



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

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

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

SEPTEMBER 2011 UPDATE & CALENDAR

Table of Contents:	Page(s)
August Newsletter	2-6
Holyoke Area Calendar (Hampden County)	7
<i>Holyoke Area Descriptions</i>	8
Springfield Area Calendar (Hampden County)	9
<i>Springfield Area Descriptions</i>	10
Pittsfield Area Calendar (Berkshire County)	11
<i>Pittsfield Area Descriptions</i>	12
Greenfield Area Calendar (Franklin County)	13
<i>Greenfield Area Descriptions</i>	14-15
Northampton Area Calendar	16
<i>Northampton Area Descriptions</i>	17
Community Peer-Run Resources Outside the RLC	18-21

**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.*



First Ever Wellness Week to be Celebrated September 19th through 25th!

As a part of National Recovery Month, the Substance Abuse and Mental Health Services Administration (SAMHSA) has declared the week of September 19th 'Wellness Week.' Previously, this month has focused primarily on recovery from substance abuse issues so this year is not only notable for its focus on wellness but also its focus on emotional healing.

The focal point of this week is intended to be the 'Eight Dimensions of Wellness,' which include:

- **Social** - Developing a sense of connection and a well-developed support system
- **Physical** - Recognizing the need for physical activity, diet, sleep, and nutrition while discouraging the use of tobacco, drugs, and excessive alcohol consumption
- **Emotional** - Developing skills and strategies to cope effectively with stress, challenges, and conflict
- **Spiritual** - Searching for meaning and purpose in human existence
- **Occupational** - Deriving personal satisfaction and enrichment from one's work
- **Intellectual** - Recognizing creative abilities and finding ways to expand knowledge and skills
- **Environmental** - Fostering good health by occupying pleasant, stimulating environments that support well-being
- **Financial** - Feeling satisfied with current and foreseeable future financial situation

The message that is carried by these 'eight dimensions of wellness,' is that wellness means overall well-being and incorporates all aspects of an individual's life.

Check out the events below to learn more about how the Western Mass RLC will be celebrating Wellness Week!

Lisa Forestell to Appear at Statewide Wellness Week Event on Behalf of the Western Mass RLC!

Lisa Forestell, Interim Assistant Director for the Western Mass RLC, will appear at Tewksbury State Hospital on Monday, September 19th at 9am alongside Governor Patrick, Lauren Spiro (a nationally recognized speaker on trauma, wellness and a variety of other topics), Oryx Cohen (National Empowerment Center), and others to help kick off the first Wellness Week in Massachusetts.

While the event is based in a challenging location that does not meet our values of trauma sensitivity and accessibility, we are nonetheless glad to have the opportunity to send a strong message of healing, wellness and resiliency for all within our community! Although we know it's a bit of a trek, we hope you will join us to support Lisa and represent Western Mass!



Lisa Forestell

Healing from Trauma: A Dialogue with National Peer Leaders

Tuesday, September 20th

1030am to 1230pm

Bowen Resource Center,

340 Main Street,

Springfield

Please join us for a dialogue focused on healing from trauma with Beth Filson of the Mass Self-Inflicted Violence and Healing Project, Lauren Spiro of the National Coalition for Mental Health Recovery, and Oryx Cohen of the National Empowerment Center. This will be an opportunity to learn more about what is going on in the trauma recovery movement nationally, share resources and experiences, and learn together.

See page 6 for more details



‘C’ is for Community *Not* Center (and Other Really Common Misunderstandings About the RLC)!!

We’re embarrassed to acknowledge that there was a rather glaring error in the first edition of our on-line newsletter last month. At the top of the newsletter, the header read ‘Recovery Learning CENTER!’ The side story is that someone not otherwise connected to our community was helping us get our first issue out and they created the header and sent the newsletter out on our behalf without our first catching the error. But the reality is that calling the RLC the ‘Recovery Learning Center,’ instead of the ‘Recovery Learning Community’ is one of the most common mistakes we hear, and it represents an equally common misunderstanding about who we are.

In actuality, we are really intentional about calling ourselves the Recovery Learning COMMUNITY rather than CENTER. This is because we feel it is core to who we are to understand that we are about people, not places. We believe that – wherever we may choose to gather – THAT is where our community exists. Hence, when we have a meeting or event in a local library, park, coffee shop, college auditorium or church, THAT is where the RLC is. If two people from our community meet at the mall, at a restaurant or in one of their homes, THAT is where the RLC is. Because we are about people and not places, our reach is limitless as each of you carry a piece of the RLC with you wherever you go. Yes, our Holyoke, Springfield, Greenfield and Pittsfield centers are an important *part* of that community, but they do not define us.

Another really common error that we hear is referring to each of our centers *as* the Western Mass RLC, instead of as one of the Western Mass RLC’s centers (e.g., the RLC’s Greenfield Center, the RLC’s Bowen Resource Center and so on). For example, we commonly hear someone say, “I visited the Holyoke RLC today,” or “I’ve never been to the Pittsfield RLC before.” Why is this a misunderstanding? Because there’s *only one* Western Mass RLC! Again, the RLC is defined by people and not places, and so the RLC is represented by all of us across our region. We may not visit each other often enough or have easy access to the transportation that allows us to travel freely from Hampden to Hampshire County and beyond, but there is nonetheless an underlying connectedness between us all. We’re all a part of the *same* community, even if we haven’t had opportunity to meet just yet.

The final common misunderstanding that we’ll leave you with for now is this: Yes, it is central to the Western Mass RLC’s mission to offer support to and from individuals who have lived experience with psychiatric diagnoses, trauma and/or extreme states. BUT (and this is a *big* ‘BUT’), we see our community as being for ANYONE who wants to be a part of healing and growing. We believe that focusing on individuals as separate from one another is missing the point much of the time. To really make change we believe we need to look at how we’re all connected, how we’re all human, and how we can all bring together our creativity and strength as a whole. That means that – whether you are someone who is or has struggled yourself, a family, a friend, a provider of mental health services, an ally to the recovery movement or however you might identify – there is a place here for you to get involved, learn, give and find your place in this network that we call *community*.

Thank you for your part in all we do and for helping to carry these messages with you as you go.





RLC Appears on Mass Appeal

On Monday, August 8, Sera Davidow and Johnna Bossuot (with the Western Mass RLC) and Lorena Norwood (on behalf of the Greenfield Women’s Resource Center) appeared on NBC’s 22 News program, Mass Appeal. They had been invited to appear after Mass Appeal staff came across the Western Mass RLC’s website during an Internet search and learned of their recent work on body image and eating disorders.

Though only lasting around seven minutes, the TV spot allowed all three women to share important information about the Western Mass RLC, the Greenfield Women’s Resource Center and issues related to body image and recovery in general.

After the appearance, Sera shared how important the topic and the opportunity to talk about it was to her. At 7 ½ months pregnant with a baby girl, one of her greatest hopes is to be able to support her daughter to grow up free of the body hatred that so many women (and men) experience in their lives.

Did you miss your chance to see their appearance live? If yes, be sure to check it out using the link below!

http://www.wvlp.com/dpp/mass_appeal/personal/body-image-&-eating-disorders



Session 2: Body Image & Eating Disorder Support Group

Beginning Friday, September 23rd from 4pm to 530pm

Have you been diagnosed with an eating disorder? * Have you struggled with an unhealthy relationship to your body and food? * Have you self-harmed by giving your body too little nourishment, overeating or bingeing and purging? * If yes, this group may be for you...

Join Johnna and Don for a peer lead group that focuses on non-judgmental support struggling with body related challenges. gather for eight September 23rd and Western Mass Center at 187 High



for individuals image and food- This group will sessions, beginning will meet at the RLC’s Holyoke Street, Suite 303.

Meetings are open to women 18 and over exploring these to support one Come for one eight.

both men and who are interested in issues and new ways another and heal. meeting or attend all

For more information, call Johnna at (413) 539-5941 ext. 316.

And if you live in Franklin County and this group feels too far away for you... then be sure to check out the ‘Women’s Relationship to Nourishment and Body Image’ group at the Greenfield Women’s Resource Center, Wednesdays 1 to 230pm, 278 Federal Street. Call Lorena for more information or before attending your first group to sign up at (413) 774-4307 x 1.

Guiding Council of Western Mass

The Guiding Council of Western Mass (GCOW) is the advisory board for the Western Mass RLC. All individuals in our community are welcome to attend.

The next GCOW meeting will be on Monday, September 12th, 1 - 3pm at the RLC’s Holyoke Center, 187 High Street, Suite 303.

ASL Interpreters have been requested



Community Resource: Madness Radio

From the website: “Madness Radio: Voices And Visions from Outside Mental Health brings you personal experiences of 'madness' from beyond conventional perspectives and mainstream treatments, and features authors, advocates, scientists, and artists.

Hosted by [Will Hall](#), a survivor of a schizophrenia diagnosis, Madness Radio was launched in 2005 on Valley Free Radio in Massachusetts and aired [more than 100 shows](#) since then. Today we're also heard regularly on KWMD in Alaska, KBOO in Oregon, WPRR in Michigan, and other stations, and shows are syndicated through Pacifica around the country. Hour long shows are produced once or twice monthly, and there's a 30-minute format available. Our podcast can be found on iTunes.”

Recent shows include interviews with Ron Coleman (of Intervoice and the Hearing Voices Network movement), Dan Fisher (psychiatrist, advocate and individual in recovery), Daniel Mackler (former therapist, author and filmmaker on recovery issues), Gail Hornstein (professor, author and Hearing Voices trainer and facilitator) and more.

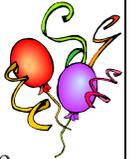
To listen to these and other shows visit:
www.madnessradio.net

The Western Mass RLC is four years old!

Yes, we've made it to the ripe old age of four! 'Born' in the summer of 2007, the Western Mass Recovery Learning Community (RLC) has had a fast and amazing first four years. In that time, we've gone from one center to four and from just a handful of contacts to over 2,000 (and nearly 200 friends on Facebook!). We've also punctuated each year with more and more great events and achievements including, in this last year:

- Hosted the first two Hearing Voices Facilitator Trainings ever to be held in the US
- Completed the 2010/2011 Alternatives Perspectives Film Series including 5 films with 33 screenings and *well* over 1,000 viewers
- Moved into two new and improved RLC Center spaces (the RLC's Pittsfield Center, 152 North Street, Suite 230 and the RLC's Greenfield Center, 74 Federal Street)
- Was recognized – alongside other Franklin County-based Consortium programs – by SAMHSA for our collaborative work in trauma-sensitive, peer participatory community development
- Were joined by many great nationally and internationally recognized guests including Jacqui Dillon, Ron Coleman, Paul Baker, Robert Whitaker, Richard Schulman and more!

Normally, at this time of year, we would have recognized all of these achievements and the growth of our community with a birthday party. However, with so much other excitement and transition going on, we've decided to hold off on the festivities. But we hope you'll stick with us for all that is to come in year number five!



IN THE L.E.A.D.

Catch up on what's happening with LEAD, the RLC's sister program focusing on career and youth development!

Beginning mid-September, LEAD will be offering their next round of Career Explorations for individuals between the ages of 16 and 25 at Leyden Woods in Greenfield. Participants will:

- Have a chance to explore a career path of their choice
- Meet new people
- Learn new skills to reach their goals
- Attend workshops to increased training
- Create a resume
- Practice interviewing techniques

Applications are required and are due on September 2nd, and are available at www.westernmassrlc.org or by calling Danielle at (413) 536-2401 ext. 3011.

Also be sure to check out other LEAD offerings at the RLC website!

In Honor of the First National Wellness Week, Please Join us For:

Healing From Trauma - *A Dialogue with National Peer Leaders*

**Tuesday, September 20th
10:30am to 12:30pm
Bowen Wellness Center,
340 Main Street
Springfield**

Providers, Peer Workers and the community are invited to join us for a dialogue focused on healing from trauma with Beth Filson of the Mass Self-Inflicted Violence and Healing Project, Lauren Spiro of the National Coalition for Mental Health Recovery, and Oryx Cohen of the National Empowerment Center.

This will be an opportunity to learn more about what is going on in the trauma recovery movement nationally, share resources and experiences, and learn together.

For more information, contact Lisa at lisa@westernmassrlc.org or (413) 539-5941 x 202

MEET THE TRAINERS

Oryx Cohen

Currently employed as the Technical Assistance Director at the National Empowerment Center, Oryx has a long history in the recovery movement. He is the former Co-Director of the Western Mass RLC, co-founder of the Freedom Center and has also served on a number of boards nationally, internationally and regionally including International Network Toward Alternatives for Recovery and the Association for Protection Advocacy (INTAR) National for Rights and (NARPA).



Beth Filson

Beth Filson serves on the Mass Self-Inflicted Violence and Healing Project and is a curriculum developer and trainer focusing on trauma, peer support and a variety of other topics. Most recently, she also played a lead role in implementing the DMH-funded training on trauma and self-injury in Massachusetts. She has also played a role in the implementation of Certified Specialist respite in states Peer and peer trainings multiple



Lauren Spiro

Lauren Spiro has spent over 30 years working in a variety of behavioral healthcare settings. She has served on a number of boards of directors and was a founding board member of Housing Unlimited, Inc. an award winning non-profit in Maryland that provides housing for adults labeled with mental illness. She has also worked as a CARF surveyor and mental health recovery educator and serves as Director of National of Mental Health. currently the the Coalition Health.



Holyoke Area

Hampden County • September 2011

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>The RLC aspires to be scent free. Please avoid wearing scents to any RLC events or spaces. Please contact us if you have additional accommodation requests, including interpreters.</i></p>			<p>1</p> <ul style="list-style-type: none"> Center Open 12-4p 	<p>2</p> <ul style="list-style-type: none"> Center Open 12-4p
<p>5</p> <ul style="list-style-type: none"> Center Closed <p>Labor Day</p>	<p>6</p> <ul style="list-style-type: none"> Center Open 10-4p Hearing Voices Group 4:30-6p 	<p>7</p> <ul style="list-style-type: none"> Center Open 12-7p ASL Class 12-1p Deaf/HOH Drop-in 1-5p Ear Acupuncture 3-4p Movie Night 4-6p 	<p>8</p> <ul style="list-style-type: none"> Center Open 12-4p 	<p>9</p> <ul style="list-style-type: none"> Center Open 12-4p
<p>12</p> <ul style="list-style-type: none"> Center Closed Guiding Council of Western Mass 1-3p 	<p>13</p> <ul style="list-style-type: none"> Center Open 10-4p Hearing Voices Group 4:30-6p 	<p>14</p> <ul style="list-style-type: none"> Center Open 12-7p ASL Class 12-1p Deaf/HOH Drop-in 1-5p Ear Acupuncture 3-4p Movie Night 4-6p 	<p>15</p> <ul style="list-style-type: none"> Center Open 12-4p 	<p>16</p> <ul style="list-style-type: none"> Center Open 12-4p Peer Network Luncheon: Meaningful Peer Roles in Our Area 11-230p (Summit View Banquet Hall)
<p>19</p> <ul style="list-style-type: none"> Center Closed 	<p>20</p> <ul style="list-style-type: none"> Center Open 10-4p Pizza & Community Council 1-3p Hearing Voices Group 4:30-6p 	<p>21</p> <ul style="list-style-type: none"> Center Open 12-7p ASL Class 12-1p Volunteer Support Meeting 1-3p Deaf/HOH Drop-in 1-5p Ear Acupuncture 3-4p Movie Night 4-6p 	<p>22</p> <ul style="list-style-type: none"> Center Open 12-4p 	<p>23</p> <ul style="list-style-type: none"> Center Open 12-4p Session 2 Begins: Body Awareness & Eating Disorders Support Group, 4-530p
<p>26</p> <ul style="list-style-type: none"> Center Closed 	<p>27</p> <ul style="list-style-type: none"> Center Open 10-4p Hearing Voices Group 4:30-6p 	<p>28</p> <ul style="list-style-type: none"> Center Open 12-7p ASL Class 12-1p Warmline Coalition Meeting 1-3p Deaf/HOH Drop-in 1-5p Ear Acupuncture 3-4p Deaf Community Forum 4-6p Movie Night 4-6p 	<p>29</p> <ul style="list-style-type: none"> Center Open 12-4p Peer Networking Meeting 1130-2p 	<p>30</p> <ul style="list-style-type: none"> Center Open 12-4p Session 2: Body Awareness & Eating Disorders Support Group, 4-530p

HOLYOKE AREA / Hampden County • September 2011

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

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

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

Alternatives to Suicide: On hiatus this month.

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

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

Deaf Community Forum: Wednesday, September 28th from 4-6pm. Join Valerie Ennis and others for an informal conversation about issues in the deaf community that are important to you. **Pizza to be served.**

Ear Acupuncture: Wednesdays from 3-4pm Join certified acupuncturist, Melany for this free session of group ear acupuncture. Great for supporting healing from addictions, anxiety, etc.

No pre-registration required, just show up!

Guiding Council of Western Mass (GCOW): Monday, September 2nd, from 1-3pm. GCOW is the advisory board to the RLC and is open to anyone who has lived experience and lives/works in Western Mass. GCOW normally meets the 1st Monday of every month (2nd Monday when the 1st is a holiday) from 1pm to 3pm at the Holyoke RCC. Interested in becoming a Council Delegate to GCOW? Contact Sera at (413) 539-5941 ext. 203 or sera@westernmassrlc.org for more info.

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

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

Peer Network Luncheon: Friday, September 16th from 11am to 230pm, Summit View Banquet Facility, Holyoke. The Western Mass Peer Network will offer this luncheon as an opportunity to talk about the development of the peer role across our region. Sign up is required as there are only a certain number of spots available per provider and other organizations. Call (413) 539-5941 ext. 301 if interested.

Peer Worker Networking Meeting: Thursday, September 29th, from 1130am to 2pm. All peer workers in paid or volunteer positions are welcome to join this Peer Worker Network and work to support one another, share ideas and talk about issues relevant to Peer workers in our area. Please RSVP to Sera at (413) 539-5941 x 203. **Pizza served.**

Support Group- Body Awareness & Eating Disorders: The second session of this support group will begin on Friday, September 23rd from 4 to 530pm and will run for eight sessions. Johnna Bossuot and Don Wentworth will lead this drop-in support group for individuals wishing to explore issues around eating disorders and body awareness. The goal will be to provide a safe, comfortable and non-judgmental environment to talk about the ways we think about ourselves and act toward ourselves and how they can affect our relationship to food and our bodies.

Volunteer Support Meeting: Wednesday, September 21st 1pm to 3pm. Join Amanda and others from the local RLC community to talk about issues related to volunteering, get support and grow! This month, we will focus on challenging situations.

Warmline Coalition Meeting: The Western Mass Warmline Coalition will be held on Wednesday, September 28, 1-230pm. (with the training sub-committee to meet directly after at 230pm). Anyone from a provider organization or the community is welcome to come and help us evaluate what warmline services we need and want in our area and how to implement our vision! We are currently moving toward implementing a weekend warmline for the New Year!!

Springfield Area

Hampden County • September 2011

Tuesday		Wednesday		Thursday		Friday		Saturday	
<p><i>The RLC aspires to be scent free. Please avoid wearing scents to any RLC events or spaces. Please contact us if you have additional accommodation requests, including interpreters.</i></p>				<p>1</p> <ul style="list-style-type: none"> Center Open 9-3p Yoga for the Rest of Us 10-11a Wellness Center Open 12-6p 		<p>2</p> <ul style="list-style-type: none"> Center Open 9-3p Wellness Center Open 12-6p 		<p>3</p> <ul style="list-style-type: none"> Center Open 11-3p 	
<p>6</p> <ul style="list-style-type: none"> Center Open 9-3p Reiki 10-1p First Tuesday Potluck: 12-2p Yoga 2-3:30p (Downtown @ 11 Pearl St, Suite 217) New Time: After Incarceration Support Group 4-5p (736 State St) 		<p>7</p> <ul style="list-style-type: none"> Center Closed Wellness Center Open 12-6p 		<p>8</p> <ul style="list-style-type: none"> Center Open 9-3p Yoga for the Rest of Us 10-11a Wellness Center Open 12-6p 		<p>9</p> <ul style="list-style-type: none"> Center Open 9-3p Wellness Center Open 12-6p 		<p>10</p> <ul style="list-style-type: none"> Center Open 11-3p 	
<p>13</p> <ul style="list-style-type: none"> Center Open 9-3p Reiki 10-1p Yoga 2-3:30p (Downtown @ 11 Pearl St, Suite 217) After Incarceration Support Group 4-5p (736 State St) 		<p>14</p> <ul style="list-style-type: none"> Center Closed Wellness Center Open 12-6p 		<p>15</p> <ul style="list-style-type: none"> Center Open 9-3p Yoga for the Rest of Us 10-11a Community Council & Pizza! 11-12p Wellness Center Open 12-6p 		<p>16</p> <ul style="list-style-type: none"> Center Open 9-3p Wellness Center Open 12-6p 		<p>17</p> <ul style="list-style-type: none"> Center Open 11-3p 	
<p>20</p> <ul style="list-style-type: none"> Center Open 9-3p Healing From Trauma: A Dialogue with National Peer Leaders 1030-1230 Yoga 2-3:30p (Downtown @ 11 Pearl St, Suite 217) After Incarceration Support Group 4-5p (736 State St) 		<p>21</p> <ul style="list-style-type: none"> Center Closed Wellness Center Open 12-6p 		<p>22</p> <ul style="list-style-type: none"> Center Open 9-3p Yoga for the Rest of Us 10-11a Wellness Center Open 12-6p 		<p>23</p> <ul style="list-style-type: none"> Center Open 9-3p Wellness Center Open 12-6p 		<p>24</p> <ul style="list-style-type: none"> Center Open 11-3p 	
<p>27</p> <ul style="list-style-type: none"> Center Open 9-3p Reiki 10-1p Yoga 2-3:30p (Downtown @ 11 Pearl St, Suite 217) After Incarceration Support Group 4-5p (736 State St) 		<p>28</p> <ul style="list-style-type: none"> Center Closed Wellness Center Open 12-6p 		<p>29</p> <ul style="list-style-type: none"> Center Open 9-3p Yoga for the Rest of Us 10-11a Wellness Center Open 12-6p 		<p>30</p> <ul style="list-style-type: none"> Center Open 9-3p Wellness Center Open 12-6p 			

SPRINGFIELD AREA / Hampden County • September 2011

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

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

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

Bowen Community Wellness Center Hours: Open Wednesday, Thursday, and Friday from 12-6pm. A variety of treadmills, stair steppers, weight machines, and other fitness equipment are available during Wellness Center hours.

After Incarceration Support Group: NEW DAY/TIME: Tuesdays from 4pm to 5pm (people who are new and would like to talk with the facilitator before the group are welcome to come at 330pm), AISS, 736 State Street, Springfield. Join Mark and others from the community who have experienced legal issues and/or being incarcerated as well as trauma or mental health issues for a supportive group with those who have been through similar experiences.

Healing From Trauma: A Dialogue with National Peer Leaders : Tuesday, September 20th, 1030am to 1230pm.

Providers, Peer Workers and the community are invited to join us for a dialogue focused on healing from trauma with Beth Filson of the Mass Self-Inflicted Violence and Healing Project, Lauren Spiro of the National Coalition for Mental Health Recovery, and Oryx Cohen of the National Empowerment Center. This will be an opportunity to learn more about what is going on in the trauma recovery movement nationally, share resources and experiences, and learn together. Additional details on page 6 of the September newsletter.

Pizza & Community Council: The 3rd Thursday of this month, September 15th from 11am to 12pm. The Community Council is an open meeting for the local Springfield community to provide input and discuss issues that are important to you regarding the Bowen Resource Center, the Wellness Center and/or the RLC in general. This can include difficulties or challenges that have come up or ideas for the future. We want to hear from you!!! **Pizza served at the end of the meeting.**

First Tuesday Potluck: The first Tuesday of the month: September 6th, 12 to 2pm. Join the RLC community for a fun celebration with food, games, music, pool and/or movies! Bring food to share if you can, but please join us even if you aren't able to bring a dish! RSVPs appreciated, but you're welcome to just show up!

Reiki: Tuesdays from 10a to 1pm (*except for Tuesday, September 20th*) in our new Wellness Center. Come experience a Reiki session with Reiki Master, Posie. Reiki is an empowering Japanese hands-on healing art, form of bodywork and energy medicine that is used to gently address energetic blocks or disturbances connected to physical, emotional and spiritual suffering in people. **Sign up required!**

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

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

Pittsfield Area

Berkshire County • September 2011

Monday		Tuesday		Wednesday		Thursday		Friday	
<p><i>The RLC aspires to be scent free. Please avoid wearing scents to any RLC events or spaces. Please contact us if you have additional accommodation requests, including interpreters.</i></p>						<p>1</p> <ul style="list-style-type: none"> • Center Open 12-4p • Green Thumb Diggers 12-1p • Poker Time 1-230p • Mindfulness 3-4p 		<p>2</p> <ul style="list-style-type: none"> • Center Closed • General Support Group 1-2p 	
<p>5</p> <p>Center Closed Labor Day</p>		<p>6</p> <ul style="list-style-type: none"> • Center Open 12-4p • Yoga Means Union 10-1130a • Crochet 3-4p 		<p>7</p> <ul style="list-style-type: none"> • Center Closed • UR an Artist 11-1230p 		<p>8</p> <ul style="list-style-type: none"> • Center Open 12-4p • Green Thumb Diggers 12-1p • Poker Time 1-230p • Mindfulness 3-4p • Hearing Voices 430-6p 		<p>9</p> <ul style="list-style-type: none"> • Center Closed • General Support Group 1-2p 	
<p>12</p> <ul style="list-style-type: none"> • Center Open 12-3p • Jewelry Creations 1-3p 		<p>13</p> <ul style="list-style-type: none"> • Center Open 12-4p • Yoga Means Union 10-1130a • Crochet 3-4p 		<p>14</p> <ul style="list-style-type: none"> • Center Closed • UR an Artist 11-1230p 		<p>15</p> <ul style="list-style-type: none"> • Center Open 12-4p • Green Thumb Diggers 12-1p • Poker Time 1-230p • Mindfulness 3-4p 		<p>16</p> <ul style="list-style-type: none"> • Center Closed • General Support Group 1-2p 	
<p>19</p> <ul style="list-style-type: none"> • Center Open 12-3p • Jewelry Creations 1-3p 		<p>20</p> <ul style="list-style-type: none"> • Center Open 12-4p • Yoga Means Union 10-1130a • Crochet 3-4p 		<p>21</p> <ul style="list-style-type: none"> • Center Closed • UR an Artist 11-1230p 		<p>22</p> <ul style="list-style-type: none"> • Center Open 12-4p • Green Thumb Diggers 12-1p • Poker Time 1-230p • Mindfulness 3-4p • Hearing Voices 430-6p 		<p>23</p> <ul style="list-style-type: none"> • Center Closed • General Support Group 1-2p 	
<p>26</p> <ul style="list-style-type: none"> • Center Open 12-3p • Jewelry Creations 1-3p 		<p>27</p> <ul style="list-style-type: none"> • Center Open 12-4p • Yoga Means Union 10-1130a • Crochet 3-4p 		<p>28</p> <ul style="list-style-type: none"> • Center Closed • UR an Artist 11-1230p 		<p>29</p> <ul style="list-style-type: none"> • Center Open 12-4p • Green Thumb Diggers 12-1p • Poker Time 1-230p • Mindfulness 3-4p 		<p>30</p> <ul style="list-style-type: none"> • Center Closed • General Support Group 1-2p 	

PITTSFIELD AREA / Berkshire County • September 2011

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

Unless specifically noted, all activities are free and take place at the RLC Berkshire Center: 152 North St., Suite 230 located between Pancho's Restaurant and The Garden beneath the Pancho's awning. Once inside follow the signs to the elevator or stairs at the back of the building. We are on the 2nd floor! An automated handicap-accessible door is located in the rear of the building at 152 Renne Avenue. 30 & 90 minute parking is available on street and 3 hour parking in the Columbus Parking Deck located on Summer Street just behind Ad-Lib. The RCC phone: 413-236-5888 & fax: 413-236-2995

Berkshire Center Community Hours: Mondays 12:00pm-3:00pm, Tuesdays 12:00pm-4:00pm, and Thursdays 12:00pm-4:00pm unless otherwise noted on the monthly calendar. Peer support, resource information, computer lab, lending library, Wii gaming and other activities are offered. Additional hours are available by appointment. Come on by and drop in. We'd love to see you!

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

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

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

Green Thumb Diggers: TIME CHANGE: Each Thursday from 12pm – 1pm. **Gardeners and gardener-want-to-bees take note... The RCC has big beautiful windows that are flooding our space with light and begging to be a part of a planting experience! Each Friday we will meet for fun with seeds, soil, water, companionship, sharing knowledge and hanging but everyone is encouraged to come on by during our 'Community Hours' and tend to the garden. Feel free to bring your own plants, tools, books, etc...but most importantly... bring yourself. Materials will be provided. OMG! The wonderful smells of the herbs and the size of the tomatoes! Need I go on!

Hearing Voices Group: Every other Thursday, 4:30pm to 6:00pm (Sept. 8th and Sept 22nd, etc.) 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 real. This is a NEW group currently forming in Pittsfield. Come to a meeting and see what it's all about! For more information contact Lisa @ 413 561-3269 or Colleen @ 413 398-1306.

Jewelry Creations: Mondays from 1:00pm – 3:00pm: Back by popular demand, Jewelry Creations takes small projects from start to end and teaches the basics of stringing and wire jewelry making. Bring your own projects or use the materials provided.

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

Poker Time: Thursdays from 1:00pm to 2:30pm. Tired of faceless computer programs dealing up your hand of Texas hold 'em or always was interested but never learned how to play? Here's your chance to look across the table at your fellow players and learn about the combinations of probability, psychology and game theory that make a good player. Our table is friendly, tutorial and encourages camaraderie and skill development. Chips and wagers will be for points only and hold no monetary value. Open to all regardless of skill level. Pull up a chair!

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

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

Greenfield Area

Franklin County • September 2011

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>The RLC aspires to be scent free. Please avoid wearing scents to any RLC events or spaces. Please contact us if you have additional accommodation requests, including interpreters.</i></p> <p>Please see descriptions for locations of each event!</p>			<p>1</p> <ul style="list-style-type: none"> Center Open 9-12p Inner Working Series: Come Alive with Transformational Breathing 6-8p 	<p>2</p> <ul style="list-style-type: none"> Center Closed <p>Career Explorations applications due today! See page 5 for details.</p>
<p>5</p> <p>Center Closed Labor Day</p>	<p>6</p> <ul style="list-style-type: none"> Center Closed Alternatives to Suicide Peer Support Group 5-630p 	<p>7</p> <ul style="list-style-type: none"> Center Closed Gentle Yoga 930-1050a Acupuncture 12-1p 	<p>8</p> <ul style="list-style-type: none"> Center Open 9-12p Inner Working Series: Come Alive with Transformational Breathing 6-8p 	<p>9</p> <ul style="list-style-type: none"> Center Closed
<p>12</p> <ul style="list-style-type: none"> Center Open 1-4p (Abierto, Horas en Espanol) RLC Support Forum 10-12p Dance of the Hoop 5-6p Women's Self Care Support Group 630-830p 	<p>13</p> <ul style="list-style-type: none"> Center Closed Circle of Friends Open Session 1130-130p Alternatives to Suicide Peer Support Group 5-630p 	<p>14</p> <ul style="list-style-type: none"> Center Closed Gentle Yoga 930-1050a Acupuncture 12-1p Veterans Support Discussion 3-4p Yoga Warriors 4-5p 	<p>15</p> <ul style="list-style-type: none"> Center Open 9-12p Inner Working Series: Come Alive with Transformational Breathing 6-8p 	<p>16</p> <ul style="list-style-type: none"> Center Closed
<p>19</p> <ul style="list-style-type: none"> Center Open 1-4p (Abierto, Horas en Espanol) RLC Support Forum 10-12p Dance of the Hoop 5-6p Women's Self Care Support Group 630-830p 	<p>20</p> <ul style="list-style-type: none"> Center Closed Alternatives to Suicide Peer Support Group 5-630p 	<p>21</p> <ul style="list-style-type: none"> Center Closed Gentle Yoga 930-1050a Acupuncture 12-1p 	<p>22</p> <ul style="list-style-type: none"> Center Open 9-12p Inner Working Series: Come Alive with Transformational Breathing 6-8p 	<p>23</p> <ul style="list-style-type: none"> Center Closed Fourth Friday Art Circle 7-9p
<p>26</p> <ul style="list-style-type: none"> Center Open 1-4p (Abierto, Horas en Espanol) RLC Support Forum 10-12p Dance of the Hoop 5-6p Women's Self Care Support Group 630-830p 	<p>27</p> <ul style="list-style-type: none"> Center Closed Alternatives to Suicide Peer Support Group 5-630p 	<p>28</p> <ul style="list-style-type: none"> Center Closed Gentle Yoga 930-1050a Acupuncture 12-1p Veterans Support Discussion 3-4p Yoga Warriors 4-5p 	<p>29</p> <ul style="list-style-type: none"> Center Open 9-12p 	<p>30</p> <ul style="list-style-type: none"> Center Closed

GREENFIELD AREA / Franklin County • September 2011

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

All open hours take place at the RLC's Greenfield Center, 74 Federal Street. Check descriptions for locations of other activities and events. Call Franklin County Coordinator, Janice Sorensen, for more information at (413) 561-3268.

Franklin County Site Open Hours: Mondays, 1-4pm & Thursdays, 9-12. NOW, at our new Greenfield site(!) at 74 Federal St. Come get peer support and check out other resources available. Abierto, Horas en Español a lunes! Venga para apoyo o solo para charlar. *Spanish speaker available on Mondays.* Come by for support or just to chat. **Closed on Labor Day!**

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

Alternatives to Suicide Support Group: Tues, 5-6:30pm PLEASE NOTE TIME CHANGE, 74 Federal St., Alternatives to Suicide Support Groups have been developed because we believe that empathic talking about suicide decreases suicide. The RLC, with support from Tapestry Health, has created a space where people can provide peer support for one another, strategize about alternatives to help each other best cope with difficult life circumstances, and talk about their experience of feeling suicidal without being judged.

Circle of Friends Open Session: *Opening the Heart, Touching the Soul* Tues, September 13, 11:30-1:30pm, lunch will be provided. 74 Federal St. Greenfield, MA Circle of Friends Open Session is a monthly gathering that uses breath work, sharing, and psychodrama to open the heart and touch the soul. For many years, Circle of Friends has been meeting to learn new skills to enhance our lives as we find the commonality between us. We now extend the circle to new friends in Greenfield. Please join us and experience the healing that takes place; we welcome you. *For more info: eschreiber@carsoncenter.org 413-579-7570* This is a collaboration of Valley Human Services and the Western Mass RLC.

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

Fourth Friday Art Circle: Fri, September 23, 7-9pm. 74 Federal St.. Fourth Friday Art Circle is a support group for visual artists who have lived experience with extreme states, a mental health diagnosis or trauma. For many, creativity is a key to wellness. This is a safe space to show work in progress, talk about what your art means to you, share struggles and breakthroughs, or simply be present.

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

Inner Workings Series presents: Come Alive with Transformational Breathing: Thurs, September 1, 8, 15 & 22, 6-8pm- 74 As part of the Inner Working Series, the Western Massachusetts Recovery Learning Community presents: Come Alive with Transformational Breathing, A two part series with Jude Johnson and Therese Legere, We have become shallow breathers; fear, grief, repressed pain and anger take our breath away. Overwhelmed by our own and world suffering, we become exhausted, numb and disconnected from our life force. Transformational Breathing uses the breath to integrate these feelings. As we free restrictions and clear heavy blocks, we connect to the love and joy at our core, feel lighter and clearer, have more energy and come alive!!! Please bring two pillows with you. For questions, comments or to reserve your spot email: janice@westernmassrlc.org

Greenfield Area descriptions continued on next page!

RLC Support Forum: EVERY MONDAY!!, 10-noon. The RLC Greenfield Site, 74 Federal St. Greenfield. Come gather for a time of support and idea sharing around how we as individuals and as the RLC community can grow to be our best and healthiest selves.

Veteran Support Discussion Group: 2nd & 4th Wednesdays, 3-4pm 74 Federal St. Grnfld, ATTENTION ALL VETERANS: Looking to connect with other Vets? Coping with stress and the transitioning to civilian life? Having issues with housing, employment or health? Want to learn about community resources? Miss your buddies? Come to the Recovery Annex for a Veteran Support Discussion Group. Then stay for Yoga Warriors!

Yoga Warriors: 2nd & 4th Wednesdays, 4-5[Yoga Warriors is a yoga class intended for veterans! It promotes health, wellness and peace of mind from within. Refreshments provided! Call Alex at (413) 774-5489 x14 for more info. The Recover Project (RP) & Recovery Learning Community (RLC) are programs of The Consortium.

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

Northampton Area

Hampshire County • September 2011

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>The RLC aspires to be scent free. Please avoid wearing scents to any RLC events or spaces. Please contact us if you have additional accommodation requests, including interpreters.</i></p> <p>Please see descriptions for locations of each event!</p>			<p>1</p> <ul style="list-style-type: none"> • Yoga 330-5p 	<p>2</p>
<p>5</p> <p>ACTIVITIES CANCELLED</p> <p>LABOR DAY</p>	<p>6</p> <ul style="list-style-type: none"> • Alternatives to Suicide Group 630-8p 	<p>7</p>	<p>8</p> <ul style="list-style-type: none"> • Yoga 330-5p 	<p>9</p>
<p>12</p> <ul style="list-style-type: none"> • Acupuncture Clinic 430p • Hearing Voices Group 4-530p 	<p>13</p> <ul style="list-style-type: none"> • Alternatives to Suicide Group 630-8p 	<p>14</p>	<p>15</p> <ul style="list-style-type: none"> • Yoga 330-5p 	<p>16</p> <ul style="list-style-type: none"> • Out to the movies @ Cinemark 1-4p
<p>19</p> <ul style="list-style-type: none"> • Acupuncture Clinic 430p • Hearing Voices Group 4-530p 	<p>20</p> <ul style="list-style-type: none"> • Alternatives to Suicide Group 630-8p 	<p>21</p>	<p>22</p> <ul style="list-style-type: none"> • Yoga 330-5p 	<p>23</p>
<p>26</p> <ul style="list-style-type: none"> • Acupuncture Clinic 430p • Hearing Voices Group 4-530p 	<p>27</p> <ul style="list-style-type: none"> • Alternatives to Suicide Group 630-8p 	<p>28</p>	<p>29</p> <ul style="list-style-type: none"> • Yoga 330-5p 	<p>30</p>

NORTHAMPTON AREA / Hampshire County • September 2011

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

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

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

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

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

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

Out to the Movies @ Cinemark: The 3rd Friday of the month, September 16th, 12:30pm to 4pm (actual time may vary slightly depending on movie selected) @ Cinemark Theatres at the Hampshire Mall, Rt. 9, Hadley. Join Denise and other community members for an afternoon at the movies. 6 SPOTS AVAILABLE FOR FREE TICKETS, AND 3 TO 4 SPOTS AVAILABLE FOR TRANSPORTATION ASSISTANCE. You MUST SIGN UP for this event and early sign up is recommended. The actual film and exact meeting time will be determined by Wednesday of that week. Please call Sera at (413) 539-5941, x203 to sign up and/or for more info!

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

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

ADDITIONAL PEER COMMUNITY RESOURCES

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

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

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

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

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

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

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

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

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

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

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

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

ADDITIONAL PEER COMMUNITY RESOURCES Cont.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

ADDITIONAL PEER COMMUNITY RESOURCES Cont.

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

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

HAMPSHIRE COUNTY (Northampton, Easthampton, etc.):

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

www.anchorhouseartists.org.

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

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

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

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

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

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

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

Ward. Call (413) 584-1508 for more info. Co-sponsored by ServiceNet and VINFEN.

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

WARMLINES

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

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

ADDITIONAL PEER COMMUNITY RESOURCES Cont.

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

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

RLCs IN OTHER AREAS OF THE STATE

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

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

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

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

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

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

STATEWIDE ORGANIZATIONS, EVENTS & TRAININGS

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