



Western Mass Recovery Learning Community

October Update & Calendar

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Western Mass Recovery Learning Community

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Fall Film Series Begins in October!

The Western Mass RLC will begin their fall film series titled 'Alternative Perspectives on Mental Health' at the end of this month. The purpose of the series is to gather individuals across agencies and our community to view films that offer new ideas or alternative perspectives about mental health experiences and encourage discussion. The series will kick off with special screenings of 'Crooked Beauty,' by Ken Paul Rosenthal. Ken will be traveling in from California to join us and lead discussion after each showing.

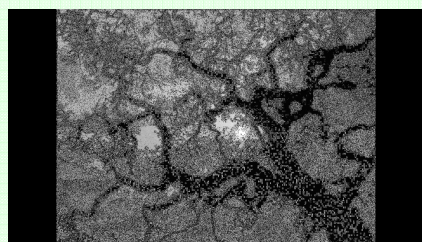
About the film: *Crooked Beauty* is a 35-minute poetic documentary that chronicles artist-activist Jacks McNamara's transformative journey from childhood abuse to psych ward patient to pioneering mental health advocacy. She survived trauma from an alcoholic mother and battled her own substance-abuse issues when diagnosed as 'bipolar' at age 19 and incarcerated. Destined to overturn the stigmas usually associated with madness and develop authentic healing models for individuals diagnosed 'mentally ill', she co-founds The Icarus Project (theicarusproject.net), an international support network and grassroots media project. Jack's mission becomes an intense personal quest to live with courage and dignity, and a powerful critique of standard psychiatric treatments. Her poignant and revealing testimonials reach beyond the stereotypes of mental health problems to suggest that extreme sadness and sensitivity is not an illness, but a part of human experience to be explored with creativity and compassion.

Crooked Beauty's lyrical visual

style is integral to its subject matter. The film incarnates a new map for thinking about madness by connecting the fissures and fault lines of human nature to the unstable topography and mercurial weather patterns of the San Francisco Bay Area. Montages of urban and natural landscapes convey the fluctuations of mania and depression described in Jack's narration. Her presence is further embodied through her paintings and collages, and excerpts from her poetry and journals. Thematically progressive and formally beautiful, *Crooked Beauty* reframes the diagnosis and treatment of madness as a tool of insight and integration for individuals who openly struggle with their mental health, and anyone who might feel 'crazy' in today's chaotic world.

About the filmmaker: Ken Paul Rosenthal is an independent filmmaker, teacher, and a regional coordinator for the Bay Area Icarus Project. His films weave personal and political narratives into natural and urban landscapes. Ken holds an MA in Creative & Interdisciplinary Arts, an MFA in Cinema Production, and has taught film as a means of cultivating personal vision in workshops and universities nationally and internationally. He is a recipient of a Kodak Award for cinematography.

Check out www.crookedbeauty.com to view the trailer!



Crooked Beauty Screenings:

Monday, October 25: 5 to 7pm
Center for Human Development
332 Birnie Avenue, Springfield
Co-sponsored by the RLC and CHD

Tuesday, October 26: 4 to 6pm
Berkshire Community College
Hawthorne Building, Room H207
1350 West Street, Pittsfield
Co-sponsored by the RLC, Brien and NAMI Berkshire

Wednesday, October 27: 5 to 7pm
Mount Holyoke College
Dwight Building, Room 101
50 College Street, South Hadley
Co-sponsored by the RLC, Mt. Holyoke and Clinical & Support Options

Friday, October 29: 7 to 9pm
Advocates, Inc.
1881 Worcester Rd, Framingham
Co-sponsored: RLC & Advocates

Monday, November 1: 1 to 4pm
Allston Public Library
300 North Harvard St, Allston
Co-sponsored: RLC & Transformation Center

Additionally, Ken will be leading an artist's workshop, "The Intertwined Threads of Madness and Creativity," on Thursday, October 28 in Greenfield. See the Greenfield calendar for details.

The RLC would like to thank the many co-sponsors who are supporting this event and making it possible including: the Center for Human Development; the Brien Center; the National Alliance for Mentally Ill in Berkshire County; Clinical & Support Options; Mt. Holyoke College; Advocates, Inc.; and the Transformation Center.

Renaissance Faire Trip!

Join Suzy, Val and others for a trip to the Renaissance Faire in Hebron, CT for Deaf Awareness day on **Saturday, October 9th**.

The King Arthur Renaissance Faire is an annual event that offers a variety of food, shops, shows and costumes all set in the past and full of fun on weekends throughout September and October.

On October 9th, 'finger dancers' from all over New England will join the Faire community to offer American Sign Language (ASL) interpretation for a variety of different shows throughout the day.

Transportation will be provided from the RLC's Holyoke Center to the Faire and back. Admission will be covered by the RLC. You will be responsible for the cost of food or any other purchases.

SPACE IS LIMITED AND SIGN UP IS REQUIRED. Priority will go to individuals who are deaf or hard of hearing, but hearing individuals are welcome to sign up if space is available. Call (413) 539-5941 ext. 200 or by videophone at (413) 650-5380 to sign up.

More information on the Faire is available at www.ctfaire.com

Recovery Stories Needed for Voices for Change

Voices for Change is a quarterly 10 page newsletter published by the Transformation Center in Roxbury, MA. They publish news and creative work by and of interest to the mental health community. The Transformation Center is a statewide peer-operated center with a focus on wellness and life recovery through training and systems change advocacy.

Stories should be no more than 600 words. They can be your whole recovery story or a part of it. Please include a digital photo (headshot) of yourself. Writer's guidelines and previous issues can be found on the Transformation Center website at:

www.transformation-center.org

**The deadline for the winter issue of
Voices for Change is:**

November 24, 2010

Publication is not guaranteed. Please send submissions to:

susanl@transformation-center.org or
Fax: 617-442-4005 (attn: Susan Landy)

Green River Clean Up!!!

Saturday, October 2nd from 9am to 1pm.

Gather at the Green River Swimming Area on Nash's Mill Road. If you would like to join Recovery Learning Community, The Recover Project, and The Green River House clean up team, call Joah at 646-460-7906, or sign up at 68 Federal St (more info inside).

Upcoming Employment Series

The RLC is currently in the process of planning an employment series beginning in late fall.

Anticipated topics include:

- Going back to work, even when on SSI and/or SSDI
- Recovery stories from individuals who have gone back to work part or full-time

**Stay tuned for upcoming
dates & details!**

**In the meantime, consider checking
out this benefits workshop:**

Are you (or someone you know) receiving Social Security Disability benefits and interested in exploring your work options?

If yes, consider attending the 'Make Wise Connections' workshop on November 4th from 1pm to 4pm at NEBA Business Center, Scibelli Enterprise Center, One Federal Street, Bldg 101, 3rd Floor Deliso Conference Room in Springfield.

More info/registration at 877-743-8237

!!!!NEXT GUIDING COUNCIL MEETING!!!!

**The next Council meeting will be held on:
Monday, October 4th from 1 to 3pm
At the Holyoke RCC!**

**Come get your voice heard and give input on the future of the Western
Mass RLC! ALL ARE WELCOME!**

ASL interpreters have been requested!



WESTERN MASS RLC CALENDAR OF EVENTS: Calendar #1

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

OCTOBER 2010

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Contact us if you have any other requests for accommodations including interpreters</p>	<p>ALL LISTINGS TAKE PLACE AT THE HOLYOKE RCC (187 High St, Suite 303) UNLESS NOTED!!!</p> <p>Call (866) 641-2853 ext. 314 or check westernmassrlc.org for cancellations</p>	<p>See attached info for details and location of each workshop, event or training!</p> <p><i>RLC events are wheelchair accessible unless otherwise noted</i></p> <p><i>We aspire to be fragrance free. Please avoid wearing fragrance to any RLC events</i></p>		<p>1 RCC open 12-4p* Beading with Jenn 2-330p</p> <p>*Trabajador Hispana Disponible (Spanish speaker available)</p>
<p>4 RCC CLOSED FOR DROP-IN Guiding Council Meeting 1-3p</p>	<p>5 RCC open 10-4p Women's Group 130-230p</p> <p>Hearing Voices Group 430-6p</p>	<p>6 RCC open 12-7p ASL Class 12-1p</p> <p>Deaf/HOH Drop-in 1-5p</p> <p>Ear Acupuncture 3-4p</p> <p>Movie Night 4-6p</p>	<p>7 RCC open 12-4p Knit Happens! 2-345p</p>	<p>8 RCC open 12-4p* Beading with Jenn 2-330p</p> <p>*Trabajador Hispana Disponible (Spanish speaker available)</p> <p>Saturday October 9: Special trip to the King Arthur Renaissance Faire, Deaf Awareness Day (See newsletter for details)</p>
<p>11 RCC CLOSED FOR DROP-IN</p>	<p>12 RCC open 10-4p Women's Group 130-230p</p> <p>Hearing Voices Group 430-6p</p>	<p>13 RCC open 12-7p ASL Class 12-1p</p> <p>Deaf/HOH Drop-in 1-5p</p> <p>Ear Acupuncture 3-4p</p> <p>Movie Night 4-6p</p>	<p>14 RCC open 12-4p Knit Happens! 2-345p</p>	<p>15 RCC open 12-4p* Beading with Jenn 2-330p</p> <p>*Trabajador Hispana Disponible (Spanish speaker available)</p>
<p>18 RCC CLOSED FOR DROP-IN</p>	<p>19 RCC open 10-4p Women's Group 130-230p</p> <p>Hearing Voices Group 430-6p</p>	<p>20 RCC open 12-7p ASL Class 12-1p</p> <p>Deaf/HOH Drop-in 1-5p</p> <p>Ear Acupuncture 3-4p</p>	<p>21 RCC open 12-4p Knit Happens! 2-345p</p> <p>Alternatives to Suicide Support Group 5:15-6:45p</p>	<p>22 RCC open 12-4p* Community Council 1230-2p</p> <p>Beading with Jenn 2-330p</p> <p>*Trabajador Hispana Disponible (Spanish speaker available)</p>
<p>25 RCC CLOSED FOR DROP-IN</p> <p>Don't miss our special film screening event of 'Crooked Beauty' with filmmaker, Ken Paul Rosenthal, at 5pm in Springfield, today! Check out the Springfield calendar for details.</p>	<p>26 RCC open 10-4p Women's Group 130-230p</p> <p>Hearing Voices Group 430-6p</p>	<p>27 RCC open 12-7p ASL Class 12-1p</p> <p>Warmline Coalition Meeting 1-3p</p> <p>Deaf/HOH Drop-in 1-5p</p> <p>Ear Acupuncture 3-4p</p> <p>Don't miss our special film screening event of 'Crooked Beauty' with filmmaker, Ken Paul Rosenthal, at 6pm at Mt. Holyoke College in South Hadley, today! Check out the Northampton calendar for details.</p>	<p>28 RCC open 12-4p Knit Happens! 2-345p</p> <p>Peer Worker Networking Mtng in Greenfield this month!!</p> <p>Alternatives to Suicide Support Group 5:15-6:45p</p>	<p>29 RCC open 12-4p* Beading with Jenn 2-330p</p> <p>*Trabajador Hispana Disponible (Spanish speaker available)</p>

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.

Alternatives to Suicide Support Group: Thursdays from 5:15pm to 6:45pm beginning October 21st. 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 Oryx at (413) 539-5941 ext. 202 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.

Beading with Jenn: Fridays from 2 to 3:30 pm. Join Jenn to craft colorful “Kandi” jewelry with beads!

Community Council: The fourth Friday of every month: October 22nd 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!!!

Crisis Training Planning Meeting: We will NOT be holding our regular monthly crisis training planning meeting during October. Instead, we will be working on sub-committee projects. Please call Sera (413 539-5941 ext 203) if you are interested in getting involved in the sub-committees. The goal of this committee is to develop a training that will share personal experiences, principles and values around what has and has not been helpful to us when we have gone through the process of crisis evaluation or admittance to a hospital or respite. **Individuals who have had experience going through crisis evaluations and being hospitalized/staying at respite are particularly encouraged to join this meeting!**

Ear Acupuncture: Wednesdays from 3 to 4pm. Join National Acupuncture Detoxification Association certified (NADA) acupuncturist, Mollie Hurter, for group auricular (ear) acupuncture. Great for supporting healing from addictions, anxiety, etc. No pre-registration required, just show up! *Please note that the RLC does not advocate for or against any one type of ‘treatment’ for situations of trauma, extreme states, and/or other altered experiences.*

First Friday Potluck: Potlucks are on hold for the month of October. Have ideas for the best day/time for future potlucks? Let us know! In the meantime please consider joining us for Springfield’s First Tuesday Potluck!!!

Guiding Council of Western Mass (GCOW): Monday, October 4th 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 1st Monday of every month (2nd Monday when the 1st is a holiday) from 1pm to 3pm at the Holyoke RCC. Interested in becoming a Council Delegate to GCOW? Contact Sera at (413) 539-5941 ext. 203 or sera@westernmassrlc.org for more info.

Hearing Voices Group: Tuesdays from 4:30 to 6pm. Hearing Voices groups are popular and widespread in Europe, 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.*

King Arthur Renaissance Faire – Deaf Awareness Day: Saturday, October 9th leaving from the RLC’s Holyoke Center and traveling to Hebron, CT. (Time to be determined, but morning departure is expected.) Join Suzy, Val and others for a trip to the King Arthur Renaissance Faire’s Deaf Awareness Day. The Faire is an annual event that runs on weekends through September and October and offers a variety of food, shops, shows and costumes all set in the past and full of fun. On Deaf awareness day, ‘finger dancers’ from all over New England will join the Faire community to offer American Sign Language (ASL) interpretation for a variety of different shows throughout the day. **SPACE IS LIMITED AND SIGN UP IS REQUIRED.** Priority will go to individuals who are deaf or hard of hearing, but hearing individuals are welcome to sign up as space allows. Call (413) 539-5941 ext. 200 or by videophone at (413) 650-5380 to sign up.

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 Event: This month’s peer worker networking event will take place at Clinical Support Option’s new peer center in Greenfield. See Greenfield calendar for details.

Nature Walk: Thursday, September 2nd from 12 to 2 pm. ***Difficulty level: easy hike/stroll.*** Meet at 12:00 noon at the Holyoke RCC. We’ll carpool to site together, walk, and then return to the RCC and hang out. Come and enjoy a refreshing and relaxing nature walk together. Bring your camera or sketchbook if you like!

Warmline Coalition Meeting: Wednesday, October 27th from 1pm to 3pm. The RLC is initiating the formation of a Warmline Coalition to evaluate warmline access and needs in the area, including accessibility for individuals who are Spanish-speaking or deaf. All, including providers and individuals from the community, who are interested in being a part of this coalition are welcome and encouraged to join us!

Women’s Group: Tuesdays from 130 to 230 pm. Sometimes we need our own group to discuss the issues most sensitive and important to us. Join us as we support each other as best as we can in this women-only group.

WESTERN MASS RLC CALENDAR OF EVENTS: Calendar #2

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

OCTOBER 2010

Tuesday		Wednesday	Thursday	Friday	Sat
<p>Unless otherwise noted, all activities are held at the Bowen Resource Center at 340 Main St., Springfield (Accessible entrance in the rear!)</p> <p><i>Please contact us if you have any other accommodation requests, including interpreter requests</i></p> <p>*Trabajador Hispana Disponible (Spanish speaker available)</p>		<p><i>The RLC aspires to be scent free. Please avoid wearing scents to any RLC events or spaces.</i></p>		<p>1 <u>RCC Open 9-3p*</u> Coffee w/ Art 9-10a Pool Time 10-11:30a Wii Time 1-2p</p>	<p>2 RCC Open 11-3p*</p>
<p>5 <u>RCC Open 9-3p*</u> Coffee with Art 9-10a Pool Time 10-11:30a Reiki 10a-1p First Tuesday Potluck: 12-2p 1st Hip Hop Dance Class 130-230p Yoga 2-330p (Downtown: 11 Pearl St., Suite 217)</p>		<p>6 <u>RCC Closed</u> After Incarceration Support Group 130-230p (736 State St.)</p>	<p>7 <u>RCC Open 9-3p*</u> Coffee with Art 9-10a Yoga for the Rest of Us 10-11a Wii Time 1-2p</p>	<p>8 <u>RCC Open 9-3p*</u> Coffee w/ Art 9-10a Pool Time 10-11:30a Wii Time 1-2p</p>	<p>9 RCC Open 11-3p*</p>
<p>12 <u>RCC Open 9-3p*</u> Coffee with Art 9-10a Pool Time 10-11:30a Reiki 10a-1p Hip Hop Dance Class 130-230p Yoga 2-330p (Downtown: 11 Pearl St., Suite 217)</p>		<p><u>RCC Closed</u> After Incarceration Support Group 130-230p (736 State St.)</p>	<p>14 <u>RCC Open 9-3p*</u> Coffee with Art 9-10a Community Council 930-1030a Yoga for the Rest of Us 10-11a Wii Time 1-2p</p>	<p>15 <u>RCC Open 9-3p*</u> Coffee w/ Art 9-10a Pool Time 10-11:30a Wii Time 1-2p</p>	<p>16 RCC Open 11-3p*</p>
<p>19 <u>RCC Open 9-3p*</u> Coffee with Art 9-10a Pool Time 10-11:30a Reiki 10a-1p Hip Hop Dance Class 130-230p Yoga 2-330p (Downtown: 11 Pearl St., Suite 217)</p>		<p>20 <u>RCC Closed</u> After Incarceration Support Group 130-230p (736 State St.) Volunteer Training 930-1230p</p>	<p>21 <u>RCC Open 9-3p*</u> Coffee with Art 9-10a Yoga for the Rest of Us 10-11a Wii Time 1-2p</p>	<p>22 <u>RCC Open 9-3p*</u> Coffee w/ Art 9-10a Pool Time 10-11:30a Wii Time 1-2p</p>	<p>23 RCC Open 11-3p*</p>
<p>25 MONDAY <u>SPECIAL EVENT</u> Film Screening with the Filmmaker: Crooked Beauty and the Embodiment of Madness 5pm to 7pm (332 Birnie Ave.)</p>	<p>26 <u>RCC Open 9-3p*</u> Coffee with Art 9-10a Pool Time 10-11:30a Reiki 10a-1p Hip Hop Dance Class 130-230p Yoga 2-330p (Downtown: 11 Pearl St., Suite 217)</p>	<p>27 <u>RCC Closed</u> After Incarceration Support Group 130-230p (736 State St.)</p>	<p>28 <u>RCC Open 9-3p*</u> Coffee with Art 9-10a Yoga for the Rest of Us 10-11a Wii Time 1-2p</p>	<p>29 <u>RCC Open 9-3p*</u> Coffee w/ Art 9-10a Pool Time 10-11:30a Wii Time 1-2p</p>	<p>30 RCC Open 11-3p*</p>

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 is open every Tuesday 9 – 3p, Thursday 9 – 3p, Friday 9 – 3p (*Fridays are reserved for young adults age 18 to 25 only*), and Saturdays 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.

Coffee with Art: Tuesdays, Thursdays, and Fridays from 9 to 10am. Start your day off right with a nice cup of coffee with Art and other community members!

Community Council: **NEW TIME!** The third Thursday of every month: October 21st from 11:30 am to 12:30 pm. 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: October 5th, 12 to 2pm. Join the RLC community for a fun celebration with food, games, music, pool and/or Wii! 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!

Film Screening with the filmmaker!!!– Crooked Beauty and the Embodiment of Madness: Monday, October 25th from 5pm to 7pm at the Center for Human Development (CHD), 332 Birnie Ave, Springfield. Join us as we kick off our fall film series of alternative perspectives on mental health: For our first film, filmmaker and mental health activist Ken Paul Rosenthal will screen *Crooked Beauty*, his poetic documentary that chronicles artist-activist Ashley McNamara's journey from psych ward patient to pioneering mental health advocate. Rosenthal will talk about his challenge to embody the film's character with compassion and authenticity. Discussion will focus on nurturing wellness through our relationship to the natural world, drawing new maps for 'madness' as a tool of insight, creativity and hope, and alternatives to the stigmas and stereotypes around representing madness in the media. Space is limited. Though sign up is not **required**, we encourage people to call (413) 539-5941 ext. 200 to RSVP. *Co-sponsored by the RLC and CHD.*

Hip Hop Dance Class: Tuesdays from 1:30 to 2:30pm in October beginning October 5th. 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!

Pool Time: Tuesdays/Fridays from 10 to 11:30am. Come join us as we break out the pool table and shoot a little billiards.

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. ***Space is limited so you are encouraged to call ahead. Please note that the RLC does not advocate for or against any one type of 'treatment' for situations of trauma, extreme states, and/or other altered experiences.***

Volunteer Training: Wednesday, October 20th from 9:30am to 12:30pm. Volunteers are the backbone of our growing community! If you're someone that would like to see the RCC open more often; if you'd like to become more familiar with the philosophies and defining principles of the RLC and would like to offer your special talents to our growing community then this is a MUST ATTEND! Let us know that you plan to attend by calling 413-732-1703!

Wii Time: Thursdays and Fridays from 1 to 2pm. Interested in fun, interactive video games? With the Wii, you can even get a little exercise playing things like tennis, Rock Band, and much more. Join us for a time of fun and friendly competition!

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)

OCTOBER 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
*** 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!)	<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.		1 General Support Group 1-2p	2
4 RCC Open Hours 12-3p Musical Unity 2-3:30p	5 Yoga Means Union 10-11:30a RCC Open Hours 12-4p Crochet Club 3-4p	6 UR an Artist 11a-12:30p	7 RCC Open Hours 12-4p Intro to Basic Computing 2-3p	8 General Support Group 1-2p	9
11 Columbus Day RCC Closed	12 Yoga Means Union 10-11:30a RCC Open Hours 12-4p Crochet Club 3-4p	13 UR an Artist 11a-12:30p	14 RCC Open Hours 12-4p	15 General Support Group 1-2p	16
18 RCC Open Hours 12-3p Musical Unity 2-3:30p	19 Yoga Means Union 10-11:30a RCC Open Hours 12-4p Crochet Club 3-4p	20 UR an Artist 11a-12:30p Volunteer Training 12-4p	21 RCC Open Hours 12-8p Peer Worker Support Group 12-1p	22 General Support Group 1-2p	23
25 RCC Open Hours 12-3p Musical Unity 2-3:30p	26 Yoga Means Union 10-11:30a RCC Open Hours 12-4p Crochet Club 3-4p Film Screening: Crooked Beauty and the Embodiment of Madness 4pm to 6pm (Berkshire Community College)	27 UR an Artist 11a-12:30p	28 RCC Open Hours 12-4p	29	30

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. 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. 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. 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!

Film Screening with the filmmaker!!!– Crooked Beauty and the Embodiment of Madness: Tuesday, October 26th from 4pm to 6pm at the Berkshire Community College, Hawthorne Building, Room H207, 1350 West St, Pittsfield. Join us as we kick off our fall film series of alternative perspectives on mental health: For our first film, filmmaker and mental health activist Ken Paul Rosenthal will screen *Crooked Beauty*, his poetic documentary that chronicles artist-activist Ashley McNamara's journey from psych ward patient to pioneering mental health advocate. Rosenthal will talk about his challenge to embody the film's character with compassion and authenticity. Discussion will focus on nurturing wellness through our relationship to the natural world, drawing new maps for 'madness' as a tool of insight, creativity and hope, and alternatives to the stigmas and stereotypes around representing madness in the media. Space is limited. Though sign up is not ***required***, we encourage people to call (413) 539-5941 ext. 200 to RSVP. *Co-sponsored by the RLC, Brien Center and the National Alliance for the Mentally Ill in Berkshire County.*

Musical Unity: Mondays from 2 to 3:30pm. Join community member, Scott, as he offers an introduction to playing music to encourage self-exploration through musical expression. We will journey together to give voice to our experience both individually and as a member of society. Remember, your feelings can never be wrong, and that a greater internal and external harmony is always possible. Part of recovery is giving voice to your experience and connecting with others. Allow an instrument to be your voice and listen to the stories of others. Instruments will be provided. No prior music experience is necessary.

Peer Worker Support Group: Thursday, October 21st 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.

UR an Artist: Wednesdays from 11am to 12:30pm. 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.

Volunteer Training: Wednesday, October 20th from 12:00 to 4:00pm. Volunteers are the backbone of our growing community! If you're someone that would like to see the RCC open more often; if you'd like to become more familiar with the philosophies and defining principles of the RLC and would like to offer your special talents to our growing community then this is a MUST ATTEND! Let us know that you plan to attend by calling! – 413-236-5888! Bring a brown bag lunch. Beverages will be available.

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.

Thai Yoga Massage: by Appointment. Justin Kaye, Certified Massage Therapist and community member is offering to work with individuals by appointment. This is a form of bodywork which is performed on a mat (on the floor), fully clothed (loose fitting clothes recommended). The session includes rhythmic compressions, conscious breathing, and dynamic stretches. This ancient healing practice is grounded in the idea of Metta or loving - kindness. Contact the **RCC Office @ (413)212-8944** for further information.

WESTERN MASS RLC CALENDAR OF EVENTS: Calendar #4

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

OCTOBER 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>See attached info for details and location of each workshop, event or training as locations vary throughout Franklin County</i>	<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>		1	2 Green River Clean Up 9a-1p
4 RCC Open Hours 1-4p Women's Self Care Support Group 630-830p	5 Dance of the Hoop 5-615p (Energy Park)	6 <u>Wellness Wednesdays</u> Gentle Yoga 9:30-10:50a Sip & Chat 11-12 Acupuncture 12-1p	7 RCC Open Hours 9-12p	8	9
11 RCC Open Hours 1-4p Women's Self Care Support Group 630-830p	12 Dance of the Hoop 5-615p (Energy Park)	13 <u>Wellness Wednesdays</u> Gentle Yoga 9:30-10:50a Sip & Chat 11-12 Acupuncture 12-1p	14 RCC Open Hours 9-12p	15	16
18 RCC Open Hours 1-4p Women's Self Care Support Group 630-830p	19 Dance of the Hoop 5-615p (Energy Park)	20 <u>Wellness Wednesdays</u> Gentle Yoga 9:30-10:50a Sip & Chat 11-12 Acupuncture 12-1p	21 RCC Open Hours 9-12p	22 First Friday Art Circle 7-9p	23
25 RCC Open Hours 1-4p Women's Self Care Support Group 630-830p	26 Dance of the Hoop 5-615p (Energy Park)	27 <u>Wellness Wednesdays</u> Gentle Yoga 9:30-10:50a Sip & Chat 11-12 Acupuncture 12-1p	28 RCC Open Hours 9-12p Peer Networking Event 1130-2pm (One Arch Place) The Intertwined Threads of Madness and Creativity: An Artist's Workshop 230-530p	29	30

Upcoming RLC Trainings, Workshops, and Meetings in Franklin County (Calendar #4)
ALL WORKSHOPS & MEETINGS IN THIS SECTION ARE IN VARYING LOCATIONS.
CHECK EVENT DETAILS 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: PLEASE NOTE OUR NEW AND IMPROVED OPEN HOURS TIMES!!! Mondays, 1-4pm & Thursdays, 9am to noon. 68 Federal Street, Greenfield. Come see our shared community space with the RECOVER Project, get peer support and check out other resources available. We hope our new hours will allow those of you who have been interested in morning Open Hours to join us. Alternate hours are available by appointment, 413-561-3268. Call (413) 774-5489 during drop in hours.

Acupuncture: Wednesdays from 12 to 1pm, Franklin County RCC, RECOVER Project, 68 Federal Street, Greenfield. This free auricular (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.

Dance of the Hoop: Tuesdays, **NEW TIME!!** 5 to 6:15pm, Greenfield Energy Park. Come hula hoop with Shenandoah as she helps us find the dance within this unique form of exercise. The hoop connects your mind to your body. Learn techniques and have fun while exercising! It's rhythmic, fun, inspiring and appropriate for all ages. Drop-ins and beginners welcomed!
In case of inclement weather Dance of the Hoop will go indoors at The Recovery Annex, 74 Federal Street, Greenfield.

Fourth Friday Art Circle: NEW Friday! Friday, October 22nd, 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.

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!***

Green River Clean Up: Saturday, October 2nd from 9am to 1pm. Gather at the Green River Swimming Area on Nash's Mill Road. There will be breakfast, lunch, and music after the Clean Up. If you would like to join Recovery Learning Community, The Recover Project, and The Green River House clean up team, call Joah at 646 460 7906, or sign up on the RCC at 68 Federal St. Children are encouraged to join! Bring a truck, shovels, rakes, gloves, and any other helpful tool you can think of.

The Intertwined Threads of Madness and Creativity – An Artist's Workshop: Thursday, October 28th from 2:30 to 5:30pm at 74 Federal Street, Greenfield. This is a highly interactive conscious dialogue circle lead by filmmaker, Ken Paul Rosenthal, for 10 to 15 participants who identify as artists or actively creative beings. The group will be asked to consider their most fundamentally profound experiences with creativity and mental health, then openly share and discuss their reflections. A screening of Ken's most recent short film, Crooked Beauty (www.crookedbeauty.com) will be included at the start of the workshop. **SIGN UP REQUIRED. Please call (413) 561-3268 to sign up.**

Peer Networking Event: Thursday, October 28th from 11:30am to 2pm at Clinical and Support Option's new Peer Center, One Arch Place, Greenfield. This meeting is open to anyone who works in a paid or volunteer role as a peer worker in Western Mass. Join other peer workers from the region to learn from and support one another! Lunch is provided. Please RSVP to Sera at (413) 539-5941 ext. 203 or sera@westernmassrlc.org so we can make sure to have enough food and space!

Sip & Chat Coffee Hour: Wednesdays from 11am to 12pm, The Recovery Annex, 74 Federal Street, Greenfield. Start your day in the comfortable easy company of peers to Sip & Chat.

Women's Self-care Support Group: Mondays from 6:30 to 8:30pm at the Greenfield Women's Resource Center, 278 Federal Street, Greenfield. *We're starting up again!* Join facilitator Janice Sorensen for a supportive group where women can share wellness tools and ideas, find a sounding board and support one another. **PLEASE NOTE THE LOCATION HAS CHANGED.** For more info please call 413-561-3268.

WESTERN MASS RLC CALENDAR OF EVENTS: Calendar #5

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

OCTOBER 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Locations will vary throughout Hampshire County. Please check detailed descriptions for more information.	<i>We aspire to be fragrance free. Please avoid wearing fragrances to any RLC events. RLC events are wheelchair accessible unless otherwise noted.</i>			1	2
4 Acupuncture clinic 430pm	5 Alternatives to Suicide Group 6-730p	6 Writing Group: 2-3p	7 Yoga 330-5p	8	9
11 Acupuncture clinic 430pm	12 Peer Worker Support Group 530-7p Alternatives to Suicide Group 6-730p	13 Writing Group: 2-3p	14 Yoga 330-5p	15 Out to the Movies @ Cinemark 1-4p	16
18 Acupuncture clinic 430pm	19 Alternatives to Suicide Group 6-730p	20	21	22	23
25 Acupuncture clinic 430pm	26 Alternatives to Suicide Group 6-730p	27 Writing Group: 2-3p Film screening with filmmaker: Crooked Beauty and the Embodiment of Madness - 6pm to 8pm @ Mt. Holyoke College	28 Yoga 330-5p	29	30

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 430pm to 6pm, Friends Meeting Space, 43 Center Street, 2nd floor, Northampton. Drop-in auricular acupuncture focuses on five ear points. Arrive promptly to secure your space! *Freedom Center is lead sponsor, co-sponsored by the RLC (877-677-6424 for more info).*

Alternatives to Suicide Group: **NEW NIGHT:** Tuesdays from 6pm to 730pm at the Unitarian Church at 220 Main Street in Northampton. 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 Oryx at (413) 539-5941 ext. 202 if you would be interested in joining this group.**

Film Screening with the Filmmaker!!! Crooked Beauty and the Embodiment of Madness:

Wednesday, October 27th from 6pm to 8pm at the Mount Holyoke College, Dwight Building Rm # 101, 50 College Street, South Hadley. Join us as we kick off our fall film series of alternative perspectives on mental health: For our first film, filmmaker and mental health activist Ken Paul Rosenthal will screen *Crooked Beauty*, his poetic documentary that chronicles artist-activist Ashley McNamara's journey from psych ward patient to pioneering mental health advocate. Rosenthal will talk about his challenge to embody the film's character with compassion and authenticity. Discussion will focus on nurturing wellness through our relationship to the natural world, drawing new maps for 'madness' as a tool of insight, creativity and hope, and alternatives to the stigmas and stereotypes around representing madness in the media. Space is limited. Though sign up is not **required**, we encourage people to call (413) 539-5941 ext. 200 to RSVP. *Co-sponsored by the RLC, Clinical & Support Options and Mt. Holyoke College.*

Out to the Movies @ Cinemark: The 3rd Friday of the month, October 15th, 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, July 14th. Please call Sera at (413) 539-5941 203 to sign up and/or for more info!

Peer Worker Support Group: Tuesday, October 12th, 530pm -7pm. This group will meet the 2nd Tuesday of every month at varying locations in Hampshire County. ***In October, we will meet at the Coolidge Park Café*** at the Hotel Northampton on King Street in Northampton. Meet in the lobby between 5:15pm and 5:30pm before going into the restaurant. Some food supplied. No purchase required. Call Sera (413 539-5941 ext. 203) with any questions or to RSVP.

Writing Group: Every Wednesday, 2p – 3p, 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, 330p – 5p, 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 T/Th/F 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. (Stay tuned for a new Pittsfield group on Thursdays in 2009!)

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

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

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

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

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

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

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

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, 1st Floor Community Room. Contact Carlos Diaz at 786-9139 or Cruzita Rivera at 739-8590 for more info.

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

Peer-to-Peer Support Group: Every Wednesday 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 Trish for more info at 734-3071. 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.

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.

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 - Thursdays: Thursday, 7p to 830p, Easthampton Police Station, Main St, Easthampton. 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. Another group is about to start up in Easthampton (call Mike for more info at 413 230-0660).

DBSA Support Group - Wednesdays: Wednesday, 7p to 9p (often running late), CDH Outpatient Center, 3rd floor, 10 Main St, Florence. 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. Another group is about to start up in Easthampton (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, 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 call first at 877 677 6424.)

Manic Depression/Depression 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 Trish for more info at 734-3071. For individuals who have been diagnosed with depression or manic depression. 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, 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, 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 or going to www.transformation-center.org/cps/

MPower: 98 Magazine Street, Roxbury MA 02119, (617) 442-3301. 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, 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!