

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 2012 UPDATE & CALENDAR

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

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

Five Fundamental Rights

Did you know that according to Massachusetts General Laws, Chapter 123, Section 23, you have five fundamental rights that apply any time you are receiving services from any program or hospital unit that is operated by, licensed by or contracting with the Department of Mental Health?? (This includes state and private hospitals, community mental health centers and residential programs.)



THESE RIGHTS INCLUDE*:

- * **Reasonable access to a telephones to make and receive confidential calls** (Examples of common violations: Pay phones unless change is provided, phones in hallways or common areas, phones that are turned off throughout the day)
- * **The ability to send and receive sealed, unopened, uncensored mail** (Examples of common violations: Mail is opened and checked without due cause, writing materials and postage are not provided in reasonable quantities)
- * **The ability to receive visitors of own choosing in private, at reasonable times, with limitations only to protect the privacy of other persons and to avoid serious disruptions to the normal functioning, with sufficient flexibility as to accommodate individual needs and desires of the person receiving services AND the visitors of that person.** (Examples of common violations: Limited visiting hours, refusal of flexibility for visitor's schedule, taking away visiting privileges in circumstances where there isn't a clear and immediate danger)
- * **A humane psychological and physical environment with privacy in security in resting, sleeping (not excluding roommates), dressing, bathing and personal hygiene, reading and writing and in toileting.** (Examples of common violations: Being placed with a roommate that creates an unsafe space, observation while bathing, dressing/undressing, routine strip searches)
- * **To receive or refuse to receive visits and phone calls from an attorney, legal advocate (can be a peer advocate!), physician, psychologist, clergy member or social worker outside of visiting hours and whether or not requested by the person receiving services.** (Examples of common violations: Person is not given contact information for free legal service upon admission, no flexibility in scheduling meetings, peer advocates not recognized as legitimate, etc.)

The law also requires that these rights be posted and provided to people as they enter services.

* These rights have been summarized here. For the full legal text, visit: www.malegislature.gov/Laws/GeneralLaws/PartI/TitleXVII/Chapter123/Section23

Call for Stories of Rights Violations:

The Western Mass RLC is currently developing a project focused on the Five Fundamental Rights. Goals of this project are currently being developed but *may* include:

- Increasing rights awareness within our community
- Training providers on the 5 fundamental rights
- Creating an educational film on the 5 fundamental rights
- Creating brochures, cards and other informational materials
- **Gathering stories of rights violations from our community**
- And more!

Have you been denied visitors while at the hospital? Have you lived in a program where the house phone was kept next to a staff office? Have you been denied stamps or change for a payphone when trying to reach loved ones? Have you been strip searched as part of an admission routine?

If you say yes to these questions or others that relate to the five fundamental rights, and you'd like to share your story or let us know you might be interested in being a part of any films or interviews on this topic, please e-mail us at info@westernmassrlc.org or call (413) 539-5941 ext. 324.

Taking a Trip to the Big E!

When: Thursday, Sept. 20th
Leaving the RLC's
Holyoke Center 12 pm



Interested in joining others from our local community for a trip to the Big E in West Springfield?

The Big E offers food, exhibits and a variety of rides and activities for all ages. Space is limited so if you might be interested in joining, please call Donna at (413) 539-5941!

For more information on the Big E, visit www.thebige.com

Peer Respite (Blog)

~Ponderings on our Peer Respite

Afiya (A-FEE-yah)

Meaning emotional, physical and spiritual health and wholeness



Afiya has officially opened its doors as the 13th peer respite in the country and the first in our state!

What is a Peer Respite?

Afiya has been designed with the intent to provide a healing space within which each person can find the balance and support needed to turn what is so often referred to as a 'crisis' into a learning and growth opportunity. The people working at **Afiya** themselves identify as having lived experience with psychiatric diagnoses, extreme states and/or trauma. There are no clinically oriented supports offered, and the fundamental belief upon which **Afiya** is founded is that connection to others itself can be healing.

Update:

In its first month of life, **Afiya** has been very active and everyone involved is in learning and practice mode. Although there are inevitable bumps to be expected with the start of anything new, great experiences are being shared and more than one person has expressed surprise at the depth of connection and impact so early on.

Myths of Peer Respite:

As we've done outreach for **Afiya** we've come across several myths and misconceptions about **Afiya** and peer respites in general. Here are just a couple:

Myth: Peer respites run just like traditional respites, except all the 'staff' identify as having lived experience.

Truth: The differences between peer respites and traditional respites run deep, and go far beyond the lived experience of people working in the house. The real difference is in day-to-day practice and values. Clinical services just aren't offered and no questions are asked about psychiatric diagnoses, medications and so on. People are welcome to come and go as they need to right from day 1. There is no required daily structure (no meetings or bedtimes, etc.), and the focus is on relationships and the person as the expert in their own life. For more details, schedule an outreach meeting with us or give us a call and let's talk!

Myth: Peer respites work with people who aren't in as serious of a 'crisis' as traditional respites.

Truth: The truth is that peer respites support people in very difficult places, many of whom would most certainly have been accepted into a traditional respite or hospital had they thought that was the right path for them. We have seen that in our first few weeks at **Afiya** and have already heard feedback that having a new option for people who were otherwise headed to the hospital has been life changing for some.

Working at Afiya:

We do not currently have any positions open at Afiya. However, if you're interested in working per diem (as needed) or in another role, please feel free to send us a letter of interest letting us know. Although we won't be calling anyone in for an interview right now, we'll keep your letter on file and be in touch when we are interviewing again. Letters can be sent to the attention of Jack Bonsignore at 256 Jackson Street, Northampton, MA 01060 or to info@westernmassrlc.org.

Seeking Personal Narratives on Psychiatric Drug Withdrawal

The following is from a group outside of the Western Mass RLC, but we thought you might be interested:

A small group of peers is seeking personal coming off or reducing psychiatric drug narrative submissions for publication. We intend to collect a diverse range of experiences in order to craft a companion collection of stories which will act as a drug withdrawal resource. This collection will be made available alongside The Harm Reduction Guide to Coming off of Psychiatric Drugs written by Will Hall.

In any length or style, please contact vanessakrasinski@yahoo.com with questions and/or withdrawal narrative submissions by November 19th, 2012.

This companion collection's hope and purpose:

While increasing numbers of people are being prescribed psychiatric drugs, so are the numbers of people who have made informed decisions to reduce or come off these drugs. Unfortunately, while science and psychiatry offer liberal prescriptive practices, they do not provide access to longitudinal studies regarding the effects of these drugs, and rarely offer competent resources to help our community members taper off of them.

In response to this stark gap in care, the peer/ex-patient/consumer/survivor communities have turned to each other for help. With a spirited interest in providing options and peer support, our community has shared experience-based tapering methods, word-of-mouth tips, underground manuals, respite homes and peer-run alternative drug withdrawal information sites. As a result, increasing numbers of people have survived what can be debilitating periods of withdrawal, and are living well with fewer or no prescription drugs.

We recognize there are no pat or universal answers to the problem of withdrawal. Our only wish is to tap into our diverse pool of first-person withdrawal experiences, borrowing hope and potential direction for those who have made a decision to reduce or come off of psychiatric medications. Though we seek to publish this collection to fill a gap in care, we believe our personal narratives may be more rich, nuanced and helpful than sterile, scientific 'facts' might have been.

We look forward to hearing from you.

Help Us Spread the Word:

Western Mass Peer Support Line Now Available!

The Western Mass Peer Support Line offers peer support by phone every Friday through Monday from 8pm to midnight on a toll-free line: **(888) 407-4515**

Why call?



To talk... To explore resources... Because you're feeling lonely, sad or in 'crisis'...

Because you want to be heard... Because you want to hear another voice....

Because you want to connect with someone else who has 'been there'

Call us even when we're not open to find out information about other Peer Support and warmlines that are available to people living in Massachusetts.

Bowen Wellness Center Update:

The Bowen Wellness Center will be taking a break from open hours beginning the week of September 17th. (All classes and groups in the Wellness Center, and all Resource Hours will continue as scheduled.)

During the break, hours and activities will be re-evaluated so please let us know if you have input!

WESTERN MASS Recovery Learning Community

www.westernmassrlc.org • September 2012 Newsletter

Community Resources: A Review of Kate's Kitchen

A number of people from our community in Holyoke have begun researching local resources. As a part of that project, they visited Kate's Kitchen in August. The Kitchen is located at 51 Hamilton Street in Holyoke. Their phone number is (413) 532-0233.

Community Review: The entrance is in the parking lot, where people gather and wait for the basement door to open. Seating can be an issue, so some come early to insure getting a seat. The last time we went, we arrived at 11:50 am and it began to thunder and rain. The worker at the door called back to the kitchen "Can we let them in. It's raining?" The reply was "The rain won't hurt them". After the noon church bells stopped ringing we were allowed in, and warned not to give the staff a hard time. The Kitchen is usually busy with lots of noisy activity among staff and patrons. The food was served, and was better than we remembered school lunches to be. The noise and activity level may be hard for some people to deal with (including one of the reviewers). This kitchen serves whoever shows up and is open Monday through Friday 12 to 1.

FREE CELL PHONES!

We wanted to take a moment to remind everyone about the opportunity to get a free cell phone with free monthly minutes (usually 80 to 250 minutes per month) for anyone who is interested and meets certain terms of eligibility. Most people who participate in programs including Food Stamps, Medicaid, Supplemental Security Income (SSI) and more are eligible.

There are multiple companies that offer free plans. Learn more at: www.freegovernmentcellphones.net/

Seeking Artists for Shows at the Holyoke Center

The Holyoke Center often shows artwork in its Mind & Body space.

While we are not holding a formal art series (*such as the one scheduled for our Greenfield center! Check out the Greenfield calendar or visit our website for more details!*), we are accepting informal applications for artists who identify as having lived experience with psychiatric diagnoses, extreme states and/or trauma and who have enough artwork to create a show in our space. (Co-applications from more than one artist who would like to share the space will also be considered.)

Please direct applications (letter of interest with a couple of samples of your work) to Sera Davidow at sera@westernmassrlc.org.

Headed to Alternatives 2012!

We are proud to announce that Janice Sorensen (in her new consultant role!) and Currie Murphy will be headed to Alternatives 2012 to present on the Western Mass RLC's Alternatives to Suicide work.

Sera Davidow and Wyatt-Austin Ferrera will also be headed to Alternatives to present alongside Steve Miccio (Rose House) and Daniel Hazen (Voices of the Heart) on peer respites.

Alternatives 2012 will take place in Portland, Oregon from October 10th through the 14th.

For more information, visit alternatives2012.info

We hope to see you there!



Guiding Council of Western Mass

After its vacation in August, the Guiding Council of Western Mass (GCOW) will return to regularly scheduled meetings starting on Monday, September 10th (2nd Monday due to the Labor Day Holiday).

GCOW typically meets once per month (first Monday of the month from 1 to 3pm) at the RLC's Holyoke Center. Meetings are open to anyone, though Delegates from each county attend regularly. Anyone from the RLC community can apply to be a Delegate which requires a one-year commitment and ability to regularly attend meetings and speak to the needs, hopes and dreams from the perspective of the area they are representing.

If you are interested in learning more, please e-mail info@westernmassrlc.org or call Sera at (413) 539-5941 ext. 203

Holyoke Area

Hampden County • September 2012

Monday	Tuesday	Wednesday	Thursday	Friday
3 <ul style="list-style-type: none"> Center Closed Deadline for art show submissions (see <i>Greenfield calendar!</i>) <p>LABOR DAY</p>	4 <ul style="list-style-type: none"> Center Open 10a-4p Basic ASL 12-1p Hearing Voices Group 4:30-6p 	5 <ul style="list-style-type: none"> Center Open 12-7p Deaf Support drop-in hours 12-4p Loops Crochet & Chat 12:30p-2p <i>Acupuncture on Hiatus</i> Movie Night 4-6p 	6 <ul style="list-style-type: none"> Center Open 12-4p Community Forum 1-3p 	7 <ul style="list-style-type: none"> Center Open 12-4p
10 <ul style="list-style-type: none"> Center Closed Guiding Council of Western Mass 1-3p 	11 <ul style="list-style-type: none"> Center Open 10a-4p Basic ASL 12-1p Hearing Voices Group 4:30-6p 	12 <ul style="list-style-type: none"> Center Open 12-7p Deaf Support drop-in hours 12-4p Loops Crochet & Chat 12:30p-2p <i>Acupuncture on Hiatus</i> Movie Night 4-6p 	13 <ul style="list-style-type: none"> Center Open 12-4p Community Forum 1-3p 	14 <ul style="list-style-type: none"> Center Open 12-4p
17 <ul style="list-style-type: none"> Center Closed Hearing Voices Facilitator Training @ HCC 10-4p 	18 <ul style="list-style-type: none"> Center Open 10a-4p Hearing Voices Facilitator Training @ HCC 10-4p Basic ASL 12-1p Hearing Voices Group 4:30-6p 	19 <ul style="list-style-type: none"> Center Open 12-7p Deaf Support drop-in hours 12-4p Loops Crochet & Chat 12:30p-2p <i>Acupuncture on Hiatus</i> Movie Night 4-6p 	20 <ul style="list-style-type: none"> Center Open 12-4p Big E trip (leave Holyoke Center at 12p) 	21 <ul style="list-style-type: none"> Center Open 12-4p
24 <ul style="list-style-type: none"> Center Closed 	25 <ul style="list-style-type: none"> Center Open 10a-4p Basic ASL 12-1p Hearing Voices Group 4:30-6p 	26 <ul style="list-style-type: none"> Center Open 12-7p Deaf Support drop-in hours 12-3p Loops Crochet & Chat 12:30p-2p Warmline Coalition Meeting 1-2:30p <i>Acupuncture on Hiatus</i> Deaf Community Forum 3-5p Movie Night 4-6p 	27 <ul style="list-style-type: none"> Center Open 12-4p Peer Networking Meeting 11:30a-2p 	28 <ul style="list-style-type: none"> Center Open 12-4p

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.

HOLYOKE AREA / Hampden County • September 2012

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.

Basic ASL: Every Tuesday 12pm to 1pm. Join Val and others in the community to learn basic communication skills using American Sign Language.

Big E trip: Thursday, September 20th, leaving the RLC's Holyoke Center at noon. Space is very limited and sign up is required! See page 1 of the newsletter for more details.

Community Forum: Every Thursday 1-3p (except 9/20 and 9/27), The Community Forum is a new weekly meeting intended to serve two purposes. The first half of the meeting will be held in general support group format, with everyone having a chance to check in. The second hour will be focused on community wellness, ideas, concerns and growth. **This is a great opportunity to build our sense of community and connection to one another!**

Deaf Support Drop in Hours: Every Wednesday 12pm to 4pm (ending at 3pm on the last day of the month), Visit or call Val and others in the community for peer support that is accessible to individuals who are deaf or hard-of-hearing. To reach Val by phone, call (413) 650-5380 or (866) 674-8728 (videophone)

Deaf Community Forum: Every last Wednesday of the month from 3pm to 5pm. Join Val and others in the community for good conversation and good pizza! ☺

Ear Acupuncture: PLEASE NOTE that acupuncture is on hiatus while our acupuncturist is on maternity leave.

Guiding Council of Western Mass (GCOW): Monday, September 10th, 1 to 3pm. See page 5 for details.

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.

Hearing Voices Facilitator Training: Monday 9/17 and Tuesday 9/18 at Holyoke Community College from 10am to 4pm. This is the first of two two-day sessions for individuals wanting to become Hearing Voices group facilitators. **THIS TRAINING IS CURRENTLY FULL**, but please feel free to contact us with your interest in future trainings.

Loops Crochet & Chat: Wednesdays from 12:30 to 2:00pm. Loops is a new group for anybody who wants to learn to crochet, or brush up on their rusty skills. Absolutely no experience necessary - we'll start at the very beginning, with a simple scarf, and learn more at the group's own pace. If you can tie knots, you can learn to crochet! This group is open to both women and men, and we'd all love to see a few fellas who want to learn a craft join in. All materials will be provided. Facilitated by Mitzi. **NEW – All knitters and crochet-ers, at all levels, are welcome to attend just for fun and conversation!**

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.

Peer Worker Networking Meeting: Thursday, September 27th, 11:30am to 2pm. All peer workers in paid or volunteer positions are welcome to join this Peer Worker Network and work to support one another, share ideas and talk about issues relevant to Peer workers in our area. Please RSVP to Sera at (413) 539-5941 x 203. **Pizza served.**

Warmline Coalition Meeting: Wednesday, September 26th, 1-2:30pm. Anyone from a provider organization or the community is welcome to come and help us support the new Western Mass Peer Support Line and determine how to move forward and expand its offerings over the coming months.

Springfield Area

Hampden County • September 2012

Tuesday	Wednesday	Thursday	Friday	Saturday
4 <ul style="list-style-type: none"> Center Open 9a-3p Reiki 10a-1p Group Exercise 2-4p (ASL/English speaking facilitator) Yoga (all levels welcome) 2-3:30p (Downtown @ 11 Pearl St, Suite 217) After Incarceration Support Group 4-5p (736 State St.) 	5 <ul style="list-style-type: none"> Center Closed Wellness Ctr Open 12-6p Workout Madness 4-6p 	6 <ul style="list-style-type: none"> Center Open 9a-3p Yoga (all levels welcome) 10-11a Wellness Center Open 12-6p 	7 <ul style="list-style-type: none"> Center Open 9a-3p Wellness Ctr Open 12-6p Alternatives to Suicide 3:30-5p 	8 <ul style="list-style-type: none"> Center Open 11-3p Tae Kwon Do 12-1p Wellness Ctr
11 <ul style="list-style-type: none"> Center Open 9a-3p Reiki 10a-1p Group Exercise 2-4p (ASL/English speaking facilitator) Yoga (all levels welcome) 2-3:30p (Downtown @ 11 Pearl St, Suite 217) After Incarceration Support Group 4-5p (736 State St.) 	12 <ul style="list-style-type: none"> Center Closed Wellness Ctr Open 12-6p Workout Madness 4-6p 	13 <ul style="list-style-type: none"> Center Open 9a-3p Yoga (all levels welcome) 10-11a Wellness Center Open 12-6p 	14 <ul style="list-style-type: none"> Center Open 9a-3p Wellness Ctr Open 12-6p Alternatives to Suicide 3:30-5p 	15 <ul style="list-style-type: none"> Center Open 11-3p Tae Kwon Do 12-1p Wellness Ctr
18 <ul style="list-style-type: none"> Center Open 9a-3p Reiki 10a-1p Group Exercise 2-4p (ASL/English speaking facilitator) Yoga (all levels welcome) 2-3:30p (Downtown @ 11 Pearl St, Suite 217) After Incarceration Support Group 4-5p (736 State St.) 	19 <ul style="list-style-type: none"> Center Closed Wellness Ctr closed Workout Madness 4-6p 	20 <ul style="list-style-type: none"> Center Open 9a-3p Yoga (all levels welcome) 10-11a Wellness Ctr closed 	21 <ul style="list-style-type: none"> Center Open 9a-3p Alternatives to Suicide 3:30-5p Wellness Ctr closed 	22 <ul style="list-style-type: none"> Center Open 11-3p Tae Kwon Do 12-1p Wellness Ctr
25 <ul style="list-style-type: none"> Center Open 9a-3p Reiki 10a-1p Group Exercise 2-4p (ASL/English speaking facilitator) Yoga (all levels welcome) 2-3:30p (Downtown @ 11 Pearl St, Suite 217) After Incarceration Support Group 4-5p (736 State St.) 	26 <ul style="list-style-type: none"> Center Closed Wellness Ctr closed Workout Madness 4-6p 	27 <ul style="list-style-type: none"> Center Open 9a-3p Yoga (all levels welcome) 10-11a Wellness Ctr closed 	28 <ul style="list-style-type: none"> Center Open 9a-3p Alternatives to Suicide 3:30-5p Wellness Ctr closed 	29 <ul style="list-style-type: none"> Center Open 11-3p Tae Kwon Do 12-1p Wellness Ctr

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Call us at (413) 539-5941

Toll free (866) 641-2853

SPRINGFIELD AREA / Hampden County • September 2012

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

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

Bowen Resource Center: Open Tuesdays, Thursdays and Fridays from 9am to 3pm and Saturdays from 11am to 3pm. Offering peer support in person and by phone, access to computers, community, and more.

Bowen Wellness Center: Open Wednesdays, Thursdays and Fridays from 12pm to 6pm for open use of cardio and weight equipment. **PLEASE NOTE: BOWEN WELLNESS CENTER WILL BE TEMPORARILY CLOSED BEGINNING THE WEEK OF SEPTEMBER 17th UNTIL FURTHER NOTICE.**

After Incarceration Support Group: **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.

Alternatives to Suicide Support Group: **Friday from 3:30pm – 5:00pm** Alternatives to Suicide Peer Support Groups have been developed because we believe that talking about suicide decreases it. Alt2Su is a time when people can share, provide support, and strategize about alternatives to help one another cope with difficult life circumstances; a place where you can talk your experience of feeling suicidal without being judged.

Group Exercise: **Tuesdays from 2pm to 4pm.** Join Val and others from the community for a group gathering to focus on breathing, relaxing and exercising together. Breathing and relaxation portions will focus particularly on accessibility for individuals who are deaf or hard-of-hearing. Val is bilingual in ASL and English. All welcome.

Tae Kwon Do (Korean Karate): **Saturdays from 12pm to 1pm** in the Wellness Center. Join Pamela for an introduction to Tae Kwon Do (Korean Karate). Tae Kwon Do is the art of kicking and punching. “Tae” means to kick. “Kwon” means to punch, and “Do” means art or a way of life. “Do” expresses a way of approaching life through enlightenment. Come experience Do with us in a safe environment and become empowered through self-determination and personal strength. Call 413-732-1703 to sign up as space is limited.

Reiki: **Tuesdays from 10a to 1pm** 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 (all levels welcome): **Tuesdays from 2 to 3:30pm** in Karoun’s private downtown studio: 11 Pearl St., Suite 217, Springfield and **Thursdays from 10 to 11am** at the Bowen Wellness Center. Yoga class is made up of breathing, stretching, strengthening and balancing poses that lead to a greater sense of peace, relaxation, and power! Modifications are always offered so that you can move at your own comfortable pace. If you feel you are not flexible or strong, then come to yoga so that you can build your strength and flexibility! You will also feel more relaxed, calm, and at peace even after one class.

Workout Madness: **Wednesdays from 4:00pm – 6:00pm** in the Wellness Center. Work with Personal Trainer, Reggie, as he designs workouts around your current fitness level and introduces new and creative ways to get healthy. With over 20 years experience, Reggie has something to offer everyone! Come on out and bring your sneakers!

Pittsfield Area

Berkshire County • September 2012

Monday

Tuesday

Wednesday

Thursday

Friday

Contact us if you have additional accommodation requests, including interpreters.

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<p>3</p> <p>Closed</p> <p>Labor Day</p> <p><i>Artists applications due today (see Greenfield calendar)</i></p>	<p>4</p> <ul style="list-style-type: none"> • Center Open 12-4p • Yoga Means Union 10-11:30a • NEW Book Group 3-4p 	<p>5</p> <ul style="list-style-type: none"> • Center Closed • UR an Artist 11-12:30p 	<p>6</p> <ul style="list-style-type: none"> • Center Open 12-4p • Poker Time 1-2:30p • Hearing Voices 4:30-6p 	<p>7</p> <ul style="list-style-type: none"> • Center Closed
<p>10</p> <ul style="list-style-type: none"> • Center Open 12-3p • General Support Group 11a-12p • Spiritual Explorations 12:30-1:30p • Jewelry Creations 1-3p 	<p>11</p> <ul style="list-style-type: none"> • Center Open 12-4p • Yoga Means Union 10-11:30a • NEW Book Group 3-4p 	<p>12</p> <ul style="list-style-type: none"> • Center Closed • UR an Artist 11-12:30p 	<p>13</p> <ul style="list-style-type: none"> • Center Open 12-4p • Poker Time 1-2:30p 	<p>14</p> <ul style="list-style-type: none"> • Center Closed
<p>17</p> <ul style="list-style-type: none"> • Center Open 12-3p • General Support Group 11a-12p • Spiritual Explorations 12:30-130p • Jewelry Creations 1-3p 	<p>18</p> <ul style="list-style-type: none"> • Center Open 12-4p • Yoga Means Union 10-11:30a • NEW Book Group 3-4p 	<p>19</p> <ul style="list-style-type: none"> • Center Closed • UR an Artist 11-12:30p 	<p>20</p> <ul style="list-style-type: none"> • Center Open 12-4p • Poker Time 1-2:30p • Hearing Voices 4:30-6p 	<p>21</p> <ul style="list-style-type: none"> • Center Closed
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PITTSFIELD AREA / Berkshire County • September 2012

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 (except 9/3) 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!

Book Group: *NEW* **Tuesdays from 3:00pm – 4:00pm.** Get hooked on a great book! This new group is looking for the book worm in each of us. Join others in the exploration and enjoyment of the written word. Books will be chosen by those that show up! Bring your ideas and passion!

General Support Group: **Each Monday (except 9/3), 11:00am – 12:00pm.** 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!

Hearing Voices Group: **Every other Thursday, 4:30pm – 6:00pm.** Although 1 in 10 people hear voices, many choose not to talk about them due to fear of judgment and stigma. A Hearing Voices Group is a place where people can meet to talk about their experiences without such concern. It offers mutual support and friendship, with the opportunity to explore your experiences and learn from others with similar stories. Hearing Voices is 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 (except 9/3) from 1:00pm – 3:00pm:** 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.

Poker Time: **Thursdays from 1:00pm – 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!

Spiritual Explorations: **Mondays (except 9/3) 12:30pm – 1:30pm.** Discovery of our spiritual nature can be a very important road on our paths to recovery. This exploration is often supported within a group. [Spiritual practices](#), including [meditation](#), [prayer](#) and [contemplation](#), are intended to develop an individual's inner life; spiritual experience includes that of [connectedness](#) with a larger reality, yielding a more comprehensive [self](#); with other individuals or the [human community](#); with [nature](#) or the [cosmos](#); or with the [divine](#) realm. Come join us and let the conversation begin.

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 2012

Monday	Tuesday	Wednesday	Thursday	Friday
3 Happy Labor Day!! CLOSED FOR THE HOLIDAY Artists applications due today!!!!	4 <ul style="list-style-type: none"> • Alternatives to Suicide Peer Support Group 5-6:30p 	5 <ul style="list-style-type: none"> • Gentle Yoga 9:30-10:50a • Sip & Chat 11-12p • Acupuncture 12-1p Note: new location! 	6 <ul style="list-style-type: none"> • Introduction to Mindfulness, Awareness and Meditation 12-1p • Veterans Support: Discussion Group 3-4:30p 	7
10 <ul style="list-style-type: none"> • RLC Support Forum 10-1p • Open Hours 1-4p 	11 <ul style="list-style-type: none"> • Alternatives to Suicide Peer Support Group 5-6:30p 	12 <ul style="list-style-type: none"> • Gentle Yoga 9:30-10:50a • Sip & Chat POSTPONED! • Acupuncture 12-1p Note: new location! 	13 <ul style="list-style-type: none"> • Introduction to Mindfulness, Awareness and Meditation 12-1p • Veterans Support: Discussion Group 3-4:30p • Women's Self Care Support Group (new location) 5:30-7:30p 	14
17 <ul style="list-style-type: none"> • RLC Support Forum 10-1p • Open Hours 1-4p 	18 <ul style="list-style-type: none"> • Alternatives to Suicide Peer Support Group 5-6:30p 	19 <ul style="list-style-type: none"> • Gentle Yoga 9:30-10:50a • Sip & Chat 11-12p • Acupuncture 12-1p Note: new location! 	20 <ul style="list-style-type: none"> • Introduction to Mindfulness, Awareness and Meditation 12-1p • Veterans Support: Discussion Group 3-4:30p 	21
24 <ul style="list-style-type: none"> • RLC Support Forum 10-1p • Open Hours 1-4p 	25 <ul style="list-style-type: none"> • Alternatives to Suicide Peer Support Group 5-6:30p 	26 <ul style="list-style-type: none"> • Gentle Yoga 9:30-10:50a • Sip & Chat 11-12p • Acupuncture 12-1p Note: new location! 	27 <ul style="list-style-type: none"> • Introduction to Mindfulness, Awareness and Meditation 12-1p • Veterans Support: Discussion Group 3-4:30p • Women's Self Care Support Group (new location) 5:30-7:30p 	28 Fantastic Fridays Grab Bag: Spiritual Emergency 6-8p

*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. Please see descriptions for locations of each event!*

GREENFIELD AREA / Franklin County • September 2012

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

All open hours take place at the RLC's Greenfield Center, 74 Federal St.. Check descriptions for locations of other activities and events. Please call the Greenfield Center, 1 (413) 772-0715 for more info.

Franklin County Center Open Hours: Mondays, 1-4pm. Come by for peer support, to play a board game, to do artwork or just to chat *and* check out other available resources. CLOSED FOR LABOR DAY.

Acupuncture: Wednesdays, 12-1pm, at NOTE: NEW LOCATION! The RLC's Greenfield Center, 74 Federal St., Grnfld. 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. Thank you to The RECOVER Project for hosting in this offering for many years. ALSO: **Karen Adams will be filling in for Melany while she is away.**

Alternatives to Suicide Support Group: Tuesdays, 5-6:30pm The RLC Greenfield Center, 74 Federal St. Alternatives to Suicide Peer 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. People in the group share their struggles, provide peer support for one another, and strategize about alternatives to help one another best cope with difficult life circumstances. The Western Mass RLC aspires to be fragrance free; please avoid wearing scented products.

Artist's Applications Due: Monday, September 3rd. The RLC will sponsor solo exhibitions for six accepted artists to be held at the RLC's Greenfield Center at 74 Federal St. Accepted artists will, as well, have the opportunity to facilitate a paid two-hour workshop for the RLC community in Franklin County. See the RLC website for an application (westernmassrlc.org)

Fantastic Fridays Grab Bag, Spiritual Emergency with Tim Ness, Friday, September 28, 6-8pm The RLC Greenfield Center, 74 Federal St., Tim Ness will recount the 2009 events which he refers to as his Spiritual Emergency. These experiences have also been called psychic opening, shaktipat, unitive consciousness, and religious conversions. Join us for an exciting exploration into Mr. Ness's spiritual experiences. For questions or comments email: sarah@westernmassrlc.org

Gentle Yoga: Weds, 9:30- 10:50am, The RPX (RECOVER Project Extension), One Osgood St., Grnfld., 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! For questions about weather cancellations call 1 (413) 772-0715.

Introduction to Mindfulness, Awareness and Meditation: Thursdays, 12-1pm, The RLC Greenfield Center, 74 Federal St. Our time will include a meditation practice introduction, two short sits, readings and discussion from books, as well as time for questions and comments. The essence of this practice is the gentleness and loving kindness with which we come to know our own mind. "Whatever arises in our practice is fresh, the essence of realization." Every one is welcome. Facilitators, Tony Walker and Marek Tresnak bring with them years of personal practiced and instruction in the art of meditation in the Shambhala tradition. Tony Walker is the founder and director of the Shelburne Falls Shambhala Center.

RLC Support Forum: Mondays, 10-1pm The RLC Greenfield Center, 74 Federal St. **One of the best ways to get to know the RLC!** 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. Feel free to bring a bag lunch. **There will be no Support Forum on Labor Day, September 3rd.**

Veteran Support: Discussion Group: EVERY THURS, 3-4:30, The RLC Greenfield Center, 74 Federal St. **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 a Veteran Support Discussion Group. Refreshments provided! Call Sascha at (413) 774-5489 x14 for more info. This group is a collaboration of The RECOVER Project (RP) & Recovery Learning Community (RLC), both programs of The Consortium.

Sip & Chat: Wednesdays, 11-noon RLC Greenfield Center, 74 Federal St. Wonder what to do with that hour between Yoga and Acupuncture on Wednesdays? Well, here it is, Sip & Chat. Come chat, have some tea or coffee and relax for an hour.

Women's Self Care Support Group: NEW LOCATION *Every 2nd and 4th Thursday, 5:30-7:30pm,* The RLC's Greenfield Center, 74 Federal Street. Join us for a supportive group where women can share wellness tools and ideas, find a sounding board and support one another. For more info- 1 (413) 772-0715. This group is a collaboration of the Western Mass RLC and the Turners Falls Women's Resource Center.

Northampton Area

Hampshire County • September 2012

Monday	Tuesday	Wednesday	Thursday	Friday
3 All meetings cancelled Labor Day <i>Artist's applications due today! See Greenfield calendar!</i>	4	5	6 • Yoga 330-5p	7
10 • Acupuncture Clinic (NEW LOCATION) 430-6p • Hearing Voices, 4pm • Alternatives to Suicide Group 630-8p	11	12	13 • Yoga 330-5p	14
17 • Acupuncture Clinic (NEW LOCATION) 430-6p • Hearing Voices, 4pm • Alternatives to Suicide Group 630-8p	18	19	20 • Yoga 330-5p	21 • Out to the movies @ Cinemark 1-4p
24 • Acupuncture Clinic (NEW LOCATION) 430-6p • Hearing Voices, 4pm • Alternatives to Suicide Group 630-8p	25	26	27 • Yoga 330-5p	28

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.

Call us at (413) 539-5941

Toll free (866) 641-2853

NORTHAMPTON AREA / Hampshire County • September 2012

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

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

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

Acupuncture Clinic: Every Monday from 4:30pm to 6pm, Owl and Raven Community Space, 2 Conz St located in the Maplewood shops below Chameleon Salon. 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: Mondays from 6:30 to 8pm at 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, 4pm 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, 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 13 Prospect Street, 1st Floor conference room, Greenfield. Join this open art group facilitated by Karen Lowe. Call or email for more info (413) 588-8395 or klowe@servicenetinc.org. 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 Reinagen, (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 Reinagen, (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.

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. This is a closed group, but spots are available. Please call Mike at 413- 230-0660 for more information or to join this group.

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.

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.

ADDITIONAL PEER COMMUNITY RESOURCES Cont.

Consumer Warm Line: (800) 243-5836. This peer-run hotline 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.

Peer Hotline: (877) 733-7563. This peer-run hotline 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 hotline worker is available on Sundays and Tuesdays.

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!**