Some of the newer features will be available right away (like a shower!), and others will take a bit more time to get up and running (food pantry, etc.), but we're excited about how it's all taking shape.

We'll also need help developing a new mural (see our original mural at the old Bowen Center below), so come with your creative ideas.

Got questions? Give Earl a call at 413.539.8603 or e-mail him at earl@westernmassrlc.org.

The Greenfield Center's Woes

Unfortunately, the RLC's Greenfield Center was the victim of a flood at the end of July, and that has left us with some damage and has made the space at least temporarily unusable.

In the meantime, we have been looking into possible new spaces without too much luck, but also doing our best to keep as many things running in alternate locations.

Check our Greenfield area calendar for the location of our various groups and activities!

Holyoke Center Elevator

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

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

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

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

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



Call us at (413) 539-5941

The original mural at the old Bowen Center

Toll-Free (866) 641-2853

The Western Mass RLC's Pittsfield Center is Closing

By now, many of you will have heard that we are closing one of the Western Mass RLC's spaces—the Pittsfield Center. This was a difficult decision and was based largely on some unexpected turns in our budget related to Chapter 257 (a state-wide process of 'rate setting' that began to affect us about a year ago).

The bad news: The Western Mass RLC—as with so many peer-to-peer support communities—does a lot with very little, and so when we lose what may appear to be a relatively small pocket of money, it can be very challenging to overcome. Although we've been able to fundraise and advocate our way through past budgetary concerns, that just didn't seem possible in this moment. Additionally, we were faced with the reality that it's been challenging overall to support and maintain a strong presence in the Berkshires, and so when faced with tough decisions we thought it seemed like there was no other choice but to at least take a break from having a physical space in that area.

The good news: We aren't planning on disappearing entirely! We aim to keep at least a handful of groups (Alternatives to Suicide, Hearing Voices, yoga) and connections rolling, so stay tuned for details on that. Meanwhile, as the rate setting process in the state moves along, it appears that we will be in a better spot budget-wise come next year (July 1, 2017). With that, we want to be really thoughtful about how and when we rebuild our presence in the Berkshires, and so are also planning on developing a Berkshire-based advisory board of people who would like to help us develop that vision, so that when we do rebuild, we're stronger than ever!

The last day of official open hours for our Pittsfield Center will be Thursday, November 3rd.

Please consider taking some time between now and then to stop in and help us say goodbye to the space, and to connect with and thank everyone else who's played a role in holding and helping to shape our community based in Pittsfield.

On that note, a special thanks to both Cate and Alan who have played such key roles in developing the RLC in our most Western parts of Western Massachusetts. They've given so much heart and energy to what we have accomplished. Although, they will be leaving their formal roles as Coordinator and Advocate as we close the center, we do anticipate you'll still be able to find them around town facilitating groups, in community, and helping us learn and think through how we might move forward.

If you have any questions, or would like to get involved in the new visioning process, please contact Dani at dani@westernmassrlc.org.

Keep checking our website and Facebook page for up-to-date info on the Pittsfield Calendar!

Success with Six Flags

At the end of September, we sent out an action alert letting everyone know that Six Flags was set to feature an extremely offensive Halloween exhibit called the 'Psycho-path Haunted Asylum.' It was described as follows:

"Experience the all-new PSYCHO-PATH Haunted Asylum coming to Fright Fest 2016. Wander through an abandoned asylum in small groups through tight spaces, darkened corridors and forgotten cells. The inmates of the Asylum have broken loose and will have you screaming in sheer terror as they taunt and torture their newest victims.

Dr. Shockmoore will proudly showcase his latest in deranged experiments as you witness a lobotomy, shock treatment and isolation of his most insane and twisted patients. Will you escape or become Dr. Shockmoore's latest experiment in his deranged and twisted plan?"

Thank you to everyone who took action and called or e-mailed Six Flags in Western Mass, and thank you as well to all the people across the country who took similar actions with other Six Flags locations. It made a difference!

The end result? Six Flags has CANCELLED their 'psycho-path' exhibit, and replaced it with the following:

"The Forgotten Laboratory: Traverse through this haunted laboratory where scientists are conducting their latest experiments as they gather research and data."

Our success here is a great example of how much power we can have when we all come together to get heard!



The RLC Human Rights Committee Needs YOU!

**November 17th, 4:30pm to 6pm
(and quarterly on third
Thursdays there after)**

Refreshments provided!

The Western Mass RLC's Human Rights Committee will meet Thursday, November 17th from 4:30pm to 6:00pm at the RLC's Holyoke Center, 187 High Street, Suite 303.

We need new members who are interested in helping us to make sure we are staying on top of our own efforts to treat everyone fairly, even when difficult situations arise.

Human Rights Committee members help us review incident reports, complaints, and any protocols that might be seen as restricting anyone's access to RLC supports.

Who can join? ANYONE who is not paid by the RLC (as an employee, consultant, etc.) and who has an interest in human rights and the RLC community.

*E-mail Erin if interested in attending at
erin@westernmassrlc.org.*

Autumn and Thanksgiving Resources

While we want to wish everyone who is reading this a happy Thanksgiving, we know that Thanksgiving (and the holiday season in general) can be a difficult time for many people. Lack of access to food or a place to gather can make that even more difficult for some, and so we've done our best to collect information about what's available in our local area.

Here's some info on free (or pay what you can) Thanksgiving meals around the area:

Berkshire Food Project

Monday, November 21st
First Congregational Church,
134 Main Street, North Adams

Guests will be rotated in starting at 4pm.
Open to all.

Holyoke Holiday Potluck

Tuesday 11/15, 1-3pm.
187 High Street, Suite 303, Holyoke

Come gather with the community for a holiday potluck. Bring something to share, if possible, including good cheer!

For more info, call (413) 341-3950

Springfield Rescue Mission **Thanksgiving Meals**

Wednesday, November 23rd
Springfield Rescue Mission, 10 Mill Street

Breakfast served at 7am
Dinner served from 1pm - 4pm

Open to all

Greenfield Thanksgiving Potluck & Movie Night:

Friday, November 25th, 5:30-8:30pm at the RPX
(see pages 17 and 18)

Dinner and a movie with the RLC! All are welcome, even if you cannot bring food. The film will be decided by mid-month.

For details: natan@westernmassrlc.org

Thanksgiving Meal

Wednesday, November 23rd
Starting at noon

Immanuel Lutheran Church
867 North Pleasant Street, Amherst
(Sponsored by the Amherst Survival Center)

Open Pantry Holiday Meals

High School of Commerce
415 State Street, Springfield

12 noon on Thursday, November 24th

The Open Pantry will be providing a traditional holiday meal for anyone in need of a meal, or for those who wish to spend Thanksgiving with others. There are no eligibility requirements. Open to all.

For more info:

<http://www.openpantry.org/holiday-meals.php>

Check in with our website and Facebook page as the season goes on - we'll continue to update and add information.

PEER NETWORKING CORNER

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

SAVE THE DATE

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

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

Peer Networking Meeting

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

The Peer Networking Meeting will not meet in November due to the Thanksgiving Holiday.

The next meeting will be Thursday, December 29.

CPS Trainings

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

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

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

Things to Look Forward to: New England Conferences in 2017

2017 is going to bring an extraordinary number of conferences relevant to peer support work, human rights, and similar concerns to the New England area.

A brief summary:

The International Hearing Voices Congress: August, 2017 in Boston (see page 8 for more)

The annual Alternatives Conference: August, 2017 in Boston (stay tuned for details)

The National Association for Rights Protection and Advocacy annual conference: September, 2017 in Portland, Maine (see www.narpa.org for details)

Other conferences you may want to keep track of include the International Society for Ethical Psychology and Psychiatry (slated for Colorado in October; see www.psychintegrity.org for more details coming in the future), and the International Association of Peer Supporters annual conference which also often occurs around the same time of year (destination currently unknown, but check for details coming in the future at www.inaops.org).

FOR THE FIRST TIME IN THE UNITED STATES!



The International Hearing Voices Community
is coming to US Shores!

9th Annual World Hearing Voices Congress

August 16–18, 2017

Boston University, Boston, Massachusetts, USA

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

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

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

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

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

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



Ask
Afiya



To learn more about Afiya visit:

www.afiyahouse.org or call 413.570.2990

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

What do holidays look like at Afiya?

On most days, Afiya is open only to those who are working or staying at the house. We also don't typically prepare community meals. (Instead, people at the house on any given day are responsible for deciding how best to approach meal time for themselves individually or as a group in a way that makes sense for that moment in time).

However, on a few holidays, we open our doors to those who have stayed in the past to return to join us for a group meal. Those holidays include both Thanksgiving and Christmas day.

If you are someone who has stayed or worked at Afiya and would like to return for a holiday meal, please call ahead and let us know so we can talk about the details and be sure to have enough food. (We may need to turn away anyone who just shows up!) For more details or if you're interested in joining us, call the house at 413.570.2990.

As far as decorations go, we do not typically decorate Afiya for the holidays (though we may sometimes put out a few decorations related to the changing seasons of nature). All holiday traditions are welcome, and we love to learn about new ones, so feel free to share yours!

AMAZON SMILE: Do You Order on Amazon.com?

Did you know that you can help raise funds for the RLC simply by going to smile.amazon.com instead?

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

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

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



Community Happenings

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

What: 21st Annual Fall Frolic**When:** Sunday, November 6th, 2pm-10pm**Where:** Guiding Star Grange, 401 Chapman Street, Greenfield**Cost:** \$20 per person, free for members**More info:** 8 hours of live music, with contra and square dancing, as well as waltzing, all with live expert dance callers. Food will be available for purchase. This event is a fundraiser for the Friends of Greenfield Dance. *The venue asks that you wear clean sneakers or soft-soled shoes, and avoid scented products.***For details:**<http://www.friendsofgreenfielddance.org/>**What: Holiday Happenings****When:** Friday, November 25, 10am-5pm**Where:** 21 Edwards Street, Springfield**Cost:** Price of museum admission - ranging from free to \$18 (see <https://springfieldmuseums.org/hours-and-admission/> for details)**More info:** Family-friendly holiday events like a special gingerbread exhibit, a meet-and-greet with the Grinch, a shadow theater exploration of winter tales from around the world, take-home crafts and the "Lighting of the Quad", a dramatic tree-lighting event. It's accompanied by appearances from Santa, train rides, live holiday music, and free warm cider and cookies.**For details:** <https://springfieldmuseums.org/>**What: Parade of the Big Balloons****When:** Friday, November 25th, 11am-noon**Where:** Main Street, from Lyman to Locust Streets, Springfield**Cost:** Free**More info:** A variety of balloons and floats will be on display on Main Street in downtown Springfield. The day will also include live bands and motorized contingents, including the Springfield Boys & Girls Club, the U.S. Coast Guard, the PVTa and a variety of local organizations. Past attendance has topped 50,000 people, so be sure to arrive early to find parking and a good viewing spot.**For details:**<http://www.spiritofspringfield.org/events/parade-of-the-big-balloons>**What: www.meetup.com****When & Where:** Varied; you can search by date, location, and type of group.**Cost:** Varies by group**More Info:** There are an amazing variety of events in Massachusetts, Connecticut and elsewhere listed on Meetups.com. No matter where your interests lie, you can probably find something interesting! Some Examples:

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

Other Places to Look for Ways to Connect!

Hilltown Event Recommendations: www.hilltownfamilies.org/**Sober Events in Western Mass:** www.westernmassaa.org/Non-AA_Events_Links.html**Events in the Pioneer Valley:** www.pioneervalley.org**Events in and around the Berkshires:** berkshires.org/events/**Events in and around Franklin County:** www.franklincc.org/**Events in and around Hampden County:** www.masslive.com/events/**Massachusetts Festivals:** www.festivals4fun.com/massachusetts-festivals-and-events/

Holyoke Area

Hampden County • November 2016

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

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Center Open 12-4p Reiki 1-2:30p Art Group 2p-3p Hearing Voices Group 4:30-6p	2 Center Open 12-4p Spanish Speaking Open Hours 12-4p	3 Center Open 12-4p Winding Road Peer Support Group 1-2p Spiritual Explorations Group 2:30-3:30p	4 Center Closed
7 Center Open 12-4p Peer Support Group 2-3p **New Time**	8 Center Open 12-4p Reiki 1-2:30p Art Group 2p-3p Hearing Voices Group 4:30-6p	9 Center Open 1-4p Community Action Meeting 12-1p Spanish Speaking Open Hours 1-4p Music Jam 4:30-6:30p	10 Center Open 12-4p Winding Road Peer Support Group 1-2p Sexual Trauma Mutual Support Group 2:30-3:30p	11 Center Closed
14 Center Open 12-4p Peer Support Group 2-3p **New Time**	15 Center Open 12-4p Holiday Potluck! 1-3p Reiki 1-2:30p Hearing Voices Group 4:30-6p	16 Center Open 12-4p Spanish Speaking Open Hours 12-4p	17 Center Open 12-4p Winding Road Peer Support Group 1-2p Spiritual Explorations Group 2:30-3:30p	18 Center Closed
21 Center Open 12-4p Peer Support Group 2-3p **New Time**	22 Center Open 12-4p Reiki 1-2:30p Art Group 2p-3p Hearing Voices Group 4:30-6p	23 Center Open 12-4p Spanish Speaking Open Hours 12-4p	24 <i>Closed for Holiday</i>	25 Center Closed
28 Center Open 12-4p Peer Support Group 2-3p **New Time**	29 Center Open 12-4p Reiki 1-2:30p Art Group 2p-3p Hearing Voices Group 4:30-6p	30 Center Open 12-4p Spanish Speaking Open Hours 12-4p	<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>	

HOLYOKE AREA / Hampden County • November 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

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

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

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

Community Action Meeting: 2nd Wednesday (11/9), 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.

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.

Holiday Potluck! Tuesday 11/15, 1-3pm. Come gather with the community for a holiday potluck. Bring something to share, if possible, including good cheer!

Music Jam: 2nd Wednesday (11/9), 4:30-6:30pm. Come join us for this musical gathering. Bring your voice, musical instrument and/or song requests!

Peer Support Group: Mondays, 2-3p We're back at a new time! Come join fellow community members to share your expertise in this mutual support group. Offer and receive support in a confidential, non-judgmental peer setting. Everyone is invited and welcome!

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

Sexual Trauma Mutual Support Group: 2nd & 4th Thursdays, 2:30-3:30pm. (No group on 11/24, closed for Thanksgiving) Many of us have experienced some form of sexual trauma in our lifetimes. This group is an intentional space for us to come together and talk about our experiences without judgment, to share our trials and our victories, and our dreams for our futures.

Spanish Speaking Open Hours: *NEW TIME* Wednesdays, 12-4p. Come connect with our Spanish-speaking advocate and help build our community anytime during our open hours on Wednesdays!

Spiritual Explorations Group: 1st and 3rd Thursdays, 2:30-3:30pm. This is a time to come together to discuss where we are on our spiritual journeys. All are welcome, whether you have chosen a particular path, many paths, or no path at all. A non-judgmental place to discuss spiritual experiences, spiritual tools that we have tried or would like to try, and to explore where we find meaning and what connects us.

Winding Road Peer Support Group: Thursdays, 1:00-2:00pm. 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 • November 2016

*Visit us at our new location,
235 Chestnut Street!*

Tuesday	Wednesday	Thursday	Friday	Saturday
1 Open Hours 9a-2p Wellness Center Open Hours 9a-2p Yoga 10:30a-12p REOPENING DAY	2 Center Closed Workout Madness 4-6pm	3 Open Hours 9a-2p Wellness Center Open Hours 9a-2p Community Meeting 11a	4 Open Hours 9a-2p Wellness Center Open Hours 9a-2p Alternatives To Suicide 2:30-4p	5 Open Hours 11a-3p
8 Open Hours 9a-2p Wellness Center Open Hours 9a-2p Yoga 10:30a-12p ELECTION DAY	9 Center Closed Workout Madness 4-6pm	10 Open Hours 9a-2p Wellness Center Open Hours 9a-2p	11 Closed For Veterans Day	12 Open Hours 11a-3p
15 Open Hours 9a-2p Wellness Center Open Hours 9a-2p Holiday Potluck in Holyoke 12-4	16 Center Closed Workout Madness 4-6pm	17 Open Hours 9a-2p Wellness Center Open Hours 9a-2p	18 Open Hours 9a-2p Wellness Center Open Hours 9a-2p Alternatives To Suicide 2:30-4p	19 Open Hours 11a-3p
22 Open Hours 9a-2p Wellness Center Open Hours 9a-2p Yoga 10:30a-12p	23 Center Closed Workout Madness 4-6pm	24 Closed for Thanksgiving	25 Parade 10a-12p Open Hours 9a-2p Wellness Center Open Hours 9a-2p Alternatives To Suicide 2:30-4p	26 Open Hours 11a-3p
29 Open Hours 9a-2p Wellness Center Open Hours 9a-2p Yoga 10:30a-12p	30 Center Closed Workout Madness 4-6pm	<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>		

SPRINGFIELD AREA / Hampden County • November 2016

Western Mass RLC Trainings, Workshops, Groups, Meetings and Special Events
235 Chestnut St, Springfield, MA 01105. Check in the calendar below and on our website for more info.
Please call (413) 539-5941 for more information.
Hablamos inglés y español!

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

Bowen Resource Center: Open Tuesdays, Thursdays and Fridays 9am-2pm; and Saturdays 11am-3pm. Come by to find out about local resources, or feel free to use the computers. This is a time to connect with other community members, hang out, play a board game, or have a cup of coffee and just relax.

Bowen Wellness Center: Open Tuesdays, Thursdays and Fridays 9am-2pm; and Saturdays 11am-3pm. Closed during Yoga. Come by to work out on our treadmills, bikes, or other weight equipment, or throw in one of our exercise DVD's and have an impromptu class.

Reopening Day:

Tuesday, November 1st

We are finally going to be up and running at the new place!
Come join us as we start to settle in at 235 Chestnut Street in Springfield.

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

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

Workout Madness: Wednesdays, 4-6pm in the Wellness Center. Work with Personal Trainer, Reggie, as he designs workouts around your current fitness level and introduces new and creative ways to get healthy. With over 20 years' experience, Reggie has something to offer everyone! To join contact Earl @ 413-539-8603.

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

Parade: The day after Thanksgiving, we will be heading to the annual parade downtown. Some of us will be at the center at 9, to walk down with folks, and everyone else is more than welcome to just meet us in front of the CVS at Tower Square, 1500 Main St, Springfield, MA.

We will be closed for Veterans Day and Thanksgiving.

ELECTION DAY: Nov. 8th, 7am-8pm

If you don't know where to vote or need support, please stop by and let us know how we can support you to exercise your rights!

Greenfield Area

Franklin County ● November 2016

74 Federal Street - (413) 772-0715

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Due to air quality issues the Greenfield Center is not available. Groups will continue to meet at temporary locations, see below for details!</i></p>	<p>1 Mindfulness Circle (RPX) 1-2:30p Alternatives to Suicide Support Group Salasin Center ** 5:30-7p Journey Dance* (RPX) 5-6:30p</p>	<p>2 Hearing Voices (CA Family Center, 90 Federal St) 4-5:30p Mindfulness Conversation and Practice 6:15-7:30p (CA Family Center 90 Federal St.)</p>	<p>3 Acupuncture 12-1p (RPX) Vet to Vet 3-4:30p (RPX) Men's Wisdom Group (Meet at center, go to St. James church) 5-6:30p</p>	<p>4 Kickboxing 3pm (RPX)</p>
<p>7 Open Hours 2:30-5:30 Salasin Center ** Young Adult Hearing Voices (CA Youth Programs 154 Federal St) 4:30-6:00p Yoga* (RPX) 5:30-6:30p</p>	<p>8 Mindfulness Circle (RPX) 1-2:30p Alternatives to Suicide Support Group Salasin Center ** 5:30-7p Journey Dance* (RPX) 5-6:30p</p>	<p>9 Hearing Voices (CA Family Center, 90 Federal St) 4-5:30p Mindfulness Conversation and Practice 6:15-7:30p (CA Family Center 90 Federal St.)</p>	<p>10 Acupuncture 12-1p (RPX) Vet to Vet 3-4:30p (RPX) Men's Wisdom Group (Meet at center, go to St. James church) 5-6:30p</p>	<p>11 Kickboxing 3pm (RPX)</p>
<p>14 Open Hours 2:30-5:30 Salasin Center ** Yoga* (RPX) 5:30-6:30p</p>	<p>15 Mindfulness Circle (RPX) 1-2:30p Alternatives to Suicide Support Group Salasin Center ** 5:30-7p Journey Dance* (RPX) 5-6:30p</p>	<p>16 Hearing Voices (CA Family Center, 90 Federal St) 4-5:30p Mindfulness Conversation and Practice 6:15-7:30p (CA Family Center 90 Federal St.)</p>	<p>17 Acupuncture 12-1p (RPX) Vet to Vet 3-4:30p (RPX) Men's Wisdom Group (Meet at center, go to St. James church) 5-6:30p</p>	<p>18 Kickboxing 3pm (RPX)</p>
<p>21 Open Hours 2:30-5:30 Salasin Center ** Young Adult Hearing Voices (CA Youth Programs 154 Federal St) 4:30-6:00p Yoga* (RPX) 5:30-6:30p</p>	<p>22 Mindfulness Circle (RPX) 1-2:30p Alternatives to Suicide Support Group Salasin Center ** 5:30-7p Journey Dance* (RPX) 5-6:30p</p>	<p>23 Hearing Voices (CA Family Center, 90 Federal St) 4-5:30p Mindfulness Conversation and Practice 6:15-7:30p (CA Family Center 90 Federal St.)</p>	<p>24 Thanksgiving (Acupuncture, Vet-to-Vet, and Men's Wisdom Groups, check with group leader about this day!)</p>	<p>25 Thanksgiving Potluck and Movie Night 5:30-8:30 (RPX)</p>
<p>28 Open Hours 2:30-5:30 Salasin Center ** *Community Forum* (Location TBA) 12:45-2:15 Yoga* (RPX) 5:30-6:30p</p>	<p>29 Mindfulness Circle (RPX) 1-2:30p Alternatives to Suicide Support Group Salasin Center ** 5:30-7p Journey Dance* (RPX) 5-6:30p</p>	<p>30 Hearing Voices (CA Family Center, 90 Federal St) 4-5:30p Mindfulness Conversation and Practice 6:15-7:30p (CA Family Center 90 Federal St.)</p>	<p><i>Text/Call Natan with schedule questions: 413-687-7042</i> <i>Or join us on Facebook: http://facebook.com/groups/rlcgreenfield</i> ** The Salasin Center is at 474 Main Street</p>	

GREENFIELD AREA / Franklin County • November 2016

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

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

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

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

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

Alternatives to Suicide Support Group: Tuesdays, 5:30-7pm (Salasin Center, 474 Main St.) This is a peer-run group for individuals and a space where people can provide support for one another, strategize about alternatives to help each other to best cope with difficult life circumstances, and talk about experiences of feeling suicidal without being judged.

Community Forum: Monday November 28th, 12:45-2:15pm (Location TBA). Join the Greenfield Center Community to discuss upcoming happenings as well as issues and changes in the community. All community members encouraged to attend!

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

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

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

Men’s Wisdom Group: Thursdays, 5:00-6:30pm (Meet at center, walk across to St. James Church). (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 (RPX*). Practiced regularly, Mindfulness Meditation is a means to bring greater clarity, ease and kindness into one’s life. This weekly group aims to meet the needs of both beginning and experienced meditators through brief periods of instruction/guidance, silent sitting, walking meditation, and conversation. For more information, call Lance at 847-502-6204.

Mindfulness Circle – Conversation and Practice: Wed, 6:15-7:30pm. (Meet at center, walk to alternate location TBA). This group enjoys periods of silent meditation and a study of the Lojong Slogans taught by Pema Chodron and others. For more information, call Lance at 847-502-6204.

Thanksgiving Potluck & Movie Night: Friday, November 25th, 5:30-8:30pm (RPX*). Dinner and a movie with the RLC! All are welcome even if you cannot bring food. Film decided by mid-month. Be in touch to find out what’s playing: natan@westernmassrlc.org

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

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

Young Adult Hearing Voices Group: First and third Mondays, 4:30-6pm. (Meet at center, walk to location, TBA). *This group is centered around folks up to age 30. Contact Micah at micah@westernmassrlc.org or 413-437-4776 for more information.* Although 1 in 10 people hear voices, many are afraid to talk about them. A Hearing Voices group is a place where people can meet to talk about their experiences of hearing voices, seeing visions, or other experiences that are commonly considered “not real”, without judgment or stigma. It offers mutual support and friendship, with the opportunity to explore your experiences and learn from other people’s stories. You do not need to hear voices to attend this group.

Northampton Area

Hampshire County • November 2016

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

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3 Thursday Yoga on Hiatus	4
7 Hearing Voices, 3:30pm Alternatives to Suicide Group 6:30 – 8pm Yoga 6 – 7 pm (First Church)	8	9	10 Thursday Yoga on Hiatus	11
14 Hearing Voices, 3:30pm Alternatives to Suicide Group 6:30 – 8pm Yoga 6 – 7 pm (First Church)	15	16	17 Thursday Yoga on Hiatus	18
21 Hearing Voices, 3:30pm Alternatives to Suicide Group 6:30 – 8pm Yoga 6 – 7 pm (First Church)	22	23	24 Thursday Yoga on Hiatus	25
28 Hearing Voices, 3:30pm Alternatives to Suicide Group 6:30 – 8pm Yoga 6 – 7 pm (First Church)	29	30	<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>	

NORTHAMPTON AREA / Hampshire County • November 2016

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

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

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

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

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

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

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

IMPORTANT YOGA NOTE!

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

If you have any questions about the location, please email Sally at: sallymorganpt@gmail.com

ADDITIONAL PEER COMMUNITY RESOURCES

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

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

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

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

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

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

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

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

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

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

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

ADDITIONAL PEER COMMUNITY RESOURCES

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

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

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

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

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

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

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

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

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

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

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

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

ADDITIONAL PEER COMMUNITY RESOURCES

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

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.

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

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

HAMPSHIRE COUNTY (Northampton, Easthampton, etc.):

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

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

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

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

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

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

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

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

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

ADDITIONAL PEER COMMUNITY RESOURCES

RLCs IN OTHER AREAS OF THE STATE

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

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

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

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

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

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

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

PEER SUPPORT / WARMLINES

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

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

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

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

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

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

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

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

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

STATEWIDE ORGANIZATIONS, EVENTS & TRAININGS

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

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

There are lots more resources on our website at
www.westernmassrlc.org... Check it out!