



# Western Mass Recovery Learning Community

## *February Update & Calendar:*

### **Table of Contents:**

February Newsletter	Page 1 - 4
Holyoke Area Calendar (Hampden County)	Page 5
<i>Holyoke Area Descriptions</i>	Pages 6-7
Springfield Area Calendar (Hampden County)	Page 8
<i>Springfield Area Descriptions</i>	Pages 9
Pittsfield Area Calendar (Berkshire County)	Page 10
<i>Pittsfield Descriptions</i>	Page 11
Greenfield Area Calendar (Franklin County)	Page 12
<i>Greenfield Area Descriptions</i>	Page 13
Northampton Area Calendar (Hampshire County)	Page 14
<i>Northampton Area Descriptions</i>	Page 15
Community Peer-run Resources Outside the RLC	Pages 16 - 19

# Western Mass Recovery Learning Community

Phone (413) 539-5941 Fax (413) 536-5466 [info@westernmassrlc.org](mailto:info@westernmassrlc.org)

## Bowen Community Wellness Center Now Open!



The RLC's Bowen Community Wellness Center is now open Wednesday through Friday from 12 to 6 pm. There are a variety of treadmills, ellipticals, bikes, hand weights, and weight machines available. Our Wellness Center is free and open to the public.

It has been great to see our community respond to the center so quickly without much advertising. Any given day you might see community members doing yoga, running on the treadmills, or using one of the many machines.



The Wellness Center is a beautiful well lit space named after Shelley Bowen. We believe Shelley would be very pleased to know how thriving the Bowen Center at 340 Main St. has become!

On days when the Wellness Center Is not open for drop-in, the Center Hosts such activities as Reiki, yoga, Hip Hop Dance, and a new Women's Self-Defense Class (starting this month). Check out the calendar for details!!!



## Going Away Party for Oryx/ Opportunity to See Wellness Center!

**Thursday, February 3, 3 to 6pm  
340 Main St., Springfield**

Please join us as we send Oryx off to his new position as Director of the National Empowerment Center's Technical Assistance Center.

This is also a great opportunity to check out our now open Bowen Community Wellness Center!!!

Food, Fun, and Friends

## **THE RLC GOES ON VACATION!**

Dear community,

**The Western Mass RLC will  
closed for vacation beginning  
Sunday, February 6<sup>th</sup> through  
Saturday, February 11<sup>th</sup>.**

During this time, all centers will be closed and other scheduled meetings and events will be limited to those listed on the calendar.

We will return to our normal schedule the following week.

## Highlights Inside this Issue:

New Hearing Voices Group	<b>PAGE 2</b>
Focus Group: Spreading the Word	<b>PAGE 2</b>
Oryx's Goodbye Note	<b>PAGE 2</b>
Hellos to New RLC Team Members	<b>PAGE 3</b>
RLC Website Update	<b>Page 3</b>

### Oryx Goodbye Note

I wanted to let everybody know that I recently accepted a new job as Director of the National Empowerment Center's (NEC's) Technical Assistance Center ([www.power2u.org](http://www.power2u.org)). This means I will be leaving the RLC and my last day will be February 11th. Although I am very excited about this new opportunity in my life, it is not without some sadness that I leave this position.

I have fallen in love with Western Massachusetts over the course of the last 10 plus years and will miss dearly seeing friends and colleagues as regularly. I wish it were possible to let each of you know in person about this change, but because it just isn't going to be so, I decided to write this note for you.

It has been an amazing four years with the RLC out here. I think what we are doing is incredible. My decision to take this new job was not an easy one, believe me. I am leaving a wonderful thing for another wonderful thing that just happens to suit where I'm at in my life right now.

There are several reasons that I chose to move on at this point. A crucial consideration for me is that I can do much of my work for the NEC at home. As many of you know I have been spending at least 2 hours in my car every day for the past 9 years. Working from home is ideal for me with two babies at home.

### Oryx Goodbye Cont.

Also, I will be doing very similar work, except now on a national level. I will be able to focus more on training and systems change work, which is what I want to be doing at this stage of my career. I will be helping to establish peer-run, recovery-oriented systems in states such as South Dakota, where they have very little right now. And every three years, I will be one of the lead organizers of the national Alternatives Conference.

In closing, you have not seen the last of me. I'm sure I will be back to my old stomping grounds, just not as often and wearing a new hat. I will miss seeing you as much though, and I hope to stay in touch.

Oryx

### New Hearing Voices Group!!!

The results of our recent Hearing Voices Group Facilitator Training are already paying off. We are pleased to announce the start of a new Hearing Voices Group in Northampton!

The group will take place on Mondays from 4 to 5:30pm at the Windhorse Library, 211 North St., Northampton. Similar to the Holyoke group, this group is open to voice hearers and people who experience other altered states as well. The group is cosponsored by Windhorse Associates.

*Please check the Northampton calendar inside for more details.*

### **RLC Focus Group: Spreading the Word!**

The Western Mass RLC is now 3.5 years old, and though our community has grown by leaps and bounds we continue to look for ways to strengthen our connections.

Do you have ideas about how we can get the word out about the RLC and what it has to offer?

Do you have thoughts on how you could help?

Are there areas of the community that we're missing?

Please join us as we spend some time considering these questions at the following gatherings:

**Wednesday, February 16<sup>th</sup>,  
1 to 230pm  
Holyoke Resource Center  
187 High Street, #303**

**Thursday, February 17<sup>th</sup>,  
1 to 230pm  
Bowen Resource Center  
340 Main Street,  
Springfield**

**Tuesday, February 22<sup>nd</sup>,  
3 to 430pm  
Recovery Annex,  
74 Federal Street,  
Greenfield**

**Monday, February 28<sup>th</sup>  
230 to 4pm  
Berkshire Resource Center  
152 North St, Suite 115  
Pittsfield**

***No RSVP necessary!  
Just stop in and share!***







# WESTERN MASS RLC CALENDAR OF EVENTS: Calendar #1

## Workshops, Classes & Events in Holyoke Area (Hampden County)

### FEBRUARY 2011

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> <u><b>RCC Open 10-4p</b></u> Hearing Voices Group 430-6p	<b>2</b> <u><b>RCC Open 12-7p</b></u> ASL Class 12-1p Deaf/HOH Drop-in 1-5p Ear Acupuncture 3-4p Movie Night 4-6p	<b>3</b> <u><b>RCC Open 12-2p</b></u> CLOSING EARLY TO GO TO BOWEN FOR ORYX's FAREWELL GATHERING  Alternatives to Suicide Support Group 5-6:30p	<b>4</b> <u><b>RCC Open 12-4p*</b></u>
<b>7</b> <u><b>RCC CLOSED FOR DROP-IN</b></u> Guiding Council 1-3p  <b>RLC VACATION WEEK</b>	<b>8</b> <u><b>RCC Closed</b></u>  <b>RLC VACATION WEEK</b>	<b>9</b> <u><b>RCC Closed</b></u>  <b>RLC VACATION WEEK</b>	<b>10</b> <u><b>RCC Closed</b></u>  <b>RLC VACATION WEEK</b>	<b>11</b> <u><b>RCC Closed</b></u>  <b>RLC VACATION WEEK</b>
<b>14</b> <u><b>RCC CLOSED FOR DROP-IN</b></u>	<b>15</b> <u><b>RCC Open 10-4p</b></u> Hearing Voices Group 430-6p	<b>16</b> <u><b>RCC Open 12-7p</b></u> ASL Class 12-1p <b>RLC Focus Group 1-230p</b> Deaf/HOH Drop-in 1-5p Ear Acupuncture 3-4p <b>Boundaries Workshop: 4-6p</b> Movie Night 4-6p	<b>17</b> <u><b>RCC Open 12-4p</b></u> Knit Happens! 2-345p  Alternatives to Suicide Support Group 5-6:30p	<b>18</b> <u><b>RCC open 12-4p*</b></u>
<b>21</b> <u><b>RCC CLOSED FOR DROP-IN</b></u>  <b>President's Day</b>	<b>22</b> <u><b>RCC Open 10-4p</b></u> Hearing Voices Group 430-6p	<b>23</b> <u><b>RCC Open 12-7p</b></u> ASL Class 12-1p Deaf/HOH Drop-in 1-5p <b>Warmline Coalition 1-3p</b> Ear Acupuncture 3-4p Movie Night 4-6p <b>Deaf Forum 4-6p</b>	<b>24</b> <u><b>RCC Open 12-4p</b></u> <b>Peer Worker Networking Mtng: 1130-2p</b>  Knit Happens! 2-345p  Alternatives to Suicide Support Group 5-6:30p	<b>25</b> <u><b>RCC open 12-4p*</b></u> <b>Community Council 1230-2p</b>
<b>28</b> <u><b>RCC CLOSED FOR DROP-IN</b></u>	<b>ALL LISTINGS TAKE PLACE AT THE HOLYOKE RCC (187 High St, Suite 303) UNLESS NOTED!!!</b>	See attached info for details and location of each workshop, event or training!	<i>We aspire to be fragrance free. Please avoid wearing fragrance to any RLC events</i>	<i>Contact us if you have any other requests for accommodations including interpreters  RLC events are wheelchair accessible unless otherwise noted</i>

## Upcoming RLC Trainings, Workshops, and Meetings in the Holyoke Area (Calendar #1)

**ALL WORKSHOPS & MEETINGS IN THIS SECTION ARE AT THE HOLYOKE RCC, 187 HIGH ST, SUITE 303**

**UNLESS OTHERWISE NOTED**

*Unless otherwise noted, all questions and sign ups should be directed to the RLC at (866) 641-2853 ext. 200*

**Holyoke RCC Hours:** The Holyoke RCC is open every Tuesday 10 – 4, Wednesday 12 – 8p, and Thursday & Friday 12 – 4p and is located at 187 High St., Suite 303. Peer support and resource info, a computer lab and a library are available during all open hours. Other hours available by appointment. The space will be open for specific workshops or events as scheduled.

**Please note the RLC's Holyoke Center will be closed for vacation the week of February 7<sup>th</sup>.** We will be closing early on February 3<sup>rd</sup> to attend Oryx's Farewell gathering at the Bowen Center in Springfield. Call for carpooling!

**Alternatives to Suicide Support Group:** Thursdays from 5pm to 6:30pm. This is a peer-run group for individuals who want a safe, judgment-free zone to talk about alternatives to suicide. **This group currently has openings, please contact Gineen at (413) 219-0569 if you would be interested in joining this group.**

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

**Boundaries Workshop:** Wednesday, February 16<sup>th</sup> from 4 to 6pm. Join Val Ennis and Missy Boothryod for an interactive workshop on boundaries. This workshop will be conducted primarily in sign language. If you are a hearing individual who would like to attend, please call us at (413) 539-5941 to request interpreters.

**Community Council:** Fourth Friday of every month: February 25<sup>th</sup> from 12:30 to 2pm. The Community Council is an open meeting for the local Holyoke community to provide input and discuss issues that are important to you regarding the Holyoke Center and/or the RLC in general. This can include difficulties or challenges that have come up or ideas for the future. We want to hear from you!!!

**Deaf Community Forum:** Wednesday, February 23<sup>rd</sup> from 4pm to 6pm. Join Valerie Ennis and others for an informal conversation about issues in the deaf community that are important to you. **Pizza to be served.**

**Ear Acupuncture:** Wednesdays from 3pm to 4pm (**Return to old time!**). Join National Acupuncture Detoxification Association certified (NADA) acupuncturist, Caroline, for group auricular (ear) acupuncture. Great for supporting healing from addictions, anxiety, etc. No pre-registration required, just show up!

**Guiding Council of Western Mass (GCOW):** Monday, February 7<sup>th</sup> from 1 to 3pm. GCOW is the advisory board to the RLC and is open to anyone who has lived experience and lives/works in Western Mass. GCOW normally meets the 1<sup>st</sup> Monday of every month (2<sup>nd</sup> Monday when the 1<sup>st</sup> is a holiday) from 1pm to 3pm at the Holyoke RCC. Interested in becoming a Council Delegate to GCOW? Contact Sera at (413) 539-5941 ext. 203 or [sera@westernmassrlc.org](mailto:sera@westernmassrlc.org) for more info.

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

**Knit Happens!:** Thursdays from 2 to 3:45pm. All levels welcome (beginners to mad skills!) Come knit, learn, teach, create, share stitch dropping horror stories! Facilitator, Suzi, is bilingual in English and American Sign Language.

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

**Peer Worker Networking Meeting:** Thursday, February 24<sup>th</sup> from 1130am to 2pm. All peer workers in paid or volunteer positions are welcome to join this Peer Worker Network and work to support one another, share ideas and talk about issues relevant to Peer workers in our area.

**RLC Focus Group:** Wednesday, February 16<sup>th</sup> from 1 to 230pm. Join Chris and others from the community for this focus group on how to help get the word out about the RLC and strengthen our connections to the community. Have ideas? Want to help? We need you!

**Warmline Coalition Meeting:** The Western Mass Warmline Coalition is returning on Wednesday, February 23<sup>rd</sup> from 1 to 3pm. Anyone from a provider organization or the community is welcome to come and help us evaluate what warmline services we need and want in our area and how to implement our vision!

# WESTERN MASS RLC CALENDAR OF EVENTS: Calendar #2

## Workshops, Classes & Events in the Springfield Area (Hampden County)

### FEBRUARY 2011

Tuesday	Wednesday	Thursday	Friday	Sat
<b>1</b> <u>RCC Open 9-3p*</u> Reiki 10a-1p <b>First Tuesday Potluck: 12-2p</b> Hip Hop Dance Class 145-245p Yoga 2-330p (Downtown: 11 Pearl St., Suite 217)	<b>2</b> <u>RCC Closed</u> After Incarceration Support Group 130-230p (736 State St.) <b>Wellness Center Open 12-6</b>	<b>3</b> <u>RCC Open 9-3p*</u> Yoga for the Rest of Us 10-11a <b>Wellness Center Open 12-230</b> <b>Oryx Going Away Party 3-6p</b>	<b>4</b> <u>RCC Open 9-3p*</u> <b>Wellness Center Open 12-6</b>	<b>5</b> <u>RCC Open 11-3p*</u>
<b>8</b> <u>RCC Closed</u>  <b>RLC VACATION WEEK</b>	<b>9</b> <u>RCC Closed</u>  <b>RLC VACATION WEEK</b>	<b>10</b> <u>RCC Closed</u>  <b>RLC VACATION WEEK</b>	<b>11</b> <u>RCC Closed</u>  <b>RLC VACATION WEEK</b>	<b>12</b> <u>RCC Closed</u>  <b>RLC VACTN WEEK</b>
<b>15</b> <u>RCC Open 9-3p*</u> Reiki 10a-1p Hip Hop Dance Class 145-245p Yoga 2-330p (Downtown: 11 Pearl St., Suite 217)	<b>16</b> <u>RCC Closed</u> After Incarceration Support Group 130-230p (736 State St.) <b>Wellness Center Open 12-6</b>	<b>17</b> <u>RCC Open 9-3p*</u> Yoga for the Rest of Us 10-11a <b>RLC Focus Group 1-230p</b> <b>Wellness Center Open 12-6</b>	<b>18</b> <u>RCC Open 9-3p*</u> <b>Wellness Center Open 12-6</b>	<b>19</b> <u>RCC Open 11-3p*</u>  <b>Women's Self-Defense 12-1p</b>
<b>22</b> <u>RCC Open 9-3p*</u> Reiki 10a-1p Hip Hop Dance Class 145-245p Yoga 2-330p (Downtown: 11 Pearl St., Suite 217)	<b>23</b> <u>RCC Closed</u> After Incarceration Support Group 130-230p (736 State St.) <b>Wellness Center Open 12-6</b>	<b>24</b> <u>RCC Open 9-3p*</u> Yoga for the Rest of Us 10-11a <b>Wellness Center Open 12-6</b>	<b>25</b> <u>RCC Open 9-3p*</u> <b>Wellness Center Open 12-6</b>	<b>26</b> <u>RCC Open 11-3p*</u>  <b>Women's Self-Defense 12-1p</b>
Unless otherwise noted, all activities are held at the Bowen Resource Center at 340 Main St., Springfield (Accessible entrance in the rear!)  <i>The RLC aspires to be scent free. Please avoid wearing scents to any RLC events or spaces.</i>  <i>Please contact us if you have any other accommodation requests, including interpreter requests</i>				



## Upcoming RLC Trainings, Workshops, and Meetings in the Springfield Area (Calendar #2)

**ALL WORKSHOPS & MEETINGS IN THIS SECTION ARE AT THE BOWEN RESOURCE CENTER,  
340 MAIN ST, SPRINGFIELD, UNLESS OTHERWISE NOTED**

**Bowen Resource Center Hours:** The Bowen Resource Center (Springfield RCC) is open every Tuesday 9 – 3p, Thursday 9 – 3p, Friday 9 – 3p and Saturday from 11 – 3p and is located at 340 Main St., Springfield. Peer support and resource info, a computer lab and a library are available during all open hours. **Please note that the RLC's Bowen Centers will be closed the week of February 7<sup>th</sup>.**

**Bowen Community Wellness Center Hours:** The Bowen Community Wellness Center is open Wednesday, Thursday, and Friday from 12 – 6p and is located at 340 Main St., Springfield (down the hall from the Bowen Resource Center). A variety of treadmills, stair steppers, weight machines, and other fitness equipment are available during Wellness Center hours.

**After Incarceration Support Group:** Wednesdays from 1:30 to 2:30 pm, 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.

**Community Council:** The third Thursday of every month: February 17<sup>th</sup> from 11am to 12pm. The Community Council is an open meeting for the local Springfield community to provide input and discuss issues that are important to you regarding the Bowen Resource Center, the Wellness Center and/or the RLC in general. This can include difficulties or challenges that have come up or ideas for the future. We want to hear from you!!!

**First Tuesday Potluck:** The first Tuesday of the month: February 1<sup>st</sup>, 12 to 2pm. Join the RLC community for a fun celebration with food, games, music, pool and/or movies! Bring food to share if you can, but please join us even if you aren't able to bring a dish! RSVPs appreciated, but you're welcome to just show up!

**Hip Hop Dance Class:** Tuesdays from 1:45 to 2:45pm. Join Rhiannon for a Hip Hop class consisting of basic warm-up stretches and strengthening exercises leading in to simple hip-hop movement and combinations of steps danced to current hip-hop and pop music. You will receive a great cardio workout while learning new and exciting dance moves!

**Individual Support Time:** Interested in having a regular or occasional time when you know that someone will have time set aside just for you? Do you need support in finding and learning about new resources? Do you need help with advocacy? Do you just want to talk and be heard? RLC intern, Chris, will be offering regular 45 minute time slots each week for anyone who is interested in meeting with someone individually for any of these reasons. Call the Bowen Resource Center at 413-732-1703 to sign up!

**Oryx Going Away Party:** Thursday, February 3<sup>rd</sup> from 3 to 6 pm. Please join us as we send off Oryx to his new position as Director of the National Empowerment Center's Technical Assistance Center. This is also a great opportunity to see our now open Bowen Community Wellness Center (down the hall from our Bowen Resource Center). There will be food, friends, and plenty of fun to be had (children welcome with parents/guardians). For more information please contact Sera at 413-539-5941 x203.

**Reiki:** Tuesdays from 10a to 1pm in our new Wellness Center! Come experience a Reiki session with Reiki Master, Posey. 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.

**RLC Focus Group:** Wednesday, February 17<sup>th</sup> from 1 to 230pm. Join Chris, Luis and others from the community for this focus group on how to help get the word out about the RLC and strengthen our connections to the community. Have ideas? Want to help? We need you!

**Women's Self-Defense Class:** Saturdays for three weeks beginning February 19<sup>th</sup> from 12 to 1pm in the Wellness Center. Join Pamela for a women's self-defense class using 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.

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

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

# WESTERN MASS RLC CALENDAR OF EVENTS: Calendar #3

## Workshops, Classes & Events in the Pittsfield Area (Berkshire County)

### FEBRUARY 2011

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> Yoga Means Union 10-11:30a  RCC Open Hours 12-4p  Crochet Club 3-4p	<b>2</b> UR an Artist 11a-12:30p	<b>3</b> Mindfulness 11a-12p  RCC Open Hours 12-4p	<b>4</b> General Support Group 1-2p	<b>5</b>
<b>7</b> RCC Closed  <b>RLC VACATION WEEK</b>	<b>8</b> RCC Closed  Yoga Means Union 10-11:30a  <b>RLC VACATION WEEK</b>	<b>9</b>  <b>RLC VACATION WEEK</b>	<b>10</b> RCC Closed  Mindfulness 11a-12p  <b>RLC VACATION WEEK</b>	<b>11</b>  <b>RLC VACATION WEEK</b>	<b>12</b>  <b>RLC VACATION WEEK</b>
<b>14</b> RCC Open Hours 12-3p	<b>15</b> Yoga Means Union 10-11:30a  RCC Open Hours 12-4p  Crochet Club 3-4p  <b>RLC Speaker's Bureau 4:30-6p</b>	<b>16</b> UR an Artist 11a-12:30p	<b>17</b> Mindfulness 11a-12p  RCC Open Hours 12-4p  Peer Worker Support 12-1p	<b>18</b> General Support Group 1-2p	<b>19</b>
<b>21</b> RCC Open Hours 12-3p  <b>President's Day</b>	<b>22</b> Yoga Means Union 10-11:30a  RCC Open Hours 12-4p  Crochet Club 3-4p	<b>23</b> UR an Artist 11a-12:30p	<b>24</b> Mindfulness 11a-12p  RCC Open Hours 12-4p	<b>25</b> General Support Group 1-2p	<b>26</b>
<b>28</b>  <b>RLC Focus Group 230-4p</b>	<b>*** Unless otherwise noted, all activities are held at the RCC's new space at 152 North Street, Suite 115 (right next to Panchos Restaurant! Accessible entrance in the rear!)</b>  <i>Please contact us if you have any other requests for accommodations, including interpreters</i>	The RLC aspires to be scent free. Please avoid wearing scents to any RLC events or spaces.			

**Upcoming RLC Trainings, Workshops, and Meetings in Pittsfield Area (Calendar #3)**  
**ALL WORKSHOPS AND MEETINGS IN THIS SECTION ARE AT THE BERKSHIRE RCC**  
**(152 North Street, Suite 115) UNLESS OTHERWISE NOTED!**

**Berkshire RCC Hours:** The Berkshire RCC is open every Monday 12 – 3p, and Tuesday & Thursday 12 – 4p and is located at 152 North St., Suite 115. **Please note that the Berkshire RCC will be closed the week of February 7<sup>th</sup> except as indicated on the calendar.** Peer support and resource info, a computer lab and a library are available during all open hours. Other hours available by appointment. The Berkshire RCC phone number is: **(413) 236-5888** (Fax: 413-236-2995).

**Crochet Club:** Tuesdays, 3 to 4pm *except for February 8th*. Come get hooked on crocheting! Join Amber as she guides beginners and the more experienced into the world of crochet. Fun and satisfying, make prayer shawls for charity among other projects. Use supplies offered or bring your own!

**General Support Group:** Fridays from 1 to 2pm *except for February 11<sup>th</sup>*. Come 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!

**Mindfulness:** Thursdays from 11am to 12pm. Explore the world of mindfulness with Chris Hamper. What is mindfulness and why is everyone recommending the practice? Mindfulness is a way of looking at yourself and the world in an open and non-critical way. The intent is to see things as they are rather than coloring them with past experience, preconceptions, judgment and/or expectations that can trap you in past patterns. Begin to approach life with a fresh outlook. Experience less negativity and let each experience be a new one.

**Peer Worker Support Group:** Thursday, February 17<sup>th</sup> from 12 to 1pm (Bring your lunch!). Peer workers are people, too! Support the supporters! If you are a peer worker in the mental health world, this is your hour to get what you offer to others. This newly formed group is open to all peer workers, paid or volunteer! Spend your lunch hour sharing with others doing the same work. Learn coping strategies as well as personal wellness approaches. Share some of your best lessons with others! For more info or questions: (413)236-5888.

**RLC Focus Group:** Wednesday, February 28<sup>th</sup> from 230 to 4pm. Join Chris, Lisa and others from the community for this focus group on how to help get the word out about the RLC and strengthen our connections to the community. Have ideas? Want to help? We need you!

**RLC Speaker's Bureau:** Tuesday, February 15<sup>th</sup> from 4:30 to 6pm. Telling your story can be rewarding for both you and your audience. Hearing your own story in your own words can be cathartic. Changing even one audience member's perception about mental health is amazing. We think it's about time to take our stories on the road! If you're interested in community education about recovery, advocacy and inspiration, this is an awesome opportunity! Find your voice. Offer your voice. Share your truth. Put forth your wisdom. We will be meeting (at least) monthly, training is provided and we will be acting as an outreach and education offering from the Recovery Learning Community. Change the world one story at a time! By the way, this is often a paying gig. For more information, contact Lisa @ 413-358-8558 or email @ [lisa@westernmassrlc.org](mailto:lisa@westernmassrlc.org).

**UR an Artist:** Wednesdays from 11am to 12:30pm *except for February 9th*. Join artist Lynn Welker and 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.

**Yoga means Union - Yoga for Everyone!** Tuesdays from 10 to 11:30am. Yoga is a great way to take care of your body and your mind! Justin is pleased to continue yoga after the wonderful reception the activity received from our community members. This practice will include (but is not limited to) energy (prana-Chi) awareness, asana (postures), pranayama (breathing exercises), and meditation/contemplation/prayer. It is low impact and accommodations will be made for individuals of any fitness level. An optional meditation period will conclude each session.

# WESTERN MASS RLC CALENDAR OF EVENTS: Calendar #4

## Workshops, Classes & Groups in Greenfield Area (Franklin County)

### FEBRUARY 2011

Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	<b>1</b>	<b>2</b> <b>Wellness Wednsdys</b> Gentle Yoga 9:30-10:50a Acupuncture 12-1p	<b>3</b> RCC Open Hours 9-12p  Sheltering Greenfield 5:30-7p <b>Inner Working Series: Spiritual Emergency 6-8p</b>	<b>4</b>	<b>5</b>
<b>7</b> RCC Open Hours 1-4p <b>Trabajador Hispana Disponible</b> ( <i>Spanish speaker available</i> )  Women's Self Care Support Group <b>CANCELLED</b>	<b>8</b> <b>Circle of Friends Open Session: Opening the Heart, Touching the Soul</b> <b>11:30a-1:30p</b>	<b>9</b> <b>Wellness Wednsdys</b> Gentle Yoga 9:30-10:50a Acupuncture 12-1p	<b>10</b> RCC Open Hours 9-12p	<b>11</b>	<b>12</b>
<b>14</b> RCC Open Hours 1-4p <b>Trabajador Hispana Disponible</b> ( <i>Spanish speaker available</i> )  Women's Self Care Support Group 630- 830p	<b>15</b>	<b>16</b> <b>Wellness Wednsdys</b> Gentle Yoga 9:30-10:50a Acupuncture 12-1p	<b>17</b> RCC Open Hours 9-12p	<b>18</b>	<b>19</b>
<b>21</b> <b>President's Day</b> RCC Open Hours 1-4p <b>Trabajador Hispana Disponible</b> ( <i>Spanish speaker available</i> )  <b>RLC Support Forum 10a-12p</b>  Women's Self Care Support Group 630- 830p	<b>22</b> <b>RLC Focus Group 3-4:30p</b>	<b>23</b> <b>Wellness Wednsdys</b> Gentle Yoga 9:30-10:50a Acupuncture 12-1p	<b>24</b> RCC Open Hours 9-12p  <b>Inner Working Series: Relax &amp; Visualize 6-7p</b>	<b>25</b> <b>Recover Art 1:30-4p</b>  <b>Artist Reception: Maura Briggs- Carrington 5-7p</b>  <b>Fourth Friday Art Circle 7-9p</b>	<b>26</b>
<b>28</b> RCC Open Hours 1-4p <b>Trabajador Hispana Disponible</b> ( <i>Spanish speaker available</i> )  Women's Self Care Support Group 630- 830p	<b>See attached info for details and location of each workshop, event or training as locations vary throughout Franklin County</b>	<i>We aspire to be fragrance free. Please avoid wearing fragrances to any RLC events. RLC events are wheelchair accessible unless otherwise noted.</i>	<i>Please contact us if you have any other requests for accommodations, including interpreters</i>		



**Upcoming RLC Trainings, Workshops, and Meetings in Franklin County (Calendar #4)**  
**ALL WORKSHOPS & MEETINGS IN THIS SECTION ARE IN VARYING LOCATIONS.**  
**CHECK EVENTDETAILS FOR LOCATION INFORMATION**

*Unless otherwise noted, all questions and sign ups should be directed to the RLC at (413) 561-3268  
Items are listed alphabetically*

**Franklin RCC Open Hours:** Mondays, 1-4pm & Thursdays, 9am to noon at 68 Federal Street, Greenfield. Come see our shared community space with the RECOVER Project, get peer support and check out other resources available. Alternate hours are available by appointment, 413-561-3268. Call (413) 774-5489 during drop in hours. ***Abierto para gente de habla hispana con Rosa Guerra!*** El segundo Jueves y el Lunes cuarto de cada mes. Venga para apoyo o solo para charlar. ***Open Hours for Spanish Speakers with Rosa Guerra!*** The second Thursday and fourth Monday of each month.

**Acupuncture:** Wednesdays from 12 to 1pm. This free ear acupuncture clinic focusing on five ear points and offered by licensed acupuncturist, Lee Hurter, works on a variety of issues including cravings, addictions, insomnia, stress, and anxiety. Arrive promptly to secure your space! Acupuncture is a part of Wellness Wednesdays, a collaboration of The RECOVER Project and the RLC.

**Artist's Reception:** Friday, February 25<sup>th</sup> from 5 to 7pm. The Recovery Annex, 74 Federal St., Greenfield. The Peer Art Series is proud to announce the Artist's Reception of Maure Briggs-Carrington, whose digitally mastered photographic work is currently on display at the Recovery Annex. Join us for art, refreshments and an artist's talk at 6pm.

**Circle of Friends Open Session: *Opening the Heart, Touching the Soul*** Tuesday, February 8<sup>th</sup> from 11:30am-1:30pm, lunch will be provided. The Recovery Annex, 74 Federal St. Greenfield, MA. Circle of Friends Open Session is a monthly gathering (first Tuesdays) that uses breath work, sharing, and psychodrama to open the heart and touch the soul. For many years, Circle of Friends has been meeting to learn new skills to enhance our lives as we find the commonality between us. We now extend the circle to new friends in Greenfield. Please join us and experience the healing that takes place; we welcome you. *For more info: eschreiber@carsoncenter.org 413-579-7570* Circle of Friends Open Session is a collaboration of Valley Human Services in Ware and the Western Mass RLC of Franklin County.

**Fourth Friday Art Circle:** Friday, February 25<sup>th</sup>, 7 to 9pm. The Recovery Annex, 74 Federal Street, Greenfield. Fourth Friday Art Circle is a support group for visual artists who have lived experience with extreme states, a mental health diagnosis or trauma. For many, creativity is a key to wellness. Use the time as you wish. This is a safe space to show works in progress, talk about what your art means to you, share struggles and breakthroughs, or simply be present. For more information or for carpooling, contact Andy 413-325-6245, andy@westernmassrlc.org.

**Gentle Yoga:** Wednesdays from 9:30 to 10:50am at the Recovery Annex, 74 Federal St, Greenfield. Kelly Savitri's style incorporates light-hearted joyful movement with a reverent and consistent focus on breath and deepening awareness. A variation of poses is presented to honor individual choice and levels of ability. ***This class is co-ed!***

**Inner Workings Series presents Spiritual Emergency** with Tim Ness: *Follow-up discussion on Thursday, February 3<sup>rd</sup> from 6 to 8pm (snowdate: Thursday, February 17).* For questions or reservations email [maura@westernmassrlc.org](mailto:maura@westernmassrlc.org).

**Inner Workings Series presents: Relax and Visualize!** Thursday, February 24<sup>th</sup> & March 3<sup>rd</sup> from 6 to 7pm at The Recovery Annex. In the 1920's, Dr. Edmund Jacobson discovered that through the use of relaxation techniques people lessened depression, anxiety, high blood pressure as well as other ailments. Join Rosa and learn easy visualization/ relaxation methods to improve your overall well being. For questions, comments or reservations email: [maura@westernmassrlc.org](mailto:maura@westernmassrlc.org)

**Recover Art:** Friday, February 25<sup>th</sup>, from 1:30-4pm. Tell Tale art series artist, Maure Briggs-Carrington, joins Recover Art facilitator, Pasty Prest, for another afternoon of art making. This event is a collaboration of The RECOVER Project and the Western Mass RLC.

**RLC Focus Group:** Wednesday, February 22<sup>nd</sup> from 3 to 4:30pm. Join Chris, Andy and others from the community for this focus group on how to help get the word out about the RLC and strengthen our connections to the community. Have ideas? Want to help? We need you!

**RLC Support Forum:** Monday, February 21<sup>st</sup> from 10am to 12pm at The Recovery Annex. Come gather for a time of support and idea sharing around how we as individuals/community can be our best and healthiest selves.

**Sheltering Greenfield: Soup & Conversation:** Thursday, February 3<sup>rd</sup> from 5:30 to 7pm at The Recovery Annex. This RP/RLC-supported event is a monthly gathering (first Thursdays) for people with a wide range of experience seeking and providing emergency shelter in Greenfield to come together for a free meal and guided conversation.

**Women's Self-care Support Group:** Mondays from 6:30 to 8:30pm (*except for February 7<sup>th</sup>*) at the Greenfield Women's Resource Center, 278 Federal Street, Greenfield. Join facilitator Janice Sorensen for a supportive group where women can share wellness tools and ideas, find a sounding board and support one another. For more info please call 413-561-3268.

# WESTERN MASS RLC CALENDAR OF EVENTS: Calendar #5

## Workshops, Classes & Groups in Northampton Area (Hampshire County)

### FEBRUARY 2011

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> Alternatives to Suicide Group 630-8p	<b>2</b> Writing Group: 2-3p	<b>3</b> Yoga 330-5p	<b>4</b>	<b>5</b>
<b>7</b> Acupuncture clinic 430p  <b>Hearing Voices Group 4-530p</b>	<b>8</b> Alternatives to Suicide Group 630-8p	<b>9</b> Writing Group: 2-3p	<b>10</b> Yoga 330-5p	<b>11</b>	<b>12</b>
<b>14</b> Acupuncture clinic 430p  Hearing Voices Group 4-530p	<b>15</b> Alternatives to Suicide Group 630-8p  <b>Peer Worker Support Group ON HOLD</b>	<b>16</b> Writing Group: 2-3p	<b>17</b> Yoga 330-5p	<b>18</b>  <b>Out to the Movies @ Cinemark 1-4p</b>	<b>19</b>
<b>21</b> <b>President's Day</b>  Acupuncture clinic 430p  Hearing Voices Group 4-530p	<b>22</b> Alternatives to Suicide Group 630-8p	<b>23</b> Writing Group: 2-3p	<b>24</b> Yoga 330-5p	<b>25</b>	<b>26</b>
<b>28</b> Acupuncture clinic 430p  Hearing Voices Group 4-530p	<b>Locations will vary throughout Hampshire County. Please check detailed descriptions for more information.</b>	<i>We aspire to be fragrance free. Please avoid wearing fragrances to any RLC events. RLC events are wheelchair accessible unless otherwise noted.</i>			

**Upcoming RLC Trainings, Workshops, and Meetings in Hampshire County (Calendar #5)**  
**ALL WORKSHOPS & MEETINGS IN THIS SECTION ARE IN VARYING LOCATIONS.**  
**CHECK EVENTDETAILS FOR LOCATION INFORMATION**

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

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

**Alternatives to Suicide Group:** Tuesdays from 6:30 to 8pm at the Quaker Meeting House in Northampton. This is a peer-run group for individuals who want a safe, judgment-free zone to talk about alternatives to suicide. Please call Kelly at 413-330-5269 for more information and to be placed on a waiting list (the group is currently full).

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

**Out to the Movies @ Cinemark:** The 3<sup>rd</sup> Friday of the month, February 18<sup>th</sup>, 1230pm to 4pm (**actual time may vary slightly depending on movie selected**) @ Cinemark Theatres at the Hampshire Mall, Rt. 9, Hadley. Join Sera 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 203 to sign up and/or for more info!

**Peer Worker Support Group:** This is a general support group intended for individuals working locally in paid and volunteer peer roles. The group is held in a casual, restaurant atmosphere. It is currently on hold while we look for a new facilitator. Please contact Sera at (413) 539-5941 ext. 203 if you are interested in facilitating.

**Writing Group:** Every Wednesday, 2 to 3pm, at Windhorse Associates, 211 North Street, Northampton. Join facilitators Gineen Cooper and 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! *Windhorse is the lead sponsor, co-sponsored by the RLC and the Freedom Center.*

**Yoga Classes:** Every Thursday, 3:30 to 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 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 330 to 430p, a women's group on Fridays at 3pm and a Creative group (writing, drawing, etc.) every Thursday from 1 to 2:30pm.

**DBSA Group:** Every Wednesday from 630 to 730pm, North Adams Regional Hospital, ground floor conference room (near cafeteria). The Depression and Bipolar Support Alliance is a national non-profit organization that offers information and many peer-run support groups throughout the country. Call Pam for more info (413) 664-9156 or visit [www.dbsabennington.org](http://www.dbsabennington.org). (Stay tuned for a new Pittsfield group on Thursdays in 2009!)

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

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

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

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

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

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

**Family/Friend Support Group:** The last Wednesday of the month at CSO, 215 Shelburne Rd, Greenfield from 630-830pm (call Jane at 863-5141 or [jperciva@hotmail.com](mailto: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.

**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 a individuals with lived experience. Please call (413) 531-5706 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.

**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.

**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, 1<sup>st</sup> 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.

**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 x3017. *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](http://www.anchorhouseartists.org).

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

**DBSA Support Group - Wednesdays:** Wednesday, 7p to 930pm, 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. Call Carol (527-0532) or Barbara (586-6641) for more information! Sponsored by NAMI.

**Freedom Center Drop-in Support Group:** Every Thursday, 7p to 9p, Friends Meeting Space, 43 Center Street, 2<sup>nd</sup> 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 call first at 877 677 6424.)

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

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

**Peer Educator Support Group:** Fridays from 3pm to 4pm at the Forbes Library, Watson Room, Northampton. This is a voluntary peer-led group run by peer educators with lived mental health experience. Participants at meetings will discuss experiences, 'the tough stuff,' and their journeys through it as a recovery opportunity. Facilitated by Marie Laureano and Tam Ward. Call (413) 584-1508 for more info. *Co-sponsored by ServiceNet and VINFEN.*

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

### **WARMLINES**

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

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

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

**Pioneer Valley Warmline:** Beginning July 1, 2010, this warmline will no longer be taking calls.

### **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](mailto:jbower@nilp.org), [www.nilp.org](http://www.nilp.org). The RLC in the Northeast part of Mass!

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

### **STATEWIDE ORGANIZATIONS & 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 calling Karen at (617) 442-4111, e-mailing to [cps@transformation-center.org](mailto:cps@transformation-center.org) or going to [www.transformation-center.org/cps/](http://www.transformation-center.org/cps/)

**MPower:** 98 Magazine Street, Roxbury MA 02119, (617) 442-3301. [info@m-powerblog.org](mailto:info@m-powerblog.org). MPower offers a variety of groups, trainings and other services directed at advocacy and recovery initiatives.

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