



Western Mass Recovery Learning Community

February Update & Calendar

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Western Mass Recovery Learning Community

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Tribute to Judi Chamberlin

By Oryx Cohen and Leah Harris

Judi Chamberlin, 65, a disability rights advocate, person with lived experience, and author of the groundbreaking book "On Our Own: Patient-Controlled Alternatives to the Mental Health System," (1978) died January 16th at her home in Arlington, Mass., of chronic obstructive pulmonary disease.

In her early 20s, Ms. Chamberlin was hospitalized in a state institution and was declared schizophrenic. She soon discovered that as a psychiatric patient, she had no legal rights. This realization was the catalyst for her career as an activist, which began in the early 1970s when she co-founded the Mental Patients Liberation Front in Boston.

Throughout her life, Ms. Chamberlin worked to create client-run, non-coercive alternatives to traditional mental health systems and to end rights violations and discrimination against people with psychiatric disabilities.

She co-founded the Ruby Rogers Advocacy and Drop-In Center, a self-help facility run by and for people who have received psychiatric services, and the National Empowerment Center, a technical assistance center dedicated to promoting recovery and community integration.

In 1992, Ms. Chamberlin received the President's Distinguished Service Award from the President's Committee on Employment of People with Disabilities.

She was the author of the seminal National Council on Disability report

Tribute to Judi Cont.

"From Privileges to Rights: People Labeled With Psychiatric Disabilities Speak for Themselves" (2000).

Always an amazing activist, toward the end of her life, Judi became an advocate for the hospice model of care and the right to die at home, which she chronicled in the blog "Life as a Hospice Patient."

Judi was a true inspiration. Her death leaves us wondering, how can we best carry on her legacy? Here we offer a few humble suggestions:

1. Live your life to the fullest. Judi always did. She was never defined by a label and did not pass up an opportunity to travel or enjoy fine dining.

2. Stop using the words "mental illness." Judi did not think of herself as "mentally ill." Like most of us, she had some difficulties in living. The inspiring part of her story is that she overcame these, experienced profound healing, and paved the way for many more of us to do the same.

3. Join the peer movement. There are some amazing organizations that Judi was a part of and that need new energy. Join and/or support MindFreedom International, the National Association for Rights Protection and Advocacy (NARPA), and the National Empowerment Center (NEC).

4. Reach out across disabilities and cultures. Judi was a pioneer in the "cross-disability" movement. Follow her lead, ultimately we are all in the same boat together!

Suicide Prevention Community Forum

Thursday, February 18th
4 to 6 pm

187 High St., Suite 303
Holyoke, MA

Join the community for a discussion about the taboo subject of suicide.

Learn about your local Pioneer Valley Suicide Prevention Coalition and the upcoming "Alternatives to Suicide" peer-run support groups sponsored by the RLC and funded by Tapestry Health.

We need your input!

New Hours in Springfield!

We are pleased to announce that we are now able to have extended and more consistent hours at our Springfield Bowen Resource Center!

Our new hours are as follows:

Tuesdays 9am – 3pm

Thursdays 9am – 3pm

Fridays 9am – 3pm*

Saturdays 11am – 3pm

Please join us and check out our expanded February calendar on pages 4 and 11!!!

*Fridays are reserved for young adults age 18 to 25

WESTERN MASS RLC CALENDAR OF EVENTS: Calendar #1

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

FEBRUARY 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Sat
<p>1 RCC CLOSED FOR DROP-IN</p> <p>Guiding Council 2-430p</p>	<p>2 RCC open 10-4p RLC Intro 1030-1130a</p> <p>Kandi Beadwork 2-330p</p> <p>Hearing Voices Group 430-6p</p>	<p>3 RCC open 12-8p ASL Class 12-1p</p> <p>Deaf/HOH Drop-in 1-5p</p> <p>Community Art 1-230p</p> <p>Ear Acupuncture 3-4p</p> <p>Movie Night 4-6p</p>	<p>4 RCC open 12-4p Wii Time 1-2p</p>	<p>5 RCC open 12-4p Reiki 1-3p</p> <p>First Friday Potluck 1-3p</p>	<p>6</p>
<p>8 RCC CLOSED FOR DROP-IN</p>	<p>9 RCC open 10-4p RLC Intro 1030-1130a</p> <p>1st Women's Group 1-2p</p> <p>Kandi Beadwork 2-330p</p> <p>Hearing Voices Group 430-6p</p>	<p>10 RCC open 12-8p ASL Class 12-1p</p> <p>Laughter Group 12-1p</p> <p>Deaf/HOH Drop-in 1-5p</p> <p>Community Art 1-230p</p> <p>Ear Acupuncture 3-4p</p> <p>Movie Night 4-6p</p>	<p>11 RCC open 12-4p Winter Nature Walk 12-2p</p> <p>Wii Time 1-2p</p> <p>Art Reception: Alice Thomas 4-7p</p>	<p>12 RCC open 12-4p Anxiety Support & Book Club 1030-1130a</p> <p>Reiki 1-3p</p>	<p>13</p>
<p>15 President's Day</p>	<p>16 RCC open 10-4p RLC Intro 1030-1130a</p> <p>Women's Group 1-2p</p> <p>Kandi Beadwork 2-330p</p> <p>Hearing Voices Group 430-6p</p>	<p>17 RCC open 12-8p ASL Class 12-1p</p> <p>Deaf/HOH Drop-in 1-5p</p> <p>Community Art 1-230p</p> <p>WRAP Webinar 2-330p</p> <p>Ear Acupuncture 3-4p</p> <p>Movie Night 4-6p</p>	<p>18 RCC open 12-4p Wii Time 1-2p</p> <p>Community Forum: Suicide Prevention 4-6p</p>	<p>19 RCC open 12-4p Reiki 1-3p</p>	<p>20</p>
<p>22 RCC CLOSED FOR DROP-IN</p>	<p>23 RCC open 10-4p RLC Intro 1030-1130a</p> <p>Women's Group 1-2p</p> <p>Kandi Beadwork 2-330p</p> <p>Hearing Voices Group 430-6p</p>	<p>24 RCC open 12-8p Peer Worker Support Grp 10-11a</p> <p>ASL Class 12-1p</p> <p>Deaf/HOH Drop-in 1-5p</p> <p>Community Art 1-230p</p> <p>Ear Acupuncture 3-4p</p> <p>Movie Night 4-6p</p> <p>Deaf Forum 4-6p</p>	<p>25 RCC open 12-4p Wii Time 1-2p</p>	<p>26 RCC open 12-4p Anxiety Support & Book Club 1030-1130a</p> <p>Community Council 1230-2p</p> <p>Reiki 1-3p</p>	<p>27</p>
	<p align="center">ALL LISTINGS TAKE PLACE AT THE HOLYOKE RCC (187 High St, Suite 303) UNLESS OTHER-WISE NOTED!!!</p>	<p align="center"><i>We aspire to be fragrance free. Please avoid wearing fragrances to any RLC events</i></p> <p align="center">See attached info for details and location of each workshop, event or training!</p>	<p align="center">Call (866) 641-2853 ext. 314 or check westernmassrlc.org for cancellations</p>	<p align="center"><i>Contact us if you have any other requests for accommodations including interpreters</i></p> <p align="center"><i>RLC events are wheelchair accessible unless otherwise noted.</i></p>	

WESTERN MASS RLC CALENDAR OF EVENTS: Calendar #2

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

FEBRUARY 2010

Mon.	Tuesday	Weds.	Thursday	Friday	Saturday
1	<p>2 RCC Open 9-3p Trabajador Hispana Disponible (<i>Spanish speaker available</i>) Coffee with Art 9-10a Pool Time 10-11:30a First Tuesday Potluck 12-2p Afternoon Movie 1-3p Yoga 2-330p (Downtown: 11 Pearl St., Suite 217)</p>	<p>3 Weds. Wmn's Group 3-4p</p>	<p>4 RCC Open 9-3p Trabajador Hispana Disponible (<i>Spanish speaker available</i>) Coffee with Art 9-10a Career Help 1030-1130a Wii Time 1-2p</p>	<p>5 RCC Open 9-3p Young Adult Day* Trabajador Hispana Disponible (<i>Spanish speaker available</i>) Coffee w/ Art 9-10a Pool Time 10-11:30a Wii Time 1-2p *Young adults only</p>	<p>6 RCC Open 11-3p Trabajador Hispana Disponible (<i>Spanish speaker available</i>) Coffee with Art 9-10a Afternoon Movie 1-3p</p>
8	<p>9 RCC Open 9-3p Trabajador Hispana Disponible (<i>Spanish speaker available</i>) Coffee with Art 9-10a Pool Time 10-11:30a Yoga 2-330p (Downtown: 11 Pearl St., Suite 217) Afternoon Movie 1-3p</p>	<p>10 Weds. Wmn's Group 3-4p</p>	<p>11 RCC Open 9-3p Trabajador Hispana Disponible (<i>Spanish speaker available</i>) Coffee with Art 9-10a Career Help 1030-1130a Wii Time 1-2p</p>	<p>12 RCC Open 9-3p Young Adult Day* Trabajador Hispana Disponible (<i>Spanish speaker available</i>) Coffee w/ Art 9-10a Pool Time 10-11:30a Wii Time 1-2p *Young adults only</p>	<p>13 RCC Open 11-3p Trabajador Hispana Disponible (<i>Spanish speaker available</i>) Coffee with Art 9-10a Clases de computadora basica en español (Computer Basics in Spanish) 11-1230p** Afternoon Movie 1-3p</p>
15 Pres. Day	<p>16 RCC Open 9-3p Trabajador Hispana Disponible (<i>Spanish speaker available</i>) Coffee with Art 9-10a Pool Time 10-11:30a Yoga 2-330p (Downtown: 11 Pearl St., Suite 217) Afternoon Movie 1-3p</p>	<p>17 Peer Worker Support Grp 10-11a Weds. Wmn's Group 3-4p</p>	<p>18 RCC Open 9-3p Trabajador Hispana Disponible (<i>Spanish speaker available</i>) Coffee with Art 9-10a Career Help 1030-1130a Wii Time 1-2p Community Council 2-3p</p>	<p>19 RCC Open 9-3p Young Adult Day* Trabajador Hispana Disponible (<i>Spanish speaker available</i>) Coffee w/ Art 9-10a Pool Time 10-11:30a Wii Time 1-2p *Young adults only</p>	<p>20 RCC Open 11-3p Trabajador Hispana Disponible (<i>Spanish speaker available</i>) Coffee with Art 9-10a Clases de computadora basica en español (Computer Basics in Spanish) 11-1230p** Afternoon Movie 1-3p</p>
22	<p>23 RCC Open 9-3p Trabajador Hispana Disponible (<i>Spanish speaker available</i>) Coffee with Art 9-10a Pool Time 10-11:30a Yoga 2-330p (Downtown: 11 Pearl St., Suite 217) Afternoon Movie 1-3p</p>	<p>24 Weds. Wmn's Group 3-4p</p>	<p>25 RCC Open 9-3p Trabajador Hispana Disponible (<i>Spanish speaker available</i>) Coffee with Art 9-10a Career Help 1030-1130a Wii Time 1-2p</p>	<p>26 RCC Open 9-3p Young Adult Day* Trabajador Hispana Disponible (<i>Spanish speaker available</i>) Coffee w/ Art 9-10a Pool Time 10-11:30a Wii Time 1-2p *Young adults only</p>	<p>27 RCC Open 11-3p Trabajador Hispana Disponible (<i>Spanish speaker available</i>) Coffee with Art 9-10a Clases de computadora basica en español (Computer Basics in Spanish) 11-1230p** Afternoon Movie 1-3p</p>
	<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>The RLC aspires to be scent free. Please avoid wearing scents to any RLC events or spaces.</p>	<p><i>Please contact us if you have any other accommodation requests, including interpreter requests</i></p>	<p>**This class requires pre-registration, please call first.</p>

WESTERN MASS RLC CALENDAR OF EVENTS: Calendar #3

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

FEBRUARY 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 RCC Open Hours 12-3p	2 Yoga Means Union 10-1130a RCC Open Hours 12-4p	3	4 RCC Open Hours 12-4p Computer Basics 1-2p	5 Support Group 1-2p	6
8 RCC Open Hours 12-3p	9 Yoga Means Union 10-1130a RCC Open Hours 12-4p	10	11 UR an Artist 11a-12:30p RCC Open Hours 12-4p Computer Basics 1-2p	12 Support Group 1-2p	13 Sunday, Feb. 14: Winter Movie Festival 1-3p
15 President's Day	16 Yoga Means Union 10-11:30a Jewelry Making 12-2p RCC Open Hours 12-4p	17	18 RCC Open Hours 12-4p Computer Basics 1-2p Poetry Reading 4:30-6p	19 Support Group 1-2p	20
22 RCC Open Hours 12-3p	23 Yoga Means Union 10-11:30a RCC Open Hours 12-4p	24 Volunteer Training 11a-3p (brown bag lunch)	25 UR an Artist 11a-12:30p Computer Basics 1-2p RCC Open Hours 12-4p	26 Support Group 1-2p	27 Sunday, Feb. 28: Winter Movie Festival 1-3p
			*** 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.

WESTERN MASS RLC CALENDAR OF EVENTS: Calendar #4

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

FEBRUARY 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1 NEW! Solo Firm Stress Reduction 10a-6p</p>	<p>2 NEW! Solo Firm Stress Reduction 10a-6p Writing Down the Road to Recovery 6-8:15pm</p>	<p>3 <u>Wellness Wednesdays</u> NEW! Solo Firm Stress Reduction 10a-6p Gentle Yoga 9:30-10:50am Coffee Hour 11am-12pm Acupuncture 12-1pm RCC Open Hours 1-4pm</p>	<p>4 NEW! Solo Firm Stress Reduction 10a-6p RCC Open Hours 1-4pm</p>	<p>5 NEW! Solo Firm Stress Reduction 10a-6p First Friday Art Circle 7-9pm</p>	<p>6</p>
<p>8 Solo Firm Stress Reduction 10a-6p Women's Self Care Support Group 6:30-8:30pm</p>	<p>9 Solo Firm Stress Reduction 10a-6p</p>	<p>10 <u>Wellness Wednesdays</u> Solo Firm Stress Reduce 10a-6p Gentle Yoga 9:30-10:50am Coffee Hour 11am-12pm Acupuncture 12-1pm RCC Open Hours 1-4pm</p>	<p>11 Solo Firm Stress Reduction 10a-6p RCC Open Hours 1-4pm</p>	<p>12 Solo Firm Stress Reduction 10a-6p</p>	<p>13</p>
<p>15 President's Day Solo Firm Stress Reduction 10a-6p Women's Self Care Support Group 6:30-8:30pm</p>	<p>16 Solo Firm Stress Reduction 10a-6p Writing Down the Road to Recovery 6-8:15pm</p>	<p>17 <u>Wellness Wednesdays</u> Solo Firm Stress Reduce 10a-6p Gentle Yoga 9:30-10:50am Coffee Hour 11am-12pm Acupuncture 12-1pm RCC Open Hours 1-4pm</p>	<p>18 Solo Firm Stress Reduction 10a-6p RCC Open Hours 1-4pm</p>	<p>19 Solo Firm Stress Reduction 10a-6p</p>	<p>20</p>
<p>22 Solo Firm Stress Reduction 10a-6p Women's Self Care Support Group 6:30-8:30pm</p>	<p>23 Solo Firm Stress Reduction 10a-6p</p>	<p>24 <u>Wellness Wednesdays</u> Solo Firm Stress Reduce 10a-6p Gentle Yoga 9:30-10:50am Coffee Hour 11am-12pm Acupuncture 12-1pm RCC Open Hours 1-4pm</p>	<p>25 Solo Firm Stress Reduction 10a-6p RCC Open Hours 1-4pm</p>	<p>26 Solo Firm Stress Reduction 10a-6p Recover Art 1:30-4pm</p>	<p>27</p>
			<p><i>See attached info for details and location of each workshop, event or training as locations vary throughout Franklin County</i></p>	<p><i>We aspire to be fragrance free. Please avoid wearing fragrances to any RLC events. RLC events are wheelchair accessible unless otherwise noted.</i></p>	<p>Please contact us if you have any other requests for accommodations, including interpreters</p>

WESTERN MASS RLC CALENDAR OF EVENTS: Calendar #5

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

FEBRUARY 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>1</i>	<i>2</i>	<i>3</i> Writing Group: 2-3p	<i>4</i> Yoga 330-5p	<i>5</i>	<i>6</i>
<i>8</i> Acupuncture clinic 430pm	<i>9</i> Peer Worker Support Group 530-7p	<i>10</i> Writing Group: 2-3p	<i>11</i> Yoga 330-5p	<i>12</i>	<i>13</i>
<i>15</i> President's Day Acupuncture clinic 430pm	<i>16</i>	<i>17</i> Writing Group: 2-3p	<i>18</i> Yoga 330-5p	<i>19</i> Out to the Movies @ Cinemark 1-4p	<i>20</i>
<i>22</i> Acupuncture clinic 430pm	<i>23</i>	<i>24</i> Writing Group: 2-3p	<i>25</i> Yoga 330-5p	<i>26</i>	<i>27</i>
				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>

Other Peer-run Workshops, Classes & Groups in All Four Counties: Calendar #6

*******Please Note: NOT RLC-RUN GROUPS***** Call sponsors for more info!**

FEBRUARY 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Sat
1 GF Women's Cntr 1 – 4p <u>RECOVER 1-5p</u> Peer Educator Grp 3-4p Community Exprssions 4-7p Yoga 7-830p	2 <u>RECOVER 9– 5p</u> TF Women's Center 10– 1p GF Women's Center 1–4p Community Expressions 4-7p <u>Drop in Center 5-9p</u> DBSA 6-7pm	3 <u>Art Group 10-12p</u> TF Women's Center 10– 1p & 5-8p <u>RECOVER 1-5p</u> Community Exprssions 4-7p <u>General Spprt Grp 6-730p</u> <u>DBSA group 630-730p</u> DBSA group 730-9p	4 <u>RECOVER 9– 5p</u> <u>Art Group 10-12p</u> TF Women's Center 10– 1p <u>Community Expressions 4-7p</u> GF Women's Cntr 5 – 8p <u>Drop in Center 5– 9p</u> <u>Manic/Depression Support 6-7</u> <u>Peer Rcvry Spprt Grp 630-8p</u> <u>DBSA 7–830p</u> <u>Anxiety/Phobia group 7– 830p</u> Drop-in Support Group 7– 9p	5 <u>RECOVER 9-5p & 8-11p</u> GF Women's Center 1– 4p WRAP Alumni Get Tgther 2– 4p Community Expressions 4-7p <u>Drop in Center 5– 9p</u> DBSA 6-7p	
8 GF Women's Cntr 1 – 4p <u>RECOVER 1-5p</u> Peer Educator Grp 3-4p Community Exprssions 4-7p Yoga 7-830p	9 <u>RECOVER 9– 5p</u> TF Women's Center 10– 1p GF Women's Center 1–4p Community Expressions 4-7p <u>Drop in Center 5-9p</u> DBSA 6-7pm	10 <u>Art Group 10-12p</u> TF Women's Center 10– 1p & 5-8p <u>RECOVER 1-5p</u> Community Exprssions 4-7p <u>General Spprt Grp 6-730p</u> <u>DBSA group 630-730p</u> DBSA group 730-9p	11 <u>RECOVER 9– 5p</u> <u>Art Group 10-12p</u> TF Women's Center 10– 1p <u>Community Expressions 4-7p</u> GF Women's Cntr 5 – 8p <u>Drop in Center 5– 9p</u> <u>Manic/Depression Support 6-7</u> <u>Peer Rcvry Spprt Grp 630-8p</u> <u>DBSA 7–830p</u> <u>Anxiety/Phobia group 7– 830p</u> Drop-in Support Group 7– 9p	12 <u>RECOVER 9-5p & 8-11p</u> GF Women's Center 1– 4p WRAP Alumni Get Tgther 2– 4p Community Expressions 4-7p <u>Drop in Center 5– 9p</u> DBSA 6-7p	
15 GF Women's Cntr 1 – 4p <u>RECOVER 1-5p</u> Peer Educator Grp 3-4p Community Exprssions 4-7p Yoga 7-830p	16 <u>RECOVER 9– 5p</u> TF Women's Center 10– 1p GF Women's Center 1–4p Community Expressions 4-7p <u>Drop in Center 5-9p</u> DBSA 6-7pm	17 <u>Art Group 10-12p</u> TF Women's Center 10– 1p & 5-8p <u>RECOVER 1-5p</u> Community Exprssions 4-7p <u>General Spprt Grp 6-730p</u> <u>DBSA group 630-730p</u> DBSA group 730-9p	18 <u>RECOVER 9– 5p</u> <u>Art Group 10-12p</u> TF Women's Center 10– 1p <u>Community Expressions 4-7p</u> GF Women's Cntr 5 – 8p <u>Drop in Center 5– 9p</u> <u>Manic/Depression Support 6-7</u> <u>Peer Rcvry Spprt Grp 630-8p</u> <u>DBSA 7–830p</u> <u>Anxiety/Phobia group 7– 830p</u> Drop-in Support Group 7– 9p	19 <u>RECOVER 9-5p & 8-11p</u> GF Women's Center 1– 4p WRAP Alumni Get Tgther 2– 4p Community Expressions 4-7p <u>Drop in Center 5– 9p</u> DBSA 6-7p	
22 GF Women's Cntr 1 – 4p <u>RECOVER 1-5p</u> Peer Educator Grp 3-4p Community Exprssions 4-7p Yoga 7-830p	23 <u>RECOVER 9– 5p</u> TF Women's Center 10– 1p GF Women's Center 1–4p Community Expressions 4-7p <u>Drop in Center 5-9p</u> DBSA 6-7pm	24 <u>Art Group 10-12p</u> TF Women's Center 10– 1p & 5-8p <u>RECOVER 1-5p</u> Community Exprssions 4-7p <u>General Spprt Grp 6-730p</u> <u>DBSA group 630-730p</u> DBSA group 730-9p	25 <u>RECOVER 9– 5p</u> <u>Art Group 10-12p</u> TF Women's Center 10– 1p <u>Community Expressions 4-7p</u> GF Women's Cntr 5 – 8p <u>Drop in Center 5– 9p</u> <u>Manic/Depression Support 6-7</u> <u>Peer Rcvry Spprt Grp 630-8p</u> <u>DBSA 7–830p</u> <u>Anxiety/Phobia group 7– 830p</u> Drop-in Support Group 7– 9p	26 <u>RECOVER 9-5p & 8-11p</u> GF Women's Center 1– 4p WRAP Alumni Get Tgther 2– 4p Community Expressions 4-7p <u>Drop in Center 5– 9p</u> DBSA 6-7p	

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 Holyoke RCC is closed for drop-in times on Mondays.** (The space will be open for specific workshops or events as scheduled.)

American Sign Language (ASL) for Beginners: Wednesdays from 12 to 1 pm. 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.

Anxiety Support & Book Club: Join Sera and others from the community for the next session of the RLC book club beginning Friday, February 12th and running through the end of March. February's book (*Your Life is Waiting* by Rafe R. Martin) will be distributed at the first meeting. Group size is limited to 6, so please call Sera to sign-up at (413) 539-5941 ext. 203. **PLEASE NOTE:** The RLC does not necessarily support or agree with the statements or perspectives of books being read. Instead, they are intended to spark conversation amongst the group and self-exploration for the individual. Books may contain materials that some individuals will find triggering.

Art Reception- "Family Portrait" featuring Alice Thomas: Thursday, February 11th from 4 to 7 pm. Alice Thomas, a Greenfield resident, will open an exhibition of her art at the Western Mass Recovery Learning Community's (RLC) Resource Connection Center (RCC) at 187 High St., Suite 303 on February 3 with a reception on February 11 from 4pm – 7pm, including an artist talk at 6 pm. Ms. Thomas is a native of St. Louis, MO, but has lived in western Massachusetts for over 10 years and has recently studied art through the Massachusetts College of Art and Design and Greenfield Community College under the careful eye of Budge Hyde. She has worked in mixed media, watercolor, pastel and acrylic mediums. Her current work is in acrylic with some other water-based paints. She loves to use and create exciting colors and color combinations to express the message of her work. In "Family Portrait", she is very interested in expressing a multiplicity of personalities and ethnic backgrounds. Impressed by Sol LeWitt (painter), many of her lines express the physical, social, ethnic and psychological status of her 'family' members and their places within the family.

Community Art: Wednesdays from 1 to 2:30 pm. Explore different art materials: paint with watercolors, experiment with collage, "multi-media", drawing, or sculpting with clay. Express yourself, relax, and socialize! The process of making art and connecting with oneself and others is more important than a "product."

Community Council: The fourth Friday of every month: February 26th from 12:30 to 2 pm. 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!!!

Community Forum - Suicide Prevention: Thursday, February 18th from 4 to 6 pm. Join the community for a discussion about the taboo subject of suicide. Learn about your local Suicide Prevention Coalition and the upcoming Alternatives to Suicide peer-run support groups. We need your input!

Deaf Community Forum: Wednesday, February 24th from 4pm to 6pm. Join Valerie Ennis and others for an informal conversation about issues in the deaf community that are important to you. **Pizza to be served.**

Deaf/HOH Drop-in: Wednesdays, 1 to 5 pm. This is a drop-in time hosted by Valerie Ennis, the RLC's Deaf Community Consultant. Valerie, herself a member of the deaf community, is fluent in American Sign Language and gestural communication. This is an open drop in time to come chat with Val about local resources or for peer support. **Please note that individuals who are deaf or hard of hearing are ALWAYS welcome at the RLC, but an individual fluent in sign language is not always available. The RLC will attempt to schedule interpreters for any group, meeting or event upon request.**

Ear Acupuncture: Wednesdays from 3 to 4 pm. 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: The first Friday of the month – February 5th from 1 to 3 pm. Join the RLC community for a fun celebration with food, games, music, Wii, and/or karaoke! 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!

Hearing Voices Group: Tuesdays from 4:30 to 6 pm. 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.*

Kandi Beadwork: Tuesdays from 2 to 3:30 pm. Join Jen to craft colorful “Kandi” jewelry with beads!

Laughter Group: Wednesday, February 10th from 12pm to 1pm at the Holyoke RCC. Join Certified Laughter Leader, Trevor and others from the RLC community to try out this interactive approach to managing stress and lifting your mood!

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 Support Group: Every 4th Wednesday: February 24th from 10 to 11 am. Join this new group for individuals working or volunteering in peer worker roles. Share challenges, successes and support with other individuals working in similar positions!

Reiki: Fridays from 1 to 3 pm. Come experience a Reiki session with Reiki Master, Cheryl Alexander. 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.*

RLC Intro Meeting: Tuesdays from 10:30am to 11:30am. This informal meeting is open to ANYONE interested in learning more about the RLC. Information shared will include a showing of the RLC 12-minute video, and discussion about RLC history and community values, what is offered through the RLC, and how to get involved. No sign up required. Please note: **The RLC Intro meeting is NOT required to become a member of the RLC community.** Individuals are welcome to come at any time during open hours to learn more about the RLC.

Wii Time: Thursdays from 1 to 2pm. Interested in fun, interactive video games? With the Wii, you can even get a little exercise playing things like tennis, bowling, golf, and much more. Join facilitator Frank Durkee for an afternoon of fun and friendly competition!

Winter Nature Hike with Hot Chocolate Reception: Thursday, February 11th 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 have hot chocolate. Come and enjoy a refreshing and relaxing nature walk together. Bring your camera or sketchbook if you like! Dress appropriately for the weather!

Women’s Group: Tuesdays from 1 to 2 pm beginning February 9th. 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.

WRAP Webinar: Gratitude as an Action Plan Wednesday, February 17th from 2 to 3:30 pm. Join Amanda, Certified WRAP Trainer, in the computer lab from 2 to 3 pm for the webinar with a discussion to follow. The following is a description of the webinar:

Gratitude can serve to heal and help us move forward in positive ways. A daily acknowledgment of what is right in our lives can create the groundwork for mindfulness, confidence, self-esteem, and empowerment. Active recognition of the optimistic force of gratitude is a powerful approach to living. This presentation includes remarkable research findings about the benefits of using this simple, safe and uplifting wellness tool.

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. Other hours available by appointment.

Afternoon Movie: Tuesdays and Saturdays from 1 to 3 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, these films are “viewer’s choice.” You can choose from our selection or bring a movie from home! Most films close captioned and interpretation for discussions available on request. PLEASE NOTE: Some films may contain content that could be triggering.

Career Help: **NEW DATE AND TIME!!!** Thursdays from 10:30 to 11:30 am. Our career development specialist, Briana, is available during this time for drop-in career help where you can get assistance with editing and improving your resumes, filling out job applications, and internet job searching in individual or small group setting. You are encouraged to bring drafts of your resumes and Briana can proof read and/or help to strengthen them.

Coffee with Art: Tuesdays, Thursdays, and Fridays from 9 to 10 am and Saturdays from 11 am to 12 pm. Start your day off right with a nice cup of coffee with Art and other community members!

Clases de computadora basica en español (Computer Basics in Spanish): Sabados, 11 am – 12:30pm (Feb. 13 – March 6). Únete al facilitador Rafael Toro a aprender lo básico de las computadoras en español comenzando desde como encenderla e incluyendo desde la creación de documentos básicos hasta el uso de la Internet. Se requiere registración. Por favor llame con anticipación. (*Saturdays, 11 am to 12:30 pm from Feb. 13 to March 6. Join facilitator Rafael Toro to learn the basics of computers. Registration required.*)

Community Council: The third Thursday of every month: February 18th from 2 to 3 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 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!!!

First Tuesday Potluck: The first Tuesday of the month: February 2nd, 12 to 2 pm. 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!

Peer Worker Support Group: Every 3rd Wednesday: February 17th from 10 to 11 am. Join this new group for individuals working or volunteering in peer worker roles. Share challenges, successes and support with other individuals working in similar positions!

Pool Time: Tuesdays and Fridays from 10 to 11:30 am. Come join us as we break out the pool table and shoot a little billiards (reserved for young adults only).

Wednesday Women’s Group: Wednesdays from 3 to 4 pm. Come join us for laughter, learning, and love. Group will have a topic discussion format with adventures along the way. We won’t be the same without you.

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

Yoga: Tuesdays from 2 to 3:15 pm 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.

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).

****NEW**Basic Computer Skills:** Thursdays from 1:00pm-2:00pm. Is it time to learn how to be computer savvy?!?! If the answer is “yes!” then come down to the RCC and get an introduction to our computers! Lisa is looking for first timers! We’ll start from turning those computer monsters on and learn then how to tame them. **COMPUTERS ARE OUR FRIENDS!** This course is *free* but requires a six week commitment to really get your feet wet. A sign-up sheet is at the RCC, drop by or call in if you plan on attending! 413-236-5888!

****NEW**Jewelry Making:** Tuesday, February 16th, 12:00pm-2:00pm. Join Lynn and talented others in the creation of earrings this month. If all goes well, we’ll be making this a regular group. Come, play, make new friends and wear a beautiful creation of your own on the way home!

Poetry Reading: Thursday, February 18th, 4:30pm-6:00pm. A celebration of words from POETICA! Join Jhena Plourde as she reads from her new book of poetry. Light refreshments will be served. For more information, contact Jhena at 413-281-5544 or pianoplayer73@yahoo.com.

Support Group: Fridays from 1:00pm – 2:00. Come offer and receive support in a confidential, non-judgemental peer setting. Share your expertise and those of your peers in this generative environment. Everyone is invited and welcome!

Yoga means Union - Yoga for Everyone! Tuesdays from 10:00am-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.

UR an Artist: Thursday, December 3rd, 17th, and 31st from 11am-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, February 24th from 12:00pm – 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!

Winter Movie Festival: Sundays, December 6th & 20th, 1:00pm – 3:00pm. Brrrrr! It’s chilly outside! Come grab a warm drink, a bowl of popcorn and settle in for a good movie! On the 6th: *The Pursuit of Happiness* (starring Will Smith) and on the 20th: *The Grinch* (starring Jim Carrey)!

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

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

Franklin RCC Hours: Wed & Thurs, 1-4pm, 68 Federal St., Greenfield. Come see our shared community space with the RECOVER Project, get peer support and access to other resources. Alternate hours available by appt, 413-561-3268.

Acupuncture: Wednesdays, 12-1pm, 68 Federal Street, Greenfield. Acupuncture is a part of Wellness Wednesdays, a collaboration of The RECOVER Project and the Western Mass RLC. This free auricular (ear) acupuncture clinic focusing on five ear points and offered by licensed acupuncturists, Lee Hurter, works on a variety of issues including cravings, addictions, insomnia, stress, and anxiety. Arrive promptly to secure your space!

Coffee Hour- "Sip & Chat": Wednesdays from 11-12am, Franklin County RCC, (RECOVER Project space), 68 Federal Street, Greenfield. Come start your day in the comfortable easy company of peers at RLC Sip & Chat Coffee Hour.

First Friday Art Circle: First Friday of the month: February 5th, 7-9pm. **NEW LOCATION!!!** 67 Madison Circle, Greenfield. Join us for a monthly gathering of visual artists for friendly critique of works in progress. Recognizing that creativity can be a key to recovery, Andy Grant will facilitate a safe critique about our work and the work process. Please join us whether or not your work is flowing freely; being "stuck" is often part of the creative process. For more information contact Andy at 413-325-6245 or andy@westernmassrlc.

Gentle Yoga: Wednesdays from 9:30-10:50am, 68 Federal Street, Greenfield. Kelly Savitri's style incorporates light-hearted joyful movement with a reverent and consistent focus on breath and deepening awareness. A variations of poses are presented to honor individual choice and levels of ability. Gentle Yoga is a part of Wellness Wednesdays, a collaboration of The RECOVER Project and the RLC. *This class is co-ed!*

Recover Art: Friday, February 26th from 1:30-4pm. Collage artist, Marianne Thespina Connolly joins Recover Art facilitator, Pasty Prest, for another wonderful Friday afternoon of art making. This event is a collaboration of The RECOVER Project and the Western Mass Recovery Learning Community.

Solo Firm Stress Reduction: **EXTENDED DAYS AND TIMES!!!** Half-hour sessions available between 10am to 6pm Monday through Friday. Salon 107, 114 Wells Street, Greenfield. The workout that won't wear you out! Reduces stress, tones and massages your body, helps you lose unwanted weight while dislodging fat cells, aids lower back problems, improves circulation as it firms and conditions all major muscle groups. Try it, you'll love it! Available for men and women. Best to call ahead to Debra Mathey at (413) 772-0284.

Women's Self-care Support Group: Mondays from 6:30 to 8:30 pm at Greenfield Women's Resource Center, 278 Federal Street, Greenfield. Join facilitator Janice Sorensen for a supportive group where women can share wellness tools and ideas, find a sounding board and support one another. For more info- 413-561-3268. Sponsored by the RLC and Greenfield Women's Resource Center.

Writing Group- "Writing Down the Road to Recovery": Tuesdays from 6:00-8:15pm beginning February 2 and continuing through March 23 (8-week workshop) at 68 Federal St., Greenfield. Are you a writer with lived experience with mental health issues, extreme states, trauma and/or addiction? Does writing help you work through difficult times and places of mind? Does the creative process bring you clarity and wellness? This writing group facilitated by Jake Powers and Lindsey Whitmore could be for you! To pre-register or for more info, ask for Jake or Lindsey at 413-774-5489 or email jakepow_4@yahoo.com. **There is limited space and you must pre-register to attend this group!** This group is a collaboration of The RECOVER Project and the Western Mass Recovery Learning Community.

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).*

Out to the Movies @ Cinemark: The 3rd Friday of the month, February 19th, 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 1/14. Please call Sera at (413) 539-5941 203 to sign up and/or for more info!

Peer Worker Support Group: Tuesday, February 9th, 530pm -7pm. This group will meet the 2nd Tuesday of every month at varying locations in Hampshire County. *In February, 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 facilitator, Sally, at Forbes Library, West St, Northampton. *RLC is the lead sponsor, co-sponsored by the Freedom Center.*

MISC LOCAL AND STATEWIDE EVENTS/GROUPS*: (Calendar #6)

THESE GROUPS, MEETINGS AND WORKSHOPS ARE NOT RUN OR SPONSORED BY THE RLC. PLEASE BE SURE TO CHECK WITH THE SPONSORING GROUP TO VERIFY ALL INFO!

BERKSHIRE COUNTY:

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:

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.

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:

Anxiety/Phobia Support Group: Every Thursday from 7p to 830p, Trinity Church, 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, 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.

Mental Illness Support: Every Wednesday 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.

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 Recovery Support Group: Thursdays from 630 to 8pm, Raymond Sullivan Safety Complex – Community Room at back of complex, 1212 Carew Street, Springfield (parking at Van Sickle Middle School). Join Karen and Renee for this peer-run recovery support group sponsored by NAMI. Contact Karen at (413) 593-3886 or by e-mail at namiconnectwm@hotmail.com.

Pioneer Valley Warmline: Wednesday through Sunday, 6pm to 12am. This is a peer-answered warmline providing support and resource information to individuals who are struggling, looking for information or just needing to talk. (413) 747-8658. *Sponsored by the Behavioral Health Network.*

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:

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, 730p 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.

Fit Together: Fit Together is an equal access facility and serves many individuals with cognitive, emotional and physical challenges. A membership fee of \$20 per month includes a fully equipped fitness room with a weight training circuit and cardio equipment, yoga, dance and tai chi classes, acupuncture, reiki, and massage, and individual weight loss coaching. Fit

Together is open to the public M,W 10am – 9pm. T,Th,F 10am – 7pm, Sat & Sun 11 – 7. Fit Together is located at 231 Russell St. (Rt. 9), Hadley and you can call 413-584-1508 for more information. Sponsored by ServiceNet.

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 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.

STATEWIDE

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

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.

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

Metro Boston Recovery Learning Community Warmline: Warmline is accessible through a toll-free number (877) 733-7563. This number can be easily remembered as it can be spelled as 877 PEER LNE. The hours of operation are Mondays, Thursdays and Saturdays from 4-8pm. Peers can request that warmline operators outreach to them by having the operators call to check in with them on a regular basis.

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

MPower: 98 Magazine Street, Roxbury MA 02119, (877) 769-7693. info@m-power.org. MPower offers a variety of groups, trainings and other services directed at advocacy and recovery initiatives.

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

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

Transformation Center: 98 Magazine Street, Roxbury, MA 02119, (877) 769-7693. 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!