Western Mass
Recovery
Learning
Community

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

We believe that human relationships are at the center of what heals 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.

MAY 2015 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.

WESTERN MASS Recovery Learning Community
www.westernmassrlc.org ● May 2015 Newsletter

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House Restores the RLC Budget!!!

In early March, Governor Baker released his budget proposal for Fiscal Year 2016 (which begins officially on July 1, 2015). That budget included a 50% slash to Recovery Learning Community (RLC) budgets across the state, leaving the RLCs decimated. Since that time, the RLC community has come together to rally and advocate for full restoration

On Wednesday, April 15, the Massachusetts House of Representatives officially released their proposed budget for Fiscal Year 2016 (which begins on July 1, 2015).

We're thrilled to report that the House's proposal included <u>full restoration of the RLC budget</u>!!!

This is GREAT news. However, the fight isn't over yet.
The next step is for the Massachusetts Senate to develop and put out a budget proposal in May, and we want to make sure that the Senate also includes full restoration to the RLC.

So, what next?

First, we are encouraging everyone to THANK our Representatives and their aides! We are so appreciative that they took the time to meet with so many of us, read our e-mails, take our phone calls and consider our concerns and point of view. Many representatives took the time to come visit our centers, attend hearings and listen to testimony, and even speak up in support of us in public forums in some instances.

Next, we need to keep up the outreach (phone calls, e-mails, in person meetings) with our state Senators and ask them to do the same.

Please see page 8 for suggestions on what to say to both Representatives and Senators.

And thank you to all of YOU who took the time to write letters, make phone calls, and come out to hearings and the April 1 rally. We would NOT be here without you.

And watch our new 'Save the RLCs' video here: https://youtu.be/9kW_GcG_psY

<u>Important RLC Numbers:</u>

Afiya Respite House:
413.570.2990

Peer Support Line:
888.407.4515

Community Bridgers:
413.539.5941 x 334

Greenfield Center:
413.772.0715

Holyoke Center:
413.539.5941

Pittsfield Center:
413.236.5888

Springfield (BOWEN) Center:
413.732.1703

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

Video Relay Phone*
413.650.1408
**Answered by Val.*

JOB NOTICE!!

See page 10 for a great new peer support job opportunity with the Behavioral Network implementing their new 'Living Room'-style program.

See page 10 for details.

An event not to be missed!! ***Sponsored by Arise for Social Justice with co-sponsorship from the Western Mass RLC, OutNow, Rainville Tenants Union, Western Mass Jobs with Justice, Wellspring Collaborative and the Pioneer Valley Asthma Coalition.***

ARISE FOR SOCIAL JUSTICE

RIGHT TO THE CITY

RENTER NATION ASSEMBLY

Saturday, May 9th 8:30am - 4:00pm

Christ Church Cathedral, 35 Chestnut St, Spfld

Had enough of housing insecurity? We WILL have winnable campaigns by the end of the assembly! CHANGE THE CITY!

Keynote Speaker:
Willie Baptist

Founder, University of the Poor, Board Member Picture the Homeless, Scholar-in-Residence at Union Theological Seminary

Breakfast, Lunch & Child Care

This is a free event! You must pre-register to ensure food and child care.

To register… Call: Arise 413-734-4948
Or stop into the office: 467 State St Springfield, MA
Or on-line: http://arisespringfield.org

Workshops on Affordability, Community Control of Housing, Quality and Health of Housing, Racial Justice in Housing, Panels, Plenary and more!

INTERNATIONAL DAY OF PROTEST AGAINST ELECTROSHOCK

Boston Event

E-mail Kim @ mpowerprotest@gmail.com for more details

Date: May 16, 2015
Time: 1:00 PM
Location: Corner of Cambridge and N. Grove Streets in front of MASS GENERAL HOSPITAL Boston, MA near the Charles/MGH T Station

INTERNATIONAL DAY OF PROTEST AGAINST ELECTROSHOCK

Albany Event

E-mail George @ georgeebert@yahoo.com for more details

Date: May 16, 2015
Time: 2—4pm
Location: New York State Office of Mental Health, 44 Holland Ave, Albany, NY

Members of the Western Mass RLC will be travelling to the Albany protest. E-mail us at info@westernmassrlc.org if you're interested in joining!

ECT Protests Sweep The Nation

Many people who have experienced Electro Convulsive 'Therapy' (ECT, also known as Electroshock) have reported a variety of negative impacts, from memory loss and other cognitive damage, to loss of personality and so on.

Perhaps even more importantly, many people report not having been provided with accurate, objective, and ***complete*** information on the potential harms and risks of ECT ***before*** they consented to receiving it.

Still others report providers being quick to suggest ECT (rather than using it as a last resort) and/or having ECT forced on them through the same mechanisms used to force medication.

May 16 has been called an international day of protest. Mindfreedom International, Psychrights.org and many other organizations and individuals are joining together to demand that this practice (both ECT itself and how it is currently being used) be changed.

For more information visit ectjustice.com

See also Psychiatrist Petter Breggin's 'ECT Resource Center' at: www.ectresources.org

Mental Health Matters

An Interfaith Conversation Café

Thursday

April 30 · 6-7:30pm

Refreshments at 5:30pm

2nd Congregational Church UCC
16 Court Square
Greenfield, MA

What Creates a Welcoming Community?

What do you think when you hear "mental health/mental illness?"

What can you do to help reduce discrimination?

How can communities foster, engage and include people who are experiencing mental distress?

Co-Sponsored by
Interfaith Council of Franklin County
Farren Care Center
Mass. Department of Mental Health
Department of Mental Health Area Board

This is not an RLC-sponsored event or flyer, but we will have a member of the RLC speaking on the panel and will be present in the audience for community dialogue, so we welcome anyone who's interested in shaping the vision of 'mental health' in our broader community to join us!

Call Karen Krawczyk, LMHC, at Franklin/North Quabbin DMH, 413/772-3618, if you have questions

ISEPP Comes to Massachusetts!!!!

We are excited to report that the International Society for Ethical Psychology and Psychiatry (ISEPP) is bringing their annual conference to Boston, MA in October!! ISEPP represents a collaborative effort between individuals working in the mental health system and those who have received services and/or are survivors of the same, as well as many others interested in support and alternatives.

Visit psychintegrity.org for more details or read below for their call for papers!

ISEPP
International Society for Ethical Psychology & Psychiatry

ISEPP ANNUAL CONFERENCE

UNDERSTANDING TRAUMA:
RESPONDING BEYOND THE MEDICAL MODEL

OCTOBER 9-11, 2015 FRIDAY THROUGH SUNDAY

CROWNE PLAZA (BOSTON/NEWTON) – NEWTON MA

CALL FOR PAPERS

The International Society for Ethical Psychology & Psychiatry, Inc. is accepting proposals for presentations at the annual conference. This year's focus will be on trauma and will include topics such as trauma informed care, impact of trauma at various developmental stages, developing a trauma model for the community, how trauma influences child and family development, and non-medical responses (e.g., mindfulness, CBT, etc.). There will be a limited number of breakout sessions on Saturday and Sunday. All presentations will be 45 minutes to 1 hour in duration. Group and panel presentations are encouraged.

PROPOSAL FOR BREAKOUT SESSION*
(Information as it would appear in conference program)

1. Name of Presenter(s) and Credentials:
2. Title of Presentation:
3. Brief Summary of Presentation (200 words or less):
4. Learning Objectives:
5. Short Biography (200 words or less) of Presenter(s):
6. A/V or other items needed (e.g., projector/screen, flipchart/markers, etc.):

Note: LCD Projectors, Screens, and power cords will be provided. Presenters are expected to bring their own laptop as well as any necessary adaptors (e.g., for Apple products).

*Presenters are expected to register for and attend conference.

DEADLINE FOR SUBMISSION: MAY 10, 2015
EMAIL INFORMATION TO MGILBERT@IACAF.ORG

Excerpts from ISEPP's website *(www.psychintegrity.org):* The International Society for Ethical Psychology and Psychiatry, Inc. (ISEPP) is a non-profit volunteer organization of mental health professionals, physicians, educators, ex-patients and survivors of mental health system, and their families.

Our mission is to use the standards of scientific inquiry to address the ethics of psychology and psychiatry. We strive to educate our members and the public about the nature of "mental illness", the de-humanizing and coercive aspects of many forms of mental health treatment, and the alternative humane ways of helping people who struggle with very difficult life issues.

At the heart of our critique is the fact that "mental illnesses" are not literal illnesses like diabetes and cancer. Despite media portrayals, decades of research have failed to demonstrate any biological pathology that causes "mental illness".

The experience of "mental illness" is a natural human reaction to extraordinary and painful life circumstances. We advocate various forms of psychotherapy, support groups, self-help programs, and help with employment, education, housing, exercise, nutrition, and other issues of living.

Sometimes the biggest form of help comes from just knowing you are not abnormal and there are others willing to listen to you, understand what you are going through, and appreciate you as a fellow human being. The only way to restore one's humanity is through humanity.

A Conversation About Sexual Harassment and Sexism

April 30th
10 to 11am
@ the Bowen Resource Center
340 Main Street, Springfield

We know this is happening pre-May, but thought you'd might be interested:

Please join us at the Bowen Resource Center on April 30th 2015 from 10-11am for a conversation around sexual harassment and sexism.

We will talk about how we might navigate the emotions created by and processes involved in those experiences.

Career Initiatives Grants

There's still time to apply for a Career Initiatives grant!

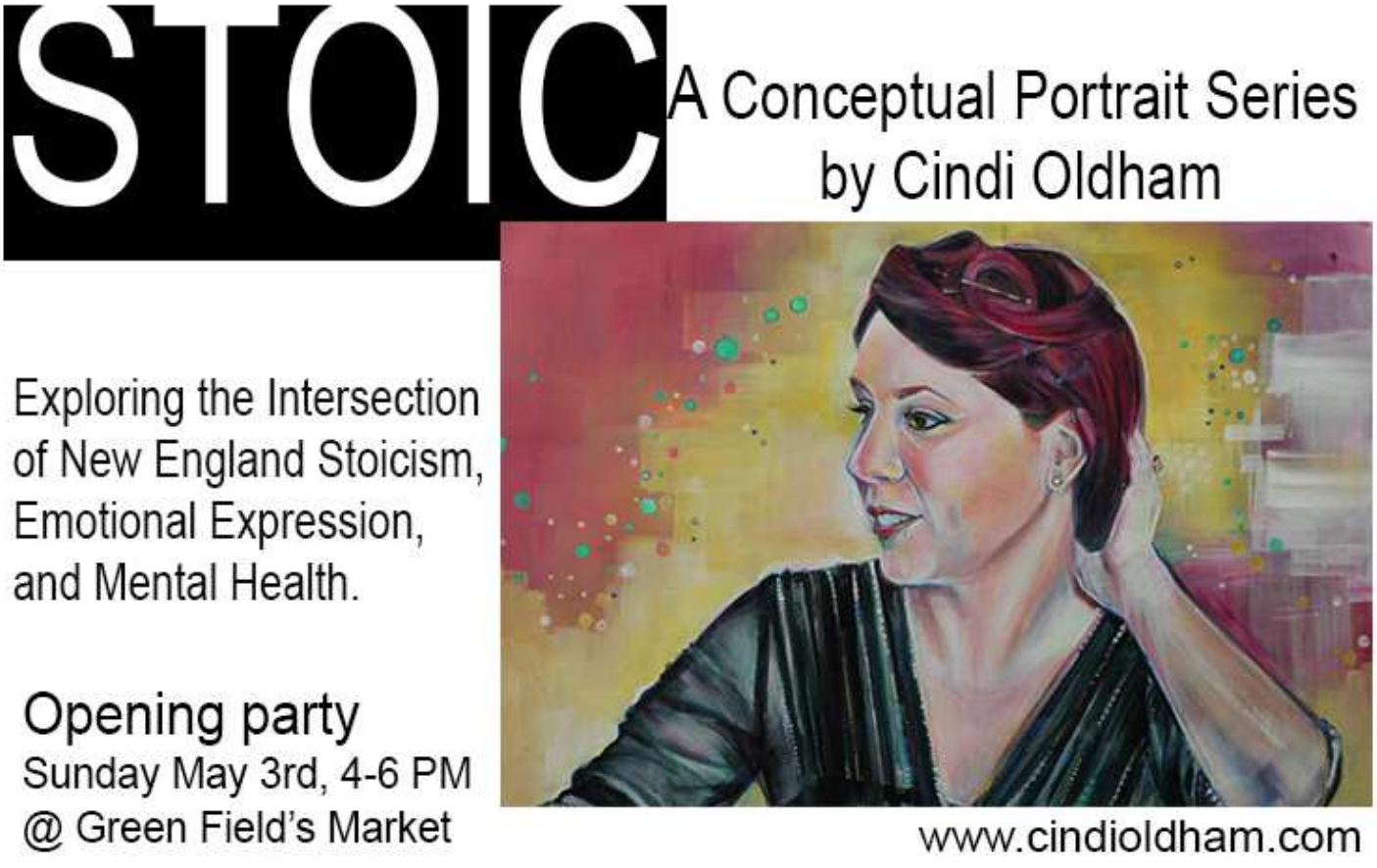
Overview: The Career Initiatives Project is intended to create opportunities for people who have ideas for small businesses or independent projects and have limited or no access to seed money to get their ideas rolling into reality. Funds for this project are very limited, and successful candidates will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

- Live in Western Massachusetts
- Have been personally impacted by psychiatric diagnosis, extreme states, trauma and other challenges **that have gotten in the way of their ability to explore and achieve their dreams**
- Have a clear vision for your business or independent project
- Are self-driven and motivated to reach project goals

Grants will be for around $2000 (some a bit less, some a bit more, depending on the details of the project itself and funds available!)

Grant applications due by Friday, June 19th.
Visit www.westernmassrlc.org/employment for more details!

Want to know what someone can accomplish with a Career Initiatives Grant?
For one of many examples, check out current grant recipient, Cindi Oldham's '*Stoic*' art show opening at the Green Field's Market on **Sunday May 3rd.**



Sample e-mail to Senators

Dear Senator _____,

As your constituent, I am writing you from (Street Address and Town).

A 1.7 million cut to the Recovery Learning Communities' budget was proposed by Governor Baker for Fiscal Year 2016. This cut to the Adult Community Mental Health Services line item would slash funding for the state's six Recovery Learning Communities by 50%. This cut is listed in the sub-accounts of the Adult Mental Health Services appropriation (5046-0000) which was reduced overall by $6,424,773 ($1,734,000 of which is from the RLCs).

On Wednesday, April 15, the House announced that their budget proposal *included full restoration of the Recovery Learning Community budget*. Today I am asking you to advocate that the Senate Ways and Means Committee do the same by ensuring that the Recovery Learning Communities are funded at no less than their full 3.468 million in the Senate proposal as well.

Recovery Learning Communities support thousands of people each year to avoid hospitalization, search for work and housing, address substance abuse issues and find meaningful roles in their communities. Recovery Learning Communities save tax payers hundreds of thousands of dollars by reducing 911 calls, emergency room visits and hospital stays.

Recovery Learning Communities offer essential supports. They are the only supports funded by the Department of Mental Health that are easily accessible without wait lists or a referral or eligibility process. Every citizen of Massachusetts in need of immediate support can get help at a Recovery Learning Community.

The $3.468 million dollars that currently funds Recovery Learning Communities is less than one half of one percent of the Department of Mental Health current budget of $735 million. Any cut to this already very small budget would be hard to manage, but a 50% cut would literally devastate the Recovery Learning Communities' ability to function.

Sincerely,

Your Name

Sample call to Senators

My name is _____ and I am a constituent who lives in _____.

I am calling because the Massachusetts Recovery Learning Communities are fighting for full funding of their $3.4 million budget following the Governor's proposal to cut Recovery Learning Communities budget by 50% ($1.7 million). This cut is listed in the sub-accounts of the Adult Mental Health Services appropriation (5046-0000).

On April 15, the House announced that their budget proposal included full restoration of the Recovery Learning Community budget. I am asking for Senator _____ to go to the Ways and Means Committee and advocate that the Senate also propose full funding of the Recovery Learning Communities' at no less than $3.468 million budget.

Sample Statement to Representatives:

Thanking those who have already shown support is a hugely important part of the process!

Dear Representative _____,

On April 15, the House released their budget proposal which included full restoration of the Recovery Learning Communities' budgets.

I just want to thank the House for their support of the Recovery Learning Communities, and you for any role you may have played in that. [If you know of any particular role the Representative played, be sure to name that here!]

Please let me know if there's anything I can ever do to support you in return.

Sincerely,

Your Name

Remember: Legislators prefer personalized messages whenever possible! These are just suggestions to get you started.

The Voices in My Head: Thank You Eleanor Longden!

Thank you to the more than 400 people who came out for Eleanor Longden's public talks in South Hadley, Framingham and Boston!!

Thank you, as well, to Mount Holyoke College and Professor Gail Hornstein for their support in identifying a Western Mass Venue, and to our co-sponsors, Advocates, Inc., Mad in America and Boston University's Center for Psychiatric Rehabilitation!

Finally, a big thank you to Eleanor herself for making the trip over from England and extending herself, her story and her wisdom to our community.

For anyone who missed Eleanor during this visit, stay tuned to Mad in America's Continuing Education program for a video version coming soon: http://madinamericacontinuinged.org/

Maastricht Interview Training

July 13 to July 15, 9:30am to 4:30pm
@ Holyoke Community College,
Kittredge Center, Holyoke, MA

With Peter Bullimore and Hayley Taylor

If you saw Eleanor Longden's talk, you heard her speak at length about the idea of supporting someone to create a 'construct' in an effort to understand and make meaning of their voices.

The Maastricht Interview is a semi-structured questionnaire that is aimed at doing just that. It was developed by Dr. Sandra Escher, Professor Marius Romme and voice hearer, Patsy Hage to assist people who hear voices in a number of ways including:

- Validating the experience and overcoming the shame of talking about voices
- Offering space and support to systematically map all aspects of the voices and build insight
- Empowering the individual by promoting acceptance and the opportunity to take charge

This training is particularly geared toward clinical workers and other supporters. Cost is $190 for all three days (scholarships & reduced rates are available).

To register (due May 22nd):
www.hearingvoicesusa.org/images/stories/maastricht_app_July_2015.pdf
or e-mail info@westernmassrlc.org

Hearing Voices Group Facilitator Training

HEARING VOICES NETWORK USA
Voices, Visions & Other Unusual or Extreme Experiences

Training Dates: Monday, August 3 through Thursday, August 6 from 10am to 4pm each day

Trainers: Lisa Forestell & Marty Hadge (with additional trainers to be announced)

Applications are required and space is limited. Applications due by Friday, May 8th.

In and out-of-state applicants are encouraged to apply!

Applications can be found at www.westernmassrlc.org/hearing-voices or by e-mailing info@westernmassrlc.org

This training is **free** for all Massachusetts residents (with a small fee for out-of-state applicants).

Ask Afiya

To learn more about Afiya visit:
www.afiyahouse.org or call 413.570.2990

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

Are there any opportunities to be outside at Afiya now that the weather is warmer?

Absolutely! Afiya offers a large back yard with a picnic table and various places to sit. We also have other recreational supplies (volleyball net, etc.) for those who wish to take part in something more active.

Additionally, we're pleased to share that we have big plans for an Afiya garden this year. Our garden plot is bigger than last year, and we're hoping to plant kale, beans, zucchini, cherry tomatoes and hot peppers. People staying at the house are more than welcome to get their hands dirty and help with weeding, planting, and harvesting!

We also welcome donations for the outdoors including: Gardening supplies, adult-sized hula hoops, and other recreational items. We're also saving up to be able to build a fence (to increase the sense of being in a healing oasis!) and install a gazebo. Monetary donations can be made at our website (www.westernmassrlc.org - just look for the PayPal "Donate" link along the left hand side!) or to the Western Mass RLC at 187 High Street, Suite 202, Holyoke, MA 01040.

Job Opportunity: Peer Support and the 'Living Room' Model Comes to the Behavioral Health Network

The 'Living Room' model is a hospital diversion effort in the form of a 24-hour drop-in center. The Behavioral Health Network (BHN) will be opening the first program of this type in the area. People experiencing emotional and mental distress will be able to drop into BHN's Springfield-based center when needing extra support and trying to avoid hospital or other more invasive interventions. More details on this program and how it works will be available in our June issue, but **in the meantime BHN is hiring for peer supporters to work in their 'Living Room' space.**

Full-time, part-time and per diem Peer Supporters sought for new program.
Responsibilities will include:

- Providing support to individuals and their families (including by phone when needed)
- Educating individuals and their families about the Living Room
- Supporting people to meet their basic needs (including food and drink)
- Sharing and modeling recovery-oriented philosophy and coping skills
- Sharing knowledge of local community resources (including other peer-to-peer offerings)
- Supporting someone to connect to other resources as they are leaving or planning to leave the Living Room
- When an assessment occurs with a BHN clinician, supporting individuals through the process

Qualifications & Requirements: Qualified applicants will have a history of using mental health services and psychiatric diagnosis, including experience with the healing/recovery process. Must also be able to communicate effective orally and in writing, be proficient in Internet/computer use, have access to reliable transportation, have good organizational skills, and possess overall knowledge of and ability to apply aspects of a recovery-oriented model. Must also take and pass the Certified Peer Specialist class and exam within first year of employment.

If you are interested in this opportunity, please visit www.bhninc.org and click on 'Job Opportunities' then look for 'Certified Peer Specialist' for the full ad and to apply.

Community Happenings

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

What: The Last Unicorn w/ Peter S. Beagle
When: Tuesday, May 5, 6:30pm
Where: South Hadley Tower Theaters
19 College Street, South Hadley
More info: A screening of one of the most beloved animated fantasy films of the 80's, with author and screenwriter Peter Beagle in attendance for a Q&A and book signing.
For details or tickets:
www.towertheaters.com/last-unicorn-html

What: Karaoke
When: Every 3rd Friday, 8pm - 10:30 pm
Where: 68 Federal St, Greenfield
Cost: Free
More info: www.recoverproject.org
(*alcohol-free venue*)

There are an amazing variety of events in Massachusetts, Connecticut and elsewhere listed on Meetups.com. No matter where your interests lie, you can probably find something interesting:
www.meetup.com/find/

A few examples:

- On Fridays, Salsa and Latin dance enthusiasts meet in Northampton, MA to dance, offer lessons, and generally party.
- The Dr. Who Club of Western MA (and fans of other BBC shows) meet to watch shows, discuss, and sometimes share a meal.

There are a fair number of groups who meet to play board games; you'll also find singles groups, meet-ups for new moms, and clubs for dog lovers.

What: The Great New England Airshow
When: May 16 and17, 10am, gates open 8:30am, rain or shine!
Where: Westover Air Reserve Base
2255 Westover Road, Chicopee
Cost: Varies widely - see website.
More Info: The Great New England Air Show will showcase top aerobatic performers, vintage Warbirds and lots and lots of classic aircraft (on the ground and in the air!). Guests will include Capt. Katie Higgins, the first female Blue Angels Pilot, as well as many others. A special family area is available for families with children.
For details: *There are a great number of rules and restrictions as to what you can bring with you to the show,* so please visit the FAQ section of http://www.greatnewenglandairshow.com to be fully in the know!

What: Art Opening: "Stoic, A Conceptual Portrait Series" by Cindi Oldham.
When: Sunday, May 3rd, 4-6pm
Where: Green Fields Market
144 Main Street, Greenfield
Cost: Free
More Info: A conceptual portrait series that explores the intersection of New England stoicism, emotional expression, and mental health.
For details: www.cindioldham.com

Other Places to Look for Ways to Connect!

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

Holyoke Area

Hampden County • May 2015

Monday	Tuesday	Wednesday	Thursday	Friday
Please contact us if you have accommodation requests, including interpreters. ***The RLC aspires to be scent free.*** ***Please avoid wearing scents to any RLC events or spaces.***				**1** **Center Closed**
4 **Center Open 12-4p** **Guiding Council of Western Mass (GCOW) 10-noon** Peer Support Group 1-2pm ****Spring Cleaning** 4-5:30p**	**5** **Center Open 12-4p** Deaf/HOH Drop-in Hours 2-4p Hearing Voices Group 4:30-6pm	**6** **Center Open 12-4p** *****NEW***** **Sexual Trauma Mutual Support Group 10am-11:30a** Deaf/HOH Drop-in Hours 2-4p Acupuncture 4-5p	**7** **Center Open 12-4p** Winding Road Support Group 1-2p Sylvia Rivera Support Group 4:30-6pm	**8** **Center Closed**
11 **Center Open 12-4p** Peer Support Group 1-2pm **Winding Road Support Group **NEW TIME** 4-5p**	**12** **Center Open 12-4p** Deaf/HOH Drop-in Hours 2-4p Hearing Voices Group 4:30-6pm **NARCAN Training 2pm**	**13** **Center Open 1-4p** **Community Action Meeting 12-1p** Deaf/HOH Drop-in Hours 2-4p Music Jam 4:30-6:30p	**14** **Center Open 12-4p** Sylvia Rivera Support Group 4:30-6pm	**15** **Center Closed**
18 **Center Closed** ****Mt. Tom Picnic Day**** **Open hours will be at Mt. Tom State Reservation Today! 12-4p** ***see next page for details**	**19** **Center Open 12-4p** Deaf/HOH Drop-in Hours 2-4p Hearing Voices Group 4:30-6pm	**20** **Center Open 12-4p** *****NEW***** **Sexual Trauma Mutual Support Group 10am-11:30a** Deaf/HOH Drop-in Hours 2-4p Acupuncture 4-5p	**21** **Center Open 12-4p** Winding Road Support Group 1-2p Sylvia Rivera Support Group 4:30-6pm	**22** **Center Closed**
25 **Closed for Memorial Day Holiday!**	**26** **Center Open 12-4p** Deaf/HOH Drop-in Hours 2-4p Hearing Voices Group 4:30-6pm	**27** **Center Open 12-4pm** Deaf/HOH Drop-in Hours 2-4p Deaf/HOH Community Forum 4-6pm	**28** **Center Open 12-4p** Winding Road Support Group 1-2p Sylvia Rivera Support Group 4:30-6pm	**29** **Center Closed**

HOLYOKE AREA / Hampden County • May 2015

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

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

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

Acupuncture: **1st & 3rd Wednesdays, 4-5p.** Join certified acupuncturist, Deb for this free session of group ear acupuncture. Acupuncture is great for supporting healing from addictions, anxiety, etc. No pre-registration required, just show up!

Community Action Meeting: **Wednesday 5/13, 12-1pm.** The Community Action Meeting will be focused on community ideas, concerns, & growth. This is a great opportunity to build our sense of community and connection to one another! Pizza will be served.

Deaf & Hard-of-Hearing Drop-in Hours: **Tuesdays and Wednesdays, 2-4pm.** Stop by and chat with Val and other community members to build connection and find out about resources.

Deaf & Hard-of-Hearing Forum: **Last Wednesday of the month, 4-6pm.** Join Val and others in the community for good conversation and community building.

Guiding Council of Western Mass (GCOW): May 4th from 10-noon (First Monday). GCOW is the Advisory Board for the RLC. Come help determine where the RLC is headed next. Anyone is welcome!

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

Mt. Tom Picnic Day: Monday May 18th 12-4p. Instead of Open Hours at the center, we'll be meeting by Bray Lake at Mt. Tom State Reservation for the day. We'll have a picnic, do some grilling on their charcoal grills, and enjoy the outdoors. You can meet us there (the PVTA B48 bus stops near the entrance to the Reservation) and rides will be available from the space, leaving at 12p and arriving back at 4p. Call us for more info and/or to arrange rides at 539-5941.

Music Jam: Wednesday, May 13th, 4:30-6:30p. Come join us for this musical gathering. Bring your voice, musical instrument and/or song requests!

NARCAN Training: Tuesday, May 12th, 2pm. A training put on by Tapestry Health on how to use NARCAN, a medication that can temporarily help with opiate overdoses.

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

Sexual Trauma Mutual Support Group: 1st & 3rd Weds 10am-11:30am. This is a new group that will meet twice a month for the next four months. Many of us have experienced some form of sexual trauma in our lifetimes. This group is an intentional space for us to come together and talk about our experiences without judgment, to share our trials and our victories, and our dreams for our futures. People will be welcome to continue the conversations in a supportive environment after group by sticking around for open hours.

Spring Cleaning: Monday May 4th 4-5:30p. Come spend a little time with the community doing some spring cleaning. A great way give back to the community and honor our value of creating a Healing Environment! Pizza will be served.

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

Winding Road Support Group **NEW TIMES: 1st and 3rd Thursdays, 1:00-2:00pm, 2nd and 4th Mondays 4-5pm (Except on Monday, May 25th when the center is closed for Memorial Day. We will meet Thursday that week instead (the 28th)).** Join members of the community as we gather in a supportive, non-judgmental way to discuss and share around issues regarding addictions, healing, and coping along life's path. All are welcome.

Springfield Area

Hampden County • May 2015

Tuesday	Wednesday	Thursday	Friday	Saturday
Please contact us if you have accommodation requests, including interpreters. ***The RLC aspires to be scent free.*** ***Please avoid wearing scents to any RLC events or spaces.***			**1** **Center Open 9a-2p** **Wellness Open 10a-2p** Alternatives To Suicide 2:30-4p	**2** **Center Open 11a-3p** **Wellness Open 1-3p**
5 **Center Open 9a-2p** **Wellness Open 10a-2p** Yoga 2-3pm	**6** ***Center & Wellness Closed*** **Workout Madness 4-6pm**	**7** **Center Open 9a-2p** **Wellness Open 10a-2p** **Community Meeting 11a-12p** **Instructional Workout Madness 4:30-5pm**	**8** **Center Open 9a-2p** **Wellness Open 10a-2p** Yoga 9-10am Alternatives To Suicide 2:30-4p	**9** **Open Hours In Forest Park 11-3p** **Renter Nation Assembly 8:30a-4p**
12 **Center Open 9a-2p** **Wellness Open 10a-2p** Yoga 2-3pm	**13** ***Center & Wellness Closed*** **Workout Madness 4-6pm**	**14** **Center Open 9a-2p** **Wellness Open 10a-2p** **Instructional Workout Madness 4:30-5pm**	**15** **Center Open 9a-2p** **Wellness Open 10a-2p** Yoga 9-10am **Ballet @ Bowen 1p-3p** Alternatives To Suicide 2:30-4p	**16** **Center Open 11a-3p** **Wellness Open 1-3p**
19 **Center Open 9a-2p** **Wellness Open 10a-2p** Yoga 2-3pm	**20** ***Center & Wellness Closed*** **Workout Madness 4-6pm**	**21** **Center Open 9a-2p** **Wellness Open 10a-2p** **Instructional Workout Madness 4:30-5pm**	**22** **Center Open 9a-2p** **Wellness Open 10a-2p** Yoga 9-10am Alternatives To Suicide 2:30-4p	**23** **Center Open 11a-3p** **Wellness Open 1-3p**
26 **Center Open 9a-2p** **Wellness Open 10a-2p** Yoga 2-3pm	**27** ***Center & Wellness Closed*** **Workout Madness 4-6pm**	**28** **Center Closed** **Instructional Workout Madness 4:30-5pm**	**29** **Center Open 9a-2p** **Wellness Open 10a-2p** Yoga 9-10am Alternatives To Suicide 2:30-4p	**30** **Center Open 11a-3p** **Wellness Open 1-3p**

SPRINGFIELD AREA / Hampden County • May 2015

Western Mass RLC Trainings, Workshops, Groups, Meetings and Special Events
Unless otherwise noted, all events in this section are at the Bowen Resource & Wellness Centers, 340 Main Street, Springfield, MA 01105.
Please call (413) 732-1703 for more information.
Hablamos inglés y español!

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

Bowen Wellness Center: Tuesdays, Thursdays, and Fridays 10-2; and Saturdays 1-3. Come by to work out on our treadmills, bikes, or other weight equipment, or you can throw in one of our exercise DVDs and have an impromptu class.

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

Community Meeting: First Thursday, 5/7, 11:00am. Offer leadership, be creative, and share your knowledge & a bit of time to focus on community wellness, ideas, concerns and growth. This is a great opportunity to build our sense of community and connection to one another and to shape the future of the Bowen Center! This meeting will be followed with Pizza!

Instructional Workout Madness : Thursdays 4:30-5p. Join Reggie to learn things you can do to work out on a continuous basis at home. This class is purely instructional. There is a cap of ten people and will be rotating new people in every month. Please call to sign up (413)732-1703.

Workout Madness: Wednesdays, 4-6:00pm 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! **NOTE:** Workout Madness has gotten so popular that things have gotten a little over-crowded at times! For this reason, *we need to ask that people call to sign up for a slot before attending and new people will be continuously rotated in.*
To reserve a space call the Bowen Center at (413) 732-1703 or email info@westernmassrlc.org.

Yoga (all levels welcome): Tuesdays 2-3pm, and Friday 9-10 am 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. You will feel more relaxed, calm, and at peace even after one class. *NOTE: The first class of the month we'll be using a DVD, and the second will be a guided meditation.*

Open Hours In Forest Park: Saturday, 5/9, 11a-3p. Meet us across the street from the Forest Park pool where we will spend a day in the (hopefully) sunny and warm park! We will be there for our regular 11am-3pm hours. If the weather isn't playing along, we will announce a date to reschedule and postpone the date. One of our community members will be doing the MS Walk that day so come out and support with us!

Renter Nation Assembly: Saturday, 5/9, 11a-3p. Had enough of housing insecurity? We WILL have winnable campaigns by the end of this assembly! CHANGE THE CITY! Workshops on affordability, community control of housing, quality and healthy housing and more There will be breakfast and lunch, childcare. Keynote Speaker: Willie Baptist! Founder; University of the Poor. Board Member of Picture the Homeless, Scholar in Residence at Union Theological Seminary.

The Ballet at Bowen!: Friday, 5/15-1p-3p. Telling of persons' recovery stories through the expressive art of dance that goes back to the times of the development of humanity itself as a form of some of the best communication. the wide range of physical and artistic expression through varying types of dance all in professional costume is definitely bound to leave viewers breathless. Coordinated by the star first soloist ballerina, Jewelia Rex with announcements and greetings done by guest vocalist Elizabeth Santiago-Gingras, followed by a time for questions.

Pittsfield Area

Berkshire County • May 2015

Monday	Tuesday	Wednesday	Thursday	Friday
Please contact us if you have additional accommodation requests, including interpreters. ***The RLC aspires to be scent free.*** ***Please avoid wearing scents to any RLC events or spaces.***				**1** **Center Closed**
4 **Center Open 12p-4p** ***NEW*** **Walking Group** **10a-10:50** **General Support Group** **11:00a-12:00p** **Creative Explorations** 2p-3:30p	**5** **Center Closed** **Yoga Means Union** **10a-11:30a** **LBGTQQA Support Group** **3p-4p**	**6** **Center Open** **3p-6p** **Men's Group** **5p-6p** Alternatives to Suicide 6:30p-8	**7** **Center Open 12p-4p**	**8** **Center Closed**
11 **Center Open 12p-4p** ***NEW*** **Walking Group** **10a-10:50** **General Support Group** **11:00a-12:00p** **Community Voice** **12:30p-1:30p**	**12** **Center Closed** **Yoga Means Union** **10a-11:30a**	**13** **Center Open** **3p-6p** **Men's Group** **5p-6p** Alternatives to Suicide 6:30p-8	**14** **Center Open 12p-4p** Hearing Voices 4:30p-6p	**15** **Center Closed**
18 **Center Open 12p-4p** ***NEW*** **Walking Group** **10a-10:50** **General Support Group** **11:00a-12:00p** **Creative Explorations** **2p-3:30p**	**19** **Center Closed** **Yoga Means Union** **10a-11:30a** **LBGTQQA Support Group 3p-4p** **Law of Attraction Share 6p-8p**	**20** **Center Open** **3p-6p** **Men's Group** **5p-6p** Alternatives to Suicide 6:30p-8	**21** **Center Open 12p-4p** **3rd Thursday on North Street** **5p-8p**	**22** **Center Closed**
25 **No Open Hours** **Memorial Day Picnic at the Lake** **(at Center if raining)** **12-4**	**26** **Center Closed** **Yoga Means Union** **10a-11:30a**	**27** **Center Open** **3p-6p** **Men's Group** **5p-6p** Alternatives to Suicide 6:30p-8	**28** **Center Open 12p-4p** Hearing Voices 4:30p-6p	**29** **Center Closed**

PITTSFIELD AREA / Berkshire County • May 2015

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

Unless specifically noted, all activities are free and take place at the RLC Pittsfield Center: 152 North St., Suite 230 located between Pancho's Restaurant and The Garden. 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 and in the lot located on 1st Street. The Pittsfield Center phone: 413-236-5888 & fax: 413-236-2995

Berkshire Center Community Hours: **Mondays and Thursdays 12:00pm-4:00pm, and Wednesdays 3-6pm** 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!

Alternatives to Suicide Support Group: Wednesdays, 6:30pm – 8:00pm. This is a peer-run group for individuals who want a safe, judgment-free zone to talk about alternatives to suicide. The group is supportive and confidential and strives to create a space where people can provide peer support for one another, strategize about alternatives to help each other best cope with difficult life circumstances. For more information contact Cate @ 978-270-4113.

Community Voice: Monday, May 4th 12:30pm – 1:30pm. Offer leadership, be creative, and share your knowledge & a bit of time to focus on community wellness, ideas, concerns and growth. This is a great opportunity to build our sense of community and connection to one another and to shape the future of the RLC's Pittsfield Center! This meeting will be followed by pizza!

Creative Explorations: **Mondays from 2 - 3:30pm.** Join artists and non-artists alike to explore your creative self (everybody has one!). Bring your own project or work with our new offerings. Enjoy the company of others while letting yourself discover your creative side.

General Support Group: Each Monday, 11:00am – 12:00pm. (***No group May 25th)*** 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! The door is closed at **11:15am** to offer a **respectful** and **healing environment** for those meeting. Please be mindful of this group decision.

Hearing Voices Group: 2nd and 4th Thursday of the month, 4:30pm – 6:00pm. Although 1 in 10 people hear voices, many choose not to talk about them due to fear of judgment and stigma. A Hearing Voices Group is a place where people can meet to talk about their experiences without such concern. It offers mutual support and friendship, with the opportunity to explore your experiences and learn from others with similar stories. Hearing Voices is a real experience and it has real meaning for each of us. Come to a meeting and see what it's all about! For more information contact Lisa @ 413-561-3269.

Law of Attraction Share: 3rd Tuesday of the month, 6-8pm. Monthly meet-up of like-minded people to deepen the understanding of how the Law of Attraction effects ones' daily life. What you believe, you create; have the life you desire.

LGBTQQA Support Group: **First and third Tuesdays, 3-4pm.** If you identify with the LGBTQQA spectrum, or are someone whose gender or identity is otherwise defined, please join us for this unique forum. We value creating a safe, non-judgmental environment where real conversation and healing happens and want to brainstorm around the needs specific to our community.

Memorial Day Picnic at the Lake: Monday May 25th, 12p-4p. Join us for a holiday picnic at one of our beautiful local lakes**.** Sign up at center!

Men's Support Group: Wednesdays 5-6pm. A safe space for anyone who identifies as male, to come together and share issues that are specifically important to them.

Reiki Sessions: A Japanese technique for stress reduction and relaxation, Reiki has also been known to have healing properties. Sessions are offered for 10 minutes during open hours on a first come basis the 1st Wednesday of the month.

3rd Thursdays in Pittsfield: Join us for our 3rd Thursday Street Festival on North St. This a fun way to be a part of and actively participate in our community. No commitment required.

Walking Group: Mondays 10a-10:50 Join us for some fresh air and exercise. All fitness levels welcome. Meet at the Center.

Yoga means Union: **Tuesdays, 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 • May 2015

Monday	Tuesday	Wednesday	Thursday	Friday
Please contact us if you have additional accommodation requests, including interpreters. ***The RLC aspires to be scent free.*** ***Please avoid wearing scents to any RLC events or spaces.***				**1** **Open Hours 2:30-5p** Weekend Self-Care Support Group 1-2:30p
				2 **Drawing Workshop Series 9:30-11:30a**
4 **Open Hours 1-4p** **Herbal Health Clinic 1-4p (RPX) (by appt)**	**5** Dual Recovery Support Group 10-11a (RPX) Mindfulness Circle 1-2:30p **Alternatives to Suicide Support Group 5:30-7p**	**6** **Open Hours 1-4p** ***NEW* Hearing Voices 11a-12:30p** Mindfulness: Conversation and Practice 5:30-6:30p	**7** Dual Recovery Support Group 10-11a ***NEW* Very Gentle Yoga (RPX) 10:30-11:30a** **Acupuncture 12-1p** Vet to Vet 3-4:30p Men's Wisdom Group 5-6:30p	**8** **Open Hours 2:30-5p** Weekend Self-Care Support Group 1-2:30p
				9 **Drawing Workshop Series 9:30-11:30a**
11 **Open Hours 1-4p** **Creative Self Expressions 1:30-3p** Toolbox for a Happier Life 6-7:30p	**12** Dual Recovery Support Group 10-11a (RPX) Mindfulness Circle 1-2:30p **Alternatives to Suicide Support Group 5:30-7p**	**13** **Open Hours 1-4p** ***NEW* Hearing Voices 11a-12:30p** Mindfulness— Conversation and Practice 5:30-6:30p	**14** Dual Recovery Support Group 10-11a ***NEW* Very Gentle Yoga (RPX) 10:30-11:30a** **Acupuncture 12-1p** Vet to Vet 3-4:30p Men's Wisdom Group 5-6:30p	**15** **Open Hours 2:30-5p** Weekend Self-Care Support Group 1-2:30p
18 **Open Hours 1-4p** **Community Forum 1:15-2:45p** **Herbal Health Clinic 1-4p (RPX) (by appt)**	**19** Dual Recovery Support Group 10-11a (RPX) Mindfulness Circle 1-2:30p **Alternatives to Suicide Support Group 5:30-7p**	**20** **Open Hours 1-4p** ***NEW* Hearing Voices 11a-12:30p** Mindfulness: Conversation and Practice 5:30-6:30p	**21** Dual Recovery Support Group 10-11a ***NEW* Very Gentle Yoga (RPX) 10:30-11:30a** **Acupuncture 12-1p** Vet to Vet 3-4:30p Men's Wisdom Group 5-6:30p	**22** **Open Hours 2:30-5p** Weekend Self-Care Support Group 1-2:30p
25 **Closed for Memorial Day Holiday!**	**26** Dual Recovery Support Group 10-11a (RPX) Mindfulness Circle 1-2:30p **Alternatives to Suicide Support Group 5:30-7p**	**27** **Open Hours 1-4p** ***NEW* Hearing Voices 11a-12:30p** Mindfulness: Conversation and Practice 5:30-6:30p	**28** Dual Recovery Support Group 10-11a ***NEW* Very Gentle Yoga (RPX) 10:30-11:30a** **Acupuncture 12-1p** Vet to Vet 3-4:30p Men's Wisdom Group 5-6:30p	**29** **Open Hours 2:30-5p** Weekend Self-Care Support Group 1-2:30p

GREENFIELD AREA / Franklin County • May 2015

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

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

Greenfield Center Open Hours: Mondays and Wednesdays 1-4pm, Fridays 2:30-5pm. Come by for peer support, play a board game, do artwork, knit/crochet, use the computers, or just to chat and check out other available resources**.**

Acupuncture: Thursdays, 12-1pm Free auricular (ear) acupuncture clinic, offered by licensed acupuncturist, John Freitas, works on a variety of issues, including cravings, addiction, insomnia, anxiety and pain. The space will be open 1/2 hour before and 1/2 hour after for people to ease into and out of the acupuncture experience.

Alternatives to Suicide Support Group: Tuesdays, 5:30-7pm. The RLC has developed Alternatives to Suicide Peer Support Groups, with support from Tapestry Health, to create a space where people can provide support for one another, strategize about alternatives to help each other best cope with difficult life circumstances, and talk about experiences of feeling suicidal without being judged.

Community Forum: Monday, May 18th, 1:15-2:45pm. Time for the Franklin County community to come together to provide input and discuss issues important to you regarding the Greenfield Center and/or the RLC in general. This can include difficulties or challenges, as well as ideas for the future. We will have pizza and salad. Come let your voice be heard!

Creative Self Expressions: Monday, May 11th, 1:30-3pm. Just come as you are; no "artistic talent" required. We will start the workshop with a few group activities to warm up and get to know one another. Then we will begin individual and/or group endeavors around the theme of showing something of yourself in a way you normally don't or can't (or something else, it's your project). Painting, drawing, collage, yarn, and some beading supplies will be provided, or feel free to bring your own!

Dual Recovery Support Group: Tuesdays & Thursdays, 10-11:00am. Looking for a safe, supportive group to talk about living with substance abuse/recovery and mental health diagnoses/extreme states? Every Tuesday at the The RECOVER Project Extension (RPX) and every Thursday at the RLC's Greenfield Center. For more information, please contact Emma D. at 413-207-4127.

***NEW* Hearing Voices Group: Wednesdays, 11am-12:30pm.** 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 of hearing voices, or experiencing other altered/extreme states, without such concern. It offers mutual support and friendship, with the opportunity to explore your experiences and learn from others with similar stories. **You do not need to hear voices to attend this group.**

Herbal Health Clinic: Mondays, May 4th and 18th, 1-4pm (RPX). Free consultation with an experienced herbalist to discuss your recovery and/or health concerns, for people struggling with trauma, recovery, grief, extreme stress, financial hardship, or a combination of the above. Reduced cost for herbal medicines (tinctures, tonics, herbs, supplies), averaging $15-$20 per month. Offered by Bonnie Bloom and Leslie Chaison. For more information or to schedule a session, please contact Cea Wiley at (413) 842-4762 or peoplesmedicine-clinic@gmail.com.

Men's Wisdom Group: Thursdays, 5:00-6:30pm. (Carpooling available from Holyoke) This group is for all persons who identify as male to come together for conversation, to be there for one another, and to support each other to navigate our interactions in the world as men. New perspectives are welcome!

Mindfulness Circle: Tuesdays, 1:00-2:30pm. Practiced regularly, Mindfulness Meditation is a means to bring greater clarity, ease and kindness into one's life. This weekly group aims to meet the needs of both beginning and experienced meditators through brief periods of instruction/guidance, silent sitting, walking meditation, and conversation. For more information, call Lance at 847-502-6204.

Mindfulness Circle - Conversation and Practice: Wednesdays, 5:30 - 6:30pm. This group enjoys periods of silent meditation and a study of the Lojong Slogans taught by Pema Chodron and others. For more information, call Lance at 847-502-6204.

Toolbox for a Happier Life: 2nd and 4th Mondays, 6-7:30pm. Come and explore techniques to improve your relationship with yourself and with others. Each session will focus on a concept from Nonviolent Communication, Byron Katie's Work, mindfulness or other approaches. We will do this in a lighthearted and fun way. While sharing our experiences together we will practice these skills to be able to apply them smoothly in our lives. For more information, call Marek at 413-522-1985.

***NEW* Very Gentle Yoga: 1st and 3rd Thursdays, 10:30-11:30am.** At the RPX (RECOVER Project Extension), One Osgood St. For all abilities and bodies, this class will offer an opportunity to experience the healing power of our own body and breath through gentle movement, conscious breathing and guided relaxation. With Lance Smith. Stick around afterward for Acupuncture!

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

Weekend Self-Care Support Group: Fridays, 1:00-2:30pm. In this group, we can all come together to talk about and de-stress a sometimes-difficult time – weekends. People can share events, tools, and information on how they handle that time - and get ideas from others who find weekends challenging.

Northampton Area

Hampshire County • May 2015

Monday	Tuesday	Wednesday	Thursday	Friday
Please contact us if you have additional accommodation requests, including interpreters. ***The RLC aspires to be scent free.*** ***Please avoid wearing scents to any RLC events or spaces.***				**1**
4 Hearing Voices, 3:30pm Alternatives to Suicide Group 6:30 – 8pm Yoga 7 – 8:15 pm (First Church)	**5**	**6**	**7** **Yoga** 3:30 – 5pm (Forbes Library) 20 West Street Northampton	**8** Out to the Movies at Cinemark 12:30 – 4pm
11 Hearing Voices, 3:30pm Alternatives to Suicide Group 6:30 – 8pm Yoga 7 – 8:15 pm (First Church)	**12**	**13**	**14** **Yoga** 3:30 – 5pm (Forbes Library) 20 West Street Northampton	**15**
18 Hearing Voices, 3:30pm Alternatives to Suicide Group 6:30 – 8pm Yoga 7 – 8:15 pm (First Church)	**19**	**20**	**21** **Yoga** 3:30 – 5pm (Forbes Library) 20 West Street Northampton	**22**
25 Hearing Voices, 3:30pm Alternatives to Suicide Group 6:30 – 8pm Yoga 7 – 8:15 pm (First Church)	**26**	**27**	**28** **Yoga** 3:30 – 5pm (Forbes Library) 20 West Street Northampton	**29**

NORTHAMPTON AREA / Hampshire County • March 2015

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.

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

Out to the Movies @ Cinemark: 2nd Fridays, 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 FOR INDIVIDUALS IN THE NORTHAMPTON/HADLEY/ EASTHAMPTON ARE. 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 Denise @ 413.539.5941 x 329 or denise@westernmassrlc.org

Yoga Classes: Every Monday from 7pm to 8:15pm at the First Church, Center Street Entrance. (There is a ramp to the left of the building, across from the Iron Horse performance venue) ***and*** Thursday, 3:30-5pm, with teacher, Sally, at Forbes Library, West St, Northampton.

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.

Inevitably, some of these resources will be out-of date.
We do work on keeping them all accurate, but it's always best to call ahead and make sure any events are still happening!
If you spot something inaccurate, please email us at info@westernmassrlc.org!

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

DBSA Group: Every Wednesday from 6:30-7:30pm, North Adams Regional Hospital, ground floor conference room (near cafeteria). The Depression and Bipolar Support Alliance is a national non-profit organization that offers information and many peer-run support groups throughout the country. Call Pam for more info (413) 664-9156 or visit www.dbsabennington.org. (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: Mondays from 1p to 2p, 13 Prospect Street, Greenfield. For more information or interest in joining this group contact Lee Shuer at (413)588-8395 or lshuer@servicenet.org

Drop in For Recovery: Monday through Friday, 10-4. One Arch Place, Greenfield. Visit this peer-run support center just to drop in or for any of a variety of offerings such as relaxation breathwork, art groups, and workouts at the YMCA. Call (413) 774-1000 x 2027 for more info and hours!

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

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

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

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

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

ADDITIONAL PEER COMMUNITY RESOURCES

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

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

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

Asperger's Syndrome Peer Support Group Third Saturday of each month, 2-4pm. Meet at 507 Southampton Rd, left rear unit, in Westfield. For more info, call Michael Reinhagen, (413) 359-0222, mr@bacautism.org, and www.bacautism.org

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

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

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

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

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

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

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

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

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

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

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

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

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HAMPSHIRE COUNTY (Northampton, Easthampton, etc.):

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

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

Extreme States Support Group: Thursdays, 7-8:30pm, Quaker Space, Room 3, Northampton. A group by and for people who are experiencing extreme states, trauma, crisis, panic, desperation, anguish, misery, despondency, etc. Maybe you identify as having mental illness or experiencing psychosis/ neurosis, or have been labeled as such. You are welcome here regardless of whether you regard your experiences as "symptoms" or not, whether you take medications or not, whether you believe in therapy or not, whether you are in recovery or not, whether you believe in alternative or holistic methods of healing or not, etc. For more info, visit: http://freedom-center.org/node/466

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

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

ADDITIONAL PEER COMMUNITY RESOURCES

RLCs IN OTHER AREAS OF THE STATE

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

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

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

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

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

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

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

PEER SUPPORT / WARMLINES

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

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

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

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

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

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

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

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

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

STATEWIDE ORGANIZATIONS, EVENTS & TRAININGS

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

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

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