



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

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

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

APRIL 2015 UPDATE & CALENDAR

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

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



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SAVE THE RLCs

RLCs at Risk for 50% slash to budget

In the first few days of March, the Governor's budget proposal for Fiscal Year '16 was released. Many of us were shocked to learn that the proposal recommends a 50% cut to Recovery Learning Community (RLC) budgets across the state. **Although this would do very little to address the state's budget crisis, it would serve as an incapacitating blow for the RLCs.**

There's still time to act. The proposal is only in 'House 1' at this stage which means that it needs to pass through the House Ways & Means Committee, the Senate Ways & Means Committee, and a final joint council before it is finalized. If the cuts go through, they will take effect on July 1, 2015. **These steps will happen quickly, and so the time to act is now!!!**

All six RLCs have already begun to take action to ask that their budgets be fully restored, but numbers count and so we need EVERYONE to help. One of the ways you can help is to contact your legislators. See page 4 of this newsletter for sample scripts of what to say in e-mail or by phone.

We also need as many people as possible to show up on Wednesday, April 1st to the State House in Boston from 11am to 3pm. A rally will take place outside of the statehouse at 11am (bring signs!), followed by visits to legislators in small groups for the rest of the time there.

Interested in joining us? E-mail info@westernmassrlc.org or call 413.539.5941 x 301 if you need a ride (or can offer one)! Otherwise, just show up on April 1!

For more information, visit www.massrlcs.org

Important RLC Numbers:

Afiya Respite House:
413.570.2990

Peer Support Line:
888.407.4515

Community Bridgers:
413.539.5941 x 334

Greenfield Center:
413.772.0715

Holyoke Center:
413.539.5941

Pittsfield Center:
413.236.5888

Springfield (BOWEN) Center:
413.732.1703

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

Video Relay Phone*
413.650.1408

**Answered by Val.*

**See page 4
for sample e-mails
and phone call scripts
to legislators!**

Hearing Voices Opportunities & Info In This Issue:

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In August of 2013, Eleanor took much of the world by storm with her 14-minute Ted Talk, 'The Voices in My Head.' What she shared about her own experience and how she's come to understand and make meaning of it has helped challenge many myths and media-driven misconceptions of what it means to hear voices. Now, she'll bring this talk live to you!:

▪ **Wednesday, April 15**, 7pm to 9pm,
Mount Holyoke College, Cleveland L2,
South Hadley, MA, *Sponsored by the
Western Mass Recovery Learning
Community*

▪ **Thursday, April 16**, 1pm to 3pm,
Advocates, Inc., 1881 Worcester Road,
Framingham, MA, *Sponsored by
Advocates, Inc. & Western Mass
Recovery Learning Community*

▪ **Thursday, April 16**, 6pm to 8pm
(doors open at 5:30pm), Boston
University, College of Communication,
Room 101, 640 Commonwealth Ave,
Boston, MA. *Sponsored by Boston
University's Center for Psychiatric
Rehabilitation, Mad in America, and
the Western Mass Recovery Learning
Community*

*For more information call 413.539.5941
or e-mail info@westernmassrlc.org.*



The Voices in My Head



Who is Eleanor?: Eleanor Longden is a doctoral researcher who has lectured and published internationally on aspects of voice hearing, trauma, psychosis, and recovery. She is current coordinator of the Intervoice Scientific Committee and a trustee of the UK Soteria Network.



WESTERN MASS Recovery Learning Community

www.westernmassrlc.org

• April 2015 Newsletter

Dear Representative/Senator _____,

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

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

Today I am asking you to contact the Ways and Means Committee and express your support for restoration of the full \$3.4 million needed to fully fund the Recovery Learning Communities in Fiscal Year 2016. I am also asking that you identify this as one of your budget priorities.

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

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

The \$3.4 million dollars that currently funds Recovery Learning Communities is less than one half of one percent of the Department of Mental Health current budget of \$735 million. Any cut to this already very small budget would be hard to manage, but a 50% cut would literally devastate the Recovery Learning Communities' ability to function.

Sincerely,

Your Name

Sample statement in E-mail

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

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

I am asking for Representative/Senator _____ to go to the Ways and Means Committee and ask for full restoration of the Recovery Learning Communities' \$3.4 million budget, and to make this one of their budget priorities.

I can be contacted at [your phone/e-mail].

Sample meeting request

Sample phone call

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

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

I would like to meet directly with Representative/Senator _____ to ask them to go to the Ways and Means Committee and ask for full restoration of the Recovery Learning Communities' \$3.4 million budget, and to make this a budget priority.

Is there a time when Representative/Senator _____ is available to meet?

Call us at (413) 539-5941

Toll-Free (866) 641-2853



Call for Career Initiatives Grants 2015-2016!!!!

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

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

Grant awards average around \$2000 per awardee
(Some grant awards may be slightly higher or lower depending on the merit and needs of the project)

Applications are available by e-mailing info@westernmassrlc.org or visiting our website at www.westernmassrlc.org/employment

Want some extra support to get your questions answered or pick up a sample grant application? Consider attending one of our technical assistance workshops (not required to apply!):

Workshop dates and times are as follows:

Thursday April 2nd - 11AM @ RLC's Springfield (Bowen) Center
340 Main Street Springfield MA 01105

Thursday April 9th - 1PM @ RLC's Pittsfield Center
152 North Street, Suite 230 Pittsfield, MA 01201

Wednesday April 22nd - 12 PM @ RLC's Holyoke Center
187 High Street, Suite 303 Holyoke, MA 01040

Monday April 27th - 1:15PM @ RLC's Greenfield Center
74 Federal Street Greenfield, MA 01301



For more information or to register for a workshop e-mail info@westernmassrlc.org or call 413.539.5941 x 338



Volunteer Trainings

Springfield:

Tuesday, April 14, 2 to 3:30pm
RLC's Springfield (Bowen) Center,
340 Main Street, Springfield
Call 413.732.1703 or e-mail
earl@westernmassrlc.org

Holyoke:

Monday, April 27th, 4 to 5pm
RLC's Holyoke Center
187 High Street, Suite 303, Holyoke
Call 413.539.5941 x 341 or e-mail
chris@westernmassrlc.org

Interested in getting more involved in the RLC? Or just want to learn more about what we do and how we do it? Check out the volunteer training!

Sexual Trauma Mutual Support Group

1st and 3rd Wednesdays,
10am to 11:30am

187 High Street, Suite 303, Holyoke

This is a new group that will meet twice a month for the next four months. Many of us have experienced some form of sexual trauma in our lifetimes. This group is an intentional space for us to come together and talk about our experiences without judgment, to share our trials and our victories, and our dreams for our futures. People will be welcome to continue the conversations in a supportive environment.

Got One Care?

Do you identify as having a psychiatric diagnosis or physical disability? Are you between 18 and 65?
Are you enrolled in One Care?

The Disability Policy Consortium is holding confidential interviews about healthcare and is interested in your input!

Participants will be paid for transportation and time.

Contact Kimberly Warsett @
kwarsett@dpcma.org or 617.307.7374

Film Screening: 9000 Needles

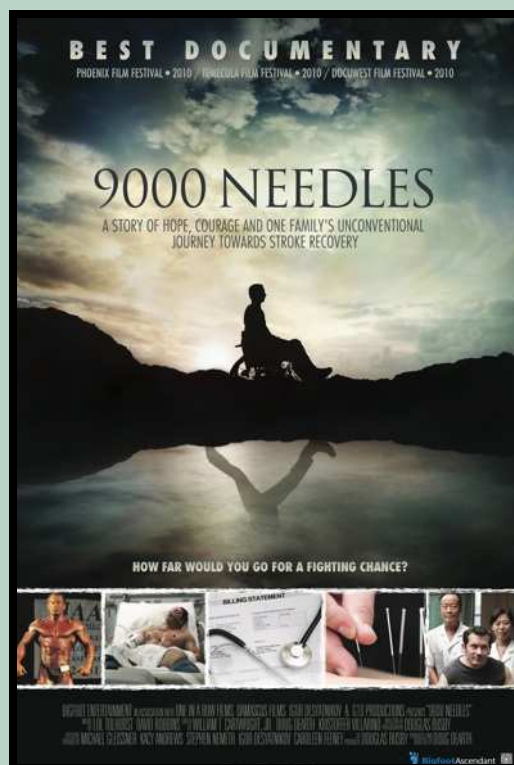
Wednesday, April 22, 3 to 5pm
RLC's Holyoke Center,
187 High Street, Suite 303

Join certified acupuncturist, Deb for this free screening of "9000 Needles" an informative and inspirational documentary about the healing effects of Acupuncture, family and community. The movie is about 80 minutes and there will be opportunity for discussion afterwards.

About the film: Having faced the confines of the American health care system, a forty year old stroke patient travels to Tianjin, China in search of the rehabilitation he needs.

Watch the trailer:

http://9000needles.com/9,000_Needles/Watch_Trailer.html





Upcoming Hearing Voices Facilitator Training in Massachusetts

Based on the high number of applications received for our April Hearing Voices training, we have moved up the date of our next training to August, 2015 to meet demand.

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

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

Applications are required and space is limited. Applications due by Friday, May 8th. In and out-of-state applicants are encouraged to apply!



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

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

Upcoming Alternatives to Suicide Facilitator Training in Massachusetts

We are excited to be able to offer the next Alternatives to Suicide Facilitator training in Massachusetts from Wednesday June 10th to Friday June 12th (930am to 430pm each day) with facilitators Caroline White and Sean Donovan.

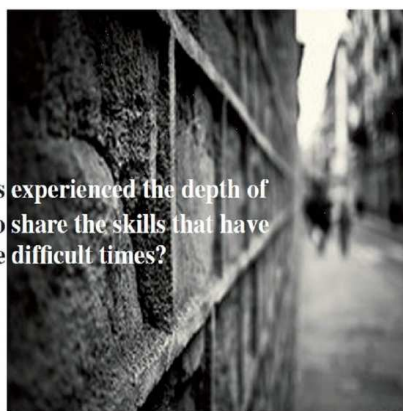
Applications are required and space is limited. Applications due by Friday, April 10th. In and out-of-state applicants are encouraged to apply!



Western Mass
Recovery Learning Community

Are you a person who has experienced the depth of despair? Are you willing to share the skills that have helped you overcome difficult times?

Alternatives to Suicide
Peer Support Groups



Training applications can be found at <http://westernmassrlc.org/alternatives-to-suicide> or by e-mailing info@westernmassrlc.org

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



Connecting the Dots Workshop

Saturday, April 11th, 1 to 4pm @ the RLC's Pittsfield Center, 152 North Street, Suite 230

Join us in welcoming spring and all the new beginnings it brings! This afternoon event will be an opportunity to explore what it means to belong, connect, and find refuge in community. You can expect group sharing, storytelling and time for personal reflection!

In the spirit of sharing, we ask that you bring a small potluck snack for our table (though no one turned away if unable to contribute!!)

This event is being offered by Natalie, Caroline and Libby (Smith MSW students) in collaboration with Cate (RLC's Pittsfield Community Coordinator)

Making Sense of Voices

Maastricht Interview Training

A Three-Day Workshop for Clinical Providers & Other Supporters

We are applying for
Continuing Ed Credits for
LMHCs and LCSWs in
Massachusetts!

With trainer, Peter Bullimore (2nd trainer TBA)



Monday, July 13—Wednesday, July 15
Holyoke Community College, Holyoke, Massachusetts

The Maastricht Interview is a semi-structured questionnaire that can be used to support people who hear voices. It was developed by Dr. Sandra Escher, Professor Marius Romme and voice hearer, Patsy Hage as a way to explore the experience of voice hearing in depth and provide the tools needed to build trust, openness and understanding. It can assist people who hear voices in a number of ways including:

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

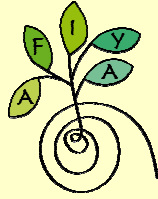
This training is particularly geared toward clinical workers and other supporters.

Cost is \$190 for all three days (scholarships and reduced rates are available).

For more info or a registration form, please visit our website or e-mail info@westernmassrlc.org



Ask
Afiya



To learn more about Afiya visit:
www.afiyahouse.org or call 413.570.2990
To submit a question e-mail afiya@westernmassrlc.org

I stayed back when you first opened and I'm thinking of calling again. What's changed at Afiya since you opened?

Actually, there haven't been a lot of changes since we first opened. We've inevitably learned a lot and we've gotten better at sitting with and supporting people through much more varied experiences. We know a lot more about what's hard about this work and what we need to sustain ourselves as a team (though that's still a work in progress!). As you'd expect, some of our original team members have moved on to other opportunities and we've had several new people join us. We've also added a few additional hours of coverage. (We started with only single coverage 24-hours per day and now have double coverage at least 6 hours per day.) Perhaps the biggest change is that we're more intentional now about the conversation we have with someone who's interested in staying at Afiya, so you may find that that part takes a bit longer and that we ask a bit more to really make sure that coming to Afiya is your choice and likely to be a good match all around.

All that said, we still hold all the same values and priorities and if anything, with all our ups and downs, we believe in our mission and priorities even more strongly. Give us a call if you want to know more!

Scattergood Award Nominations

The Western Mass Recovery Learning Community has been nominated for two Scattergood Innovation Awards. If selected as a winner, the RLC will receive a \$25,000 prize.

Nominees are selected based on their innovative and creative work and leadership in a particular area. The two areas for which the RLC is currently nominated include:

Afiya Peer Respite: www.scattergoodfoundation.org/innovideas/western-mass-recovery-learning-community-0#.VQd8HuGupFs

Alternatives to Suicide:

www.scattergoodfoundation.org/innovideas/western-mass-recovery-learning-community#.VQd8qOGupFs

The nominations are open for public comment until March 27. Scattergood's panel of judges will then select finalists at which point the public will vote for the winner to be announced on April 17. **Help the RLC get recognized by commenting while there's still time!**

Western Mass RLC to Take Part in National Efforts to Increase Hearing Voices Group Access!

The RLC is pleased to announce that it will be partnering with Mount Holyoke College and the Foundation for Excellence in Mental Health Care over the coming year through a \$250,000 grant awarded to the Hearing Voices Research and Development Fund as jointly administered by Gail Hornstein (Professor of Psychology, Mount Holyoke College) and Jacqui Dillon (National Chair, Hearing Voices Network, England).

The RLC's part will primarily be in supporting increased Hearing Voices group access across the country through Hearing Voices trainings and support to individuals and groups seeking to start or sustain this work. An open competition will be launched in April through the Fund's administrators to choose the 5 project regions. Stay tuned for more details as this exciting project moves forward!

Read the official press release here:
<https://madmimi.com/s/d95df5>



Community Happenings

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

What: Animal Secrets**When:** Now, through May 3rd**Where:** Springfield Science Museum**Cost:** \$5 for all visitors ages 3 and up, in addition to museum admission.**More Info:** What does an eagle feed its young? How do mother bats find their babies in a cave? Using imaginative role-play and hands-on activities, families and children ages 3 through 8 will answer these questions while exploring the hidden habitats and secret lives of forest animals. See the world from an eagle's point-of-view and gather food for the winter with a chipmunk family, all while discovering Animal Secrets.**For details:** <http://www.massvacation.com/event/11137/>**What: Festival of Flowers****When:** April 9th-April 12th**Where:** Springfield Museums
(21 Edwards Street, Springfield)**Cost:** \$5 for ages 3 and up, plus museum admission**More Info:** Galleries in all 4 museums will burst with color when over 50 museum objects, ranging from paintings and sculpture, to motorcycles and Native American artifacts are creatively interpreted.**For details:**<http://www.massvacation.com/event/11136/>**What: Karaoke****When:** Every 3rd Friday, 8pm - 10:30 pm**Where:** 68 Federal St, Greenfield**Cost:** Free**More info:** www.recoverproject.org
(alcohol-free venue)

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

www.meetup.com/find/

A few examples:

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

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

What: Dads and Kids Book Club**When:** Saturdays, 2/14, 3/14, 4/11, 5/9 @10:30am**Where:** Mason Square Branch Library, 765 State Street, Springfield**More info:** Designed for preschool children ages 2.5 years through 5 years old (siblings welcome), Once a month, children will be introduced to books with a story time, an arts & craft activity, a snack, and time for dads to meet other dads.**For details:** call Jeff at (413) 263-6853, or Ted at (413) 263-6828 x 201.**Other Places to Look for Ways to Connect!****Hilltown Event Recommendations:** www.hilltownfamilies.org/**Sober Events in Western Mass:** www.westernmassaa.org/Non-AA_Events_Links.html**Events in the Pioneer Valley:** www.pioneervalley.org**Events in and around the Berkshires:** berkshires.org/events/**Events in and around Franklin County:** www.franklincc.org/**Events in and around Hampden County:** www.masslive.com/events/

Holyoke Area

Hampden County • April 2015

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Please contact us if you have accommodation requests, including interpreters.</i></p> <p><i>The RLC aspires to be scent free. Please avoid wearing scents to any RLC events or spaces.</i></p>		<p>1</p> <p>Center Closed for SAVE THE RLC'S DAY!</p> <p>See page 2 for details!</p>	<p>2</p> <p>Center Open 12-4p Winding Road Support Group 1-2p Sylvia Rivera Support Group 4:30-6pm</p>	<p>6</p> <p>Center Closed</p>
<p>6</p> <p>Center Open 12-4p Guiding Council of Western Mass (GCOW) 10-noon Peer Support Group 1-2pm Relaxation Group 2:30-3:30p</p>	<p>7</p> <p>Center Open 12-4p Deaf/HOH Drop-in Hours 2-4p Hearing Voices Group 4:30-6pm</p>	<p>8</p> <p>Center Open 12-4p Deaf/HOH Drop-in Hours 2-4p Music Jam 4:30-6:30p</p>	<p>9</p> <p>Center Open 12-4p Winding Road Support Group 1-2p Sylvia Rivera Support Group 4:30-6pm</p>	<p>10</p> <p>Center Closed</p>
<p>13</p> <p>Center Open 12-4p Peer Support Group 1-2pm Relaxation Group 2:30-3:30p</p>	<p>14</p> <p>Center Open 12-4p Deaf/HOH Drop-in Hours 2-4p Hearing Voices Group 4:30-6pm</p>	<p>15</p> <p>Center Open 12-4p ***NEW*** Sexual Trauma Mutual Support Group 10am-11:30a Deaf/HOH Drop-in Hours 2-4p Acupuncture 4-5p</p>	<p>16</p> <p>Center Open 12-4p Winding Road Support Group 1-2p Sylvia Rivera Support Group 4:30-6pm</p>	<p>17</p> <p>Center Closed</p>
<p>20</p> <p>Center Open 12-4p Peer Support Group 1-2pm Relaxation Group 2:30-3:30p</p>	<p>21</p> <p>Center Open 12-4p Deaf/HOH Drop-in Hours 2-4p Hearing Voices Group 4:30-6pm</p>	<p>22</p> <p>Center Open 1-4pm Community Action Meeting 12-1p Deaf/HOH Drop-in Hours 2-4p ***Acupuncture Movie Screening! 3-5p***</p>	<p>23</p> <p>Center Open 12-4p Winding Road Support Group 1-2p Sylvia Rivera Support Group 4:30-6pm</p>	<p>24</p> <p>Center Closed</p>
<p>27</p> <p>Center Open 12-4p Peer Support Group 1-2pm Relaxation Group 2:30-3:30p Volunteer Training! 4-5p</p>	<p>28</p> <p>Center Open 12-4p Deaf/HOH Drop-in Hours 2-4p Hearing Voices Group 4:30-6pm</p>	<p>29</p> <p>Center Open 12-4pm Deaf/HOH Drop-in Hours 2-4p Deaf/HOH Community Forum 4-6pm 11</p>	<p>30</p> <p>Center Open 12-4p Winding Road Support Group 1-2p Sylvia Rivera Support Group 4:30-6pm</p>	

HOLYOKE AREA / Hampden County • April 2015

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

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

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

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

Acupuncture Movie Screening: Wednesday 4/22, 3-5pm Join certified acupuncturist, Deb for this free screening of “9000 Needles” an informative and inspirational documentary about the healing effects of Acupuncture, family and community. The movie is about 80 minutes and there will be opportunity for discussion afterwards.

Community Action Meeting: Wednesday 4/22, 12-1pm. The Community Action Meeting will be focused on community ideas, concerns, & growth. This is a great opportunity to build our sense of community and connection to one another! Pizza will be served.

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

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

Guiding Council of Western Mass (GCOW): April 6th from 10-noon. GCOW is the Advisory Board for the RLC. Come help determine where the RLC is headed next. Anyone is welcome!

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

Music Jam: Wednesday, April 8th, 4:30-6:30p. Come join us for this musical gathering. Bring your voice, musical instrument and/or song requests!

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

Relaxation Group: Mondays 2:30-3:30pm, Self-determined relaxation, come share relaxation strategies. We often listen to relaxing music, use scented candles, and guided meditations are available. Suggestions and new ideas welcome. (Napping is also OK!)

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

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

Volunteer Training: Monday April 27th, 4-5pm. Interested in getting more involved in the WMRLC, or just learning more about what we do and how we do it? Come to our Volunteer training.

Call Chris at 413-539-5941, ext. 341 to sign up, or email chris@westernmassrlc.org.

Winding Road Support Group: Thursdays, 1:00-2:00pm. Join members of the community as we gather in a supportive, non-judgmental way to discuss and share around issues regarding addictions, healing, and coping along life's path. All are welcome.

Springfield Area

Hampden County • April 2015



Tuesday	Wednesday	Thursday	Friday	Saturday
Please contact us if you have accommodation requests, including interpreters	1 <i>Center & Wellness Closed</i> Workout Madness 4-6p	2 Center Open 9a-2p Wellness Open 10a-2p Community Meeting 11a Instructional Workout Madness 4:30-5p	3 Center Open 9a-2p Wellness Open 10a-2p Yoga 9-11a Alternatives to Suicide Support Group 2:30-4p	4 Center Open 11a-3p Wellness Open 1-3p
	SAVE THE RLC'S DAY! See page 2 for details!			
7 Center Open 9a-2p Wellness Open 10a-2p Yoga 2-3p Volunteer Training 2-3:30p	8 <i>Center & Wellness Closed</i> Workout Madness 4-6p	9 Center Open 9a-2p Wellness Open 10a-2p Instructional Workout Madness 4:30-5p	10 Center Open 9a-2p Wellness Open 10a-2p Yoga 9-11a Alternatives to Suicide Support Group 2:30-4p	11 Center Open 11a-3p Wellness Open 1-3p
14 Center Open 9a-2p Wellness Open 10a-2p Yoga 2-3p	15 <i>Center & Wellness Closed</i> Workout Madness 4-6p	16 Center Open 9a-2p Wellness Open 10a-2p Instructional Workout Madness 4:30-5p	17 Center Open 9a-2p Wellness Open 10a-2p Yoga 9-11a Alternatives to Suicide Support Group 2:30-4p	18 Center Open 11a-3p Wellness Open 1-3p
21 Center Open 9a-2p Wellness Open 10a-2p Yoga 2-3p	22 <i>Center & Wellness Closed</i> Workout Madness 4-6p	23 Center Open 9a-2p Wellness Open 10a-2p Instructional Workout Madness 4:30-5p	24 Center Open 9a-2p Wellness Open 10a-2p Yoga 9-11a Alternatives to Suicide Support Group 2:30-4p	25 Center Open 11a-3p Wellness Open 1-3p
28 Center Open 9a-2p Wellness Open 10a-2p Yoga 2-3pm	29 <i>Center & Wellness Closed</i> Workout Madness 4-6p	30 Center Open 9a-2p Wellness Open 10a-2p A Conversation About Sexual Harassment and Sexism 10-11am Instructional Workout Madness 4:30-5p	The RLC aspires to be scent free. Please avoid wearing scents to any RLC events or spaces.	
			Spring Cleaning! Thursday, April 30th, 2-3:30pm	

SPRINGFIELD AREA / Hampden County • April 2015

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

*Unless otherwise noted, all events in this section are at the Bowen Resource
& Wellness Centers, 340 Main Street, Springfield, MA 01105.*

Please call (413) 732-1703 for more information.

Hablamos inglés y español!

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

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

A Conversation About Sexual Harassment and Sexism: **Thursday, April 30th, 2:3:30pm.** Please join us at the Bowen Resource Center on April 30th 2015 from 10-11am for a conversation around sexual harassment and sexism. We will talk about how we might navigate the emotions created by and process involved in those experiences.

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

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

Deaf & Hard-of-Hearing Drop-in Hours: **Fridays, 1-4pm.** Stop by and chat with other community members to build connection and find out about resources.

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

Workout Madness: **Wednesdays, 4-6:00pm** in the Wellness Center. Work with Personal Trainer, Reggie, as he designs workouts around your current fitness level and introduces new and creative ways to get healthy. With over 20 years' experience, Reggie has something to offer everyone! Come on out and bring your sneakers! **NOTE:** Workout Madness has gotten so popular that things have gotten a little over-crowded at times! For this reason, *we need to ask that people call to sign up for a slot before attending and new people will be continuously rotated in.*

To reserve a space call the Bowen Center at (413) 732-1703 or email info@westernmassrlc.org.

Yoga (all levels welcome): **Tuesdays 2-3pm, and Friday 9-10 am** at the Bowen Wellness Center. Yoga class is made up of breathing, stretching, strengthening and balancing poses that lead to a greater sense of peace, relaxation, and power! Modifications are always offered so that you can move at your own comfortable pace. You will feel more relaxed, calm, and at peace even after one class. *NOTE: The first class of the month we'll be using a DVD, and the second will be a guided meditation.*

Volunteer Training: 4/14 2-330p: Join us at the Bowen Resource Center to learn about how to be a volunteer in our space. We will discuss the values and principles that we hold and how to best support holding the space.

Spring Cleaning: 4/30 2-330 p: Help us tidy up and refresh the space before it finally gets warm again! (Unless it is already warm. Then come celebrate good weather! *fingers crossed*)

Pittsfield Area

Berkshire County • April 2015



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Please contact us if you have additional accommodation requests, including interpreters.</p> <p>The RLC aspires to be scent free. Please avoid wearing scents to any RLC events or spaces.</p>		<p>1</p> <p>Center Closed for SAVE THE RLC'S DAY!</p> <p>See page 2 for details!</p>	<p>2</p> <p>Center Open 12p-4p</p>	<p>3</p> <p>Center Closed</p>
<p>6</p> <p>Center Open 12p-4p</p> <p>General Support Group 11a-12p</p> <p>Creative Explorations 2p-3:30p</p>	<p>7</p> <p>Center Closed</p> <p>Yoga means Union 10a-11:30a</p> <p>LGBTQQA Support Group 3p-4p</p>	<p>8</p> <p>Center Open 3p-6p</p> <p>Men's Group 5p-6p</p> <p>*NEW* Alternatives to Suicide 6:30p-8p</p>	<p>9</p> <p>Center Open 12p-4p</p> <p>Hearing Voices 4:30p-6p</p>	<p>10</p> <p>Center Closed</p>
<p>13</p> <p>Center Open 12p-4p</p> <p>General Support Group 11a-12p</p> <p>*NEW DAY* Community Voice 12:30p-1:30p</p>	<p>14</p> <p>Center Closed</p> <p>Yoga mean Union 10a-11:30a</p>	<p>15</p> <p>Center Open 3p-6p</p> <p>Men's Group 5p-6p</p> <p>*NEW* Alternatives to Suicide 6:30p-8p</p>	<p>16</p> <p>Center Open 12p-4p</p> <p>3rd Thursday Committee Meeting 1p-2p</p>	<p>17</p> <p>Center Closed</p>
<p>20</p> <p>Center Open 12p-4p</p> <p>*NEW* Walking Group 10a-11a</p> <p>General Support Group 11a-12p</p> <p>Creative Explorations 2p-3:30p</p>	<p>21</p> <p>Center Closed</p> <p>Yoga means Union 10a-11:30a</p> <p>LGBTQQA Support Group 3p-4p</p>	<p>22</p> <p>Center Open 3p-6p</p> <p>Men's Group 5p-6p</p> <p>*NEW* Alternatives to Suicide 6:30p-8p</p>	<p>23</p> <p>Center Open 12p-4p</p> <p>Hearing Voices 4:30p-6p</p>	<p>24</p> <p>Center Closed</p>
<p>27</p> <p>Center Open 12p-4p</p> <p>*NEW* Walking Group 10a-11a</p> <p>General Support Group 11a-12a</p> <p>Creative Explorations 2p-3:30p</p>	<p>28</p> <p>Center Closed</p> <p>Yoga means Union 10a-11:30a</p> <p>Law of Attraction Share 6p-8p</p>	<p>29</p> <p>Center Open 3p-6p</p> <p>Men's Group 5p-6p</p> <p>*NEW* Alternatives to Suicide 6:30p-8p</p> <p>15</p>	<p>30</p> <p>Center Open 12p-4p</p>	

PITTSFIELD AREA / Berkshire County • April 2015

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

Unless specifically noted, all activities are free and take place at the RLC Pittsfield Center: 152 North St., Suite 230 located between Pancho's Restaurant and The Garden. Once inside follow the signs to the elevator or stairs at the back of the building. We are on the 2nd floor! An automated handicap-accessible door is located in the rear of the building at 152 Renne Avenue. 30 & 90 minute parking is available on street and 3 hour parking in the Columbus Parking Deck located on Summer Street and in the lot located on 1st Street. The Pittsfield Center phone: 413-236-5888 & fax: 413-236-2995

Berkshire Center Community Hours: Mondays and Thursdays 12:00pm-4:00pm, and Wednesdays 3-6pm unless otherwise noted on the monthly calendar. Peer support, resource information, computer lab, lending library, Wii gaming and other activities are offered. Additional hours are available by appointment. Come on by and drop in. We'd love to see you!

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

Community Voice: **Monday, April 13th 12:30pm – 1:30pm.** Offer leadership, be creative, and share your knowledge & a bit of time to focus on community wellness, ideas, concerns and growth. This is a great opportunity to build our sense of community and connection to one another and to shape the future of the RLC's Pittsfield Center! This meeting will be followed by pizza!

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

General Support Group: **Each Monday, 11:00am – 12:00pm.** Offer and receive support in a confidential, non-judgmental peer setting. Share your expertise and those of your peers in this generative environment. Everyone is invited and welcome! The door is closed at **11:15am** to offer a **respectful and healing environment** for those meeting. Please be mindful of this group decision.

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

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

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

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

Reiki Sessions: **1st Wednesday of the month, 3pm-5pm** A Japanese technique for stress reduction and relaxation, Reiki has also been known to have healing properties. Sessions are offered for 10 minutes, on a first come basis.

3rd Thursday Committee Meeting: **Thursday, April 16 1-2pm** Join us to plan our presence at the coming 3rd Thursday Street Festival. This is a fun way to be a part of and to actively participate in our community.

Walking Group: **[Beginning 4/20] Mondays 10a-11a** Join us for some fresh air and exercise. No experience required. All fitness levels welcome.

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

Greenfield Area

Franklin County • April 2015



Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Please contact us if you have additional accommodation requests, including interpreters.</i></p> <p><i>The RLC aspires to be scent free. Please avoid wearing scents to any RLC events or spaces.</i></p>		<p>1</p> <p>Center Closed for SAVE THE RLC'S DAY!</p> <p>See page 2 for details!</p>	<p>2</p> <p>Dual Recovery Support Group 10-11a</p> <p>Acupuncture 12-1p (Center open from 11:30a-1:30p)</p> <p>Vet to Vet 3-4:30p</p> <p>Men's Wisdom Group 5-6:30p</p>	<p>3</p> <p>Open Hours 2:30-5p</p> <p>Weekend Self-Care Support Group 1-2:30p</p>
<p>6</p> <p>Open Hours 1-4p</p> <p>Herbal Health Clinic 1-4p (RPX) (by appt)</p>	<p>7</p> <p>Dual Recovery Support Group 10-11a (RPX)</p> <p>Mindfulness Circle 1-2:30p</p> <p>Alternatives to Suicide Support Group 5:30-7p</p>	<p>8</p> <p>Open Hours 1-4p</p> <p>Gentle Yoga (RPX) 9:30-10:50a</p> <p>*NEW* Hearing Voices 11a-12:30p</p> <p>Mindfulness—Conversation and Practice 5:30-6:30p</p>	<p>9</p> <p>Dual Recovery Support Group 10-11a</p> <p>Acupuncture 12-1p (Center open from 11:30a-1:30p)</p> <p>Vet to Vet 3-4:30p</p> <p>Men's Wisdom Group 5-6:30p</p>	<p>10</p> <p>Open Hours 2:30-5p</p> <p>Weekend Self-Care Support Group 1-2:30p</p>
<p>13</p> <p>Open Hours 1-4p</p> <p>Creative Self Expressions 1:30-3p</p> <p>Toolbox for a Happier Life 6-7:30p</p>	<p>14</p> <p>Dual Recovery Support Group 10-11a (RPX)</p> <p>Mindfulness Circle 1-2:30p</p> <p>Alternatives to Suicide Support Group 5:30-7p</p>	<p>15</p> <p>Open Hours 1-4p</p> <p>Gentle Yoga (RPX) 9:30-10:50a</p> <p>*NEW* Hearing Voices 11a-12:30p</p> <p>Mindfulness—Conversation and Practice 5:30-6:30p</p>	<p>16</p> <p>Dual Recovery Support Group 10-11a</p> <p>Acupuncture 12-1p (Center open from 11:30a-1:30p)</p> <p>Vet to Vet 3-4:30p</p> <p>Men's Wisdom Group 5-6:30p</p>	<p>17</p> <p>Open Hours 2:30-5p</p> <p>Weekend Self-Care Support Group 1-2:30p</p>
<p>20</p> <p>Open Hours 1-4p</p>	<p>21</p> <p>Dual Recovery Support Group 10-11a (RPX)</p> <p>Mindfulness Circle 1-2:30p</p> <p>Alternatives to Suicide Support Group 5:30-7p</p>	<p>22</p> <p>Open Hours 1-4p</p> <p>Gentle Yoga (RPX) 9:30-10:50a</p> <p>*NEW* Hearing Voices 11a-12:30p</p> <p>Mindfulness—Conversation and Practice 5:30-6:30p</p>	<p>23</p> <p>Dual Recovery Support Group 10-11a</p> <p>Acupuncture 12-1p (Center open from 11:30a-1:30p)</p> <p>Vet to Vet 3-4:30p</p> <p>Men's Wisdom Group 5-6:30p</p>	<p>24</p> <p>Open Hours 2:30-5p</p> <p>Weekend Self-Care Support Group 1-2:30p</p>
<p>27</p> <p>Open Hours 1-4p</p> <p>Community Forum 1:15-2:45p</p> <p>Toolbox for a Happier Life 6-7:30p</p>	<p>28</p> <p>Dual Recovery Support Group 10-11a (RPX)</p> <p>Mindfulness Circle 1-2:30p</p> <p>Alternatives to Suicide Support Group 5:30-7p</p>	<p>29</p> <p>Open Hours 1-4p</p> <p>Gentle Yoga (RPX) 9:30-10:50a</p> <p>*NEW* Hearing Voices 11a-12:30p</p> <p>Mindfulness—Conversation and Practice 5:30-6:30p</p>	<p>30</p> <p>Dual Recovery Support Group 10-11a</p> <p>Acupuncture 12-1p (Center open from 11:30a-1:30p)</p> <p>Vet to Vet 3-4:30p</p> <p>Men's Wisdom Group 5-6:30p</p>	<p>4</p> <p>Drawing Workshop Series 9:30-11:30a</p> <p>11</p> <p>Drawing Workshop Series 9:30-11:30a</p> <p>18</p> <p>Drawing Workshop Series 9:30-11:30a</p> <p>24</p> <p>Drawing Workshop Series 9:30-11:30a</p>

GREENFIELD AREA / Franklin County • April 2015

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

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

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

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

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

Community Forum: Fourth Monday, April 27th, 1:15-2:45pm. Time for the Franklin County community to come together to provide input and discuss issues important to you regarding the Greenfield Center and/or the RLC in general. This can include difficulties or challenges, as well as ideas for the future. We will have pizza and salad. Come let your voice be heard!

Drawing Workshop Series: Six (6) Saturdays, beginning April 4th, 9:30-11:30am. For those that think they can't but would like to! No experience required. If you can hold a pencil, you can learn to draw! Facilitated by Cindi Oldham. There is no cost to attend, and coffee and tea will be provided. Registration is required. Call or text Cindi at 413-824-4692 or email cindi@cindioldham.com.

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

Gentle Yoga: Wednesdays, 9:30-10:50am. At the RPX (RECOVER Project Extension), One Osgood St., Greenfield. Erica Travis incorporates light-hearted joyful movement with a reverent and consistent focus on breath and deepening individual awareness. Multiple variations of poses are presented to encourage individual choices and levels of ability.

***NEW* Hearing Voices Group:** Wednesdays, 11am-12:30pm. Although 1 in 10 people hear voices, many choose not to talk about them due to fear of judgment and stigma. A Hearing Voices group is a place where people can meet to talk about their experiences of hearing voices, or experiencing other altered/extreme states, without such concern. It offers mutual support and friendship, with the opportunity to explore your experiences and learn from others with similar stories. **You do not need to hear voices to attend this group.**

Herbal Health Clinic: Monday, April 6th, 1-4pm (RPX). Free consultation with an experienced herbalist to discuss your recovery and/or health concerns, for people struggling with trauma, recovery, grief, extreme stress, financial hardship, or a combination of the above. Reduced cost for herbal medicines (tinctures, tonics, herbs, supplies), averaging \$15-\$20 per month. Offered by Bonnie Bloom and Leslie Chaison. For more information or to schedule a session, please contact Julie Sheperd at (413) 512-0153 or jsheperd2824@gmail.com.

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

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

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

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

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

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

Northampton Area

Hampshire County • April 2015



Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Please contact us if you have additional accommodation requests, including interpreters.</i></p> <p><i>The RLC aspires to be scent free. Please avoid wearing scents to any RLC events or spaces.</i></p>		1	2 Yoga 3:30 – 5pm (Forbes Library) 20 West Street Northampton	3
6 Hearing Voices, 3:30pm Alternatives to Suicide Group 6:30 – 8pm Yoga 7 – 8:15 pm (First Church)	7	8	9 Yoga 3:30 – 5pm (Forbes Library) 20 West Street Northampton	10 Out to the Movies at Cinemark 12:30 – 4pm
13 Hearing Voices, 3:30pm Alternatives to Suicide Group 6:30 – 8pm Yoga 7 – 8:15 pm (First Church)	14	15	16 Yoga 3:30 – 5pm (Forbes Library) 20 West Street Northampton	17
20 Hearing Voices, 3:30pm Alternatives to Suicide Group 6:30 – 8pm Yoga 7 – 8:15 pm (First Church)	21	22	23 Yoga 3:30 – 5pm (Forbes Library) 20 West Street Northampton	24
27 Hearing Voices, 3:30pm Alternatives to Suicide Group 6:30 – 8pm Yoga 7 – 8:15 pm (First Church)	28	29	30 Yoga 3:30 – 5pm (Forbes Library) 20 West Street Northampton	

NORTHAMPTON AREA / Hampshire County • April 2015

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

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

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

Alternatives to Suicide Group: Mondays from 6:30 to 8pm at the Friend's Meeting House in Northampton, 43 Center Street. This is a peer-run group for individuals who want a safe, judgment-free zone to talk about alternatives to suicide. Please call Sarah or Sean at 413-539-5941 ext. 318 for more information or to join this group.

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

Out to the Movies @ Cinemark: The 2nd Friday of April, 12:30pm to 4pm (actual time may vary slightly depending on movie selected) @ Cinemark Theatres at the Hampshire Mall, Rt. 9, Hadley. Join Denise and other community members for an afternoon at the movies. 6 SPOTS AVAILABLE FOR FREE TICKETS, AND 3 TO 4 SPOTS AVAILABLE FOR TRANSPORTATION ASSISTANCE FOR INDIVIDUALS IN THE NORTHAMPTON/HADLEY/EASTHAMPTON ARE. You MUST SIGN UP for this event and early sign up is recommended. The actual film and exact meeting time will be determined by Wednesday of that week.

Please call Denise @ 413.539.5941 x 329 or denise@westernmassrlc.org

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

ADDITIONAL PEER COMMUNITY RESOURCES

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

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

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

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

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

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

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

Art Group: Mondays from 1p to 2p, 13 Prospect Street, Greenfield. For more information or interest in joining this group contact Lee Shuer at (413) 588-8395 or lshuer@servicenet.org

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

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

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

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

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

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

ADDITIONAL PEER COMMUNITY RESOURCES

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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HAMPSHIRE COUNTY (Northampton, Easthampton, etc.):

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

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

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

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

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

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

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

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

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

ADDITIONAL PEER COMMUNITY RESOURCES

RLCs IN OTHER AREAS OF THE STATE

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

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

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

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

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

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

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

PEER SUPPORT / WARMLINES

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

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

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

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

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

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

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

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

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

STATEWIDE ORGANIZATIONS, EVENTS & TRAININGS

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

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

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