

POLARS' EXPRESS

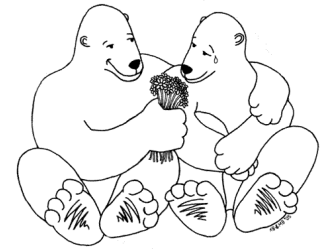
The Newsletter of the Depression and Bipolar Support Alliance of Boston

September, October, and November 2017



Fall Calendar

Schedule of Speakers and Events



On the 2nd Wednesday of each month in McLean's de Marneffe Building cafeteria, 7–8 p.m., DBSA-Boston sponsors lectures – with question and answer sessions – on mood disorders and their treatment, recovery and wellness, and social services.

Lectures are free and open to the public: Donations Welcomed!

On the 1st Wednesday of each month: We Share - Featured Performers Showcase • Starts 6:45 p.m.


"We Share" is an artist series that features one of our Mill Street Open Mic performers who will perform 1-2 original or covered pieces. Great way to kick off groups with art and music! See page 9.

- Sept. 13: "Strength Spotting is a Happiness Booster!" Pam Garramone See page 10.
- Sept. 17: "Foundations I: Workshop in Facilitating Peer Support Groups," led by Chuck Weinstein, LMHC, CPS See page 6.
- Oct 11: "The Healing Power of Yoga," Janna Westmoreland See page 10.
- Oct. 15 "Foundations II," led by Bob Hanflig See page 7.
- Nov. 08 "The Scoop on Facilitator Training," Chuck Weinstein, LMHC, CPS See page 10.
- Nov 29: "Mill Street Open Mic Session" See page 9.

Support groups meet every Wednesday: 1st, 3rd, 4th, and 5th Wednesdays, 7–9 p.m. 2nd Wednesdays, 8–9 p.m.

McLean Hospital's de Marneffe Building cafeteria, Belmont, MA. Members and guests are encouraged to arrive between 6:15 and 6:45 p

DBSA-Boston Services

- Wednesday night Share Care support groups include Newcomers, Depression, Mania & Bipolar, Dual Diagnosis, Family & Friends, Maintaining Stability, Open Exchange, Veterans, Women's Issues, Working and Coping, and Young Adults.
- Our Drop-in groups gather Mondays, Thursdays, Fridays, and Saturdays, 1:30–3:30 p.m., in McLean's de Marneffe Building cafeteria, Room 132.
- Thursdays, 7–9 p.m., Share Care at Mass General Hospital, in the Yawkey Center for Outpatient Care on the 4th floor in Suite 4A, Schiff Conference Center, Boston.
- For updates, follow us on Facebook at  www.facebook.com/BostonDBSA, or call the office.
- Office hours are Tuesdays, Wednesdays, and Thursdays, 10 a.m.–4 p.m., in Room 119 of McLean's de Marneffe Building cafeteria • 617-855-2795.
- DBSA-Boston, PO Box 102 (for packages: 115 Mill Street), Belmont, MA 02478 617-855-2795 • Fax: 617-855-3666 • Email: info@dbsaboston.org Website: www.dbsaboston.org

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Board, Advisors, and Staff

Board Executive Committee

President:	Lillian Cravotta-Crouch
Vice President:	Christian Tiongson
Treasurer:	Susan Reynolds
Secretary:	Alli Bodek
Past President:	Chuck Weinstein
President Emeritus:	Everett Page

Board Directors

Lexie Comeau	Michele O'Shea
John C. Dorr	Barry Park
Bob Hanflig	Kelley Stout

Facilitation Advisor

Chuck Weinstein, LMHC, CPS

McLean Hospital Liaison

Brian P. Brennan, MD, MMSc

Office Staff

Comptroller & Office Operations: Barry Park

Meeting Schedules

Board of Directors:
1st Wednesdays (09/06, 10/04, 11/01) 7 p.m.

Facilitator Meetings:
1st & 3rd Wednesdays (09/06, 09/20,
10/04, 10/18, 11/01, 011/15) 5:45 p.m., Room 132

Share Care Committee:
2nd Wednesdays (09/13, 10/11, 11/08)
5:45 p.m., Room 118

DBSA-Boston news is noted by the paw print. 

The Polars' Express Newsletter Committee:
Barry Park • Susan Reynolds, Editor - see page 8

The first Wednesday of each month, Board members
will be at the Welcome Table.

President's Letter Fall 2017



Dear Friends,

I hope everyone had a nice summer. If you were around in July and you were able to join us for our annual cookout, I hope you will agree it was by far the best one yet. One reason for that was the pitching in of everyone who helped with the setup, cooking, distributing the food and of course the cleanup that night. It certainly made it feel like family & friends gathering together.

The night also featured karaoke, the 50-50 raffle and a very successful membership drive. I always look forward to these events mostly because I really like to see the connection that everyone has made to each other. Real friendships have been formed. In many ways it feels like family.

One of our events I have found to be awe inspiring is our Open Mic night the 5th Wednesday of the month. We have so many talented people who attend our groups and we are so fortunate to have them share it with all of us. I have to thank our Vice President for coming up with the idea and making it happen.

As my first few months as President I just want to say how grateful I am to have such a fantastic Board to work with. Everyone has the same goal – keeping DBSA running smoothly. I must say the past Presidents have paved the way for smooth sailing for me.

At our August board meeting the budget was presented by our Treasurer Susan and our Comptroller Barry. It was all good news thanks to their hard work we are financially in great shape.

Continued on page 8

Results from the Annual Meeting, June 14, 2017



- The Slate of Candidates for the Board of Directors was unanimously elected:

Officers for a One-Year Term

President: Lillian Cravotta Crouch

Vice President: Christan Tiongson

Officer for a Two-Year Term

Secretary: Alli Bodeck

Directors for a Two-Year Term

Bob Hanflig

Barry Park

Kelley Stout

- The Dr. Jakob Professional Volunteer of Year Award was given to Dr. Jonathan Alpert. Dr. Alpert started DBSA-Boston at MGH in 1992, with Dr. Gary Sachs, Dennis H. and Evie Barkin. He has been our liaison with MGH for 25 years.
- The Everett Page Volunteer of the Year Award was given to Roberta U. for her excellent and tireless work as Facilitator Coordinator.
- An Intentional Act of Kindness Award was given to John Parente, selfless and proficient inpatient facilitator and facilitator coordinator, Board member and Share-Care committee member.
- A 20-year volunteer award was given to Michele O'Shea.
- Heavy Lifting Awards were given to Lillian Cravotta-Crouch, Christian Tiongson, and Susan Reynolds.
- DBSA-Boston baseball caps were given to all active facilitators.

2017-2018



Committees

Activities:

Communications:

Executive:

Fundraising:

Marketing/Outreach

Membership:

Nominations:

Office Operations

Share Care

Speakers Bureau:

Training:

Wednesday Night Facilitators:

Chairs

Lillian Cravotta-Crouch, Kelley Stout

Susan Reynolds

Lillian Cravotta-Crouch

Chuck Weinstein, Lillian Cravotta-Crouch

Steve Lappen, Judy Coogan

Alli Bodeck, Samantha D.

Open

Barry Park

Christian Tiongson

Mary Johnston

Bob Hanflig

Roberta U.

If you have an interest in serving on a committee, please speak with the respective chairperson.

Committees at a Glance



Activities: Organizes DBSA-Boston social events.

Office Operations: Proposes updates/changes in office operations.

Communications: Develops and maintains DBSA-Boston website, and produces the newsletter.

Nominations: Oversees nominations for the Board.

Executive: Oversees the Board of Directors.

Share Care: Coordinates and oversees share care groups.

Finance: Oversees the financial info and investments.

Speakers Bureau: Finds speakers and organizes schedule for the monthly speakers' series.

Fundraising: Develops fundraisers to benefit DBSA-Boston.

Training: Evaluates and proposes training sessions for facilitators.

Marketing/Outreach: Develops strategies, materials, and programs to get DBSA-Boston better known to healthcare providers at Greater Boston area hospitals.

Wednesday Night Facilitators: Schedules and coordinates facilitators for the Wednesday night share care groups.

Membership: Manages the Welcome Table, promotes DBSA-Boston membership.

Make Sure Your Membership is Current



Have you paid this year's dues? If you are not sure whether your membership is up to date, check with Comptroller Barry Park. Be sure to keep your membership active.

Current members receive discounted pricing for all parties and all Facilitator Trainings.

Membership form is at the end of this newsletter. You can become a member or renew your membership by check or online. To do this online, go to: http://dbsaboston.netfirms.com/?page_id=121

To pay by cash or check, pick up a form at the Welcome Table or the DBSA-Boston Office.

The Membership Committee is looking for volunteers to work at the Welcome Table on Wednesday evenings (perhaps once a month) 6:15-8:00 p.m. It's a great way to connect with other members, and to give a smile and information to people who are joining us for the first time. If you are interested, speak with Membership Co-Chairs Alli Bodek or Sam D., or call the office at 617-855-2795.

Now Offering Student Memberships!



DBSA-Boston is proud to announce the creation of a new membership level for students who are in school in any capacity (i.e. part-time or full-time high school, college, graduate, technical schools, or taking a couple classes on the side).

The Student Membership holds all the benefits of an Individual Membership for only \$15 with a valid student ID. Your student ID can be photocopied for submission or shown to the Welcome Table volunteers or members of the Board of Director in order to receive your membership.

If you have any questions about the new Student Membership, please email alli@dbsaboston.org.

Share Care Support Groups



DBSA is about peer-support groups. At DBSA-Boston, we provide four different venues for groups, with total attendance between 400 and 500 people each month.

When and where we provide support groups:

- Wednesday evening meetings, 7–9 p.m., in the de Marneffe Building cafeteria at McLean Hospital, Belmont. We have eleven different groups on Wednesday evenings, including Newcomers, Depression, Mania & Bipolar, Dual Diagnosis, Family & Friends, Maintaining Stability, Open Exchange, Veterans, Women’s Issues, Working & Coping, and Young Adults.

Facilitator Coordinator: Roberta U. • Room Assignment Coordinator: Meach C.

- Thursday evening meetings, 7–9 p.m., in the Yawkey Center for Outpatient Care, 4th Floor, Suite 4A, Schiff Conference Center, at Massachusetts General Hospital (MGH), Boston. These are open to people who have an affective disorder and their family and friends.
- In-house groups at McLean Hospital, Belmont. These are for patients in the hospital.
- Daytime Drop-in groups, Mondays, Thursdays, Fridays, and Saturdays (Room 132), 1:30–3:30 p.m., in the de Marneffe Building cafeteria at McLean Hospital, Belmont. Daytime Facilitator: Kate R.

Highlighted Groups

Open Exchange

Occurs every Wednesday

Group provides an ideal opportunity for people with mood disorders to meet and talk with people from our Friends and Families group. By sharing our different perspective and life issues, we foster awareness and empathy, and help each other understand how we cope with our respective experience. It can be very helpful for friends and family members to hear stories from unrelated people who live with depression, bipolar disorder, and other mental illnesses. People with mental illness may benefit from the objectivity of friends and family who are not engaged in their daily lives. *Please note that although Open Exchange is a good group for exchanging feedback and support between family, friends and people with a mood disorder, it not a family therapy group, and family members are discouraged from attending the group at the same time.*

Working and Coping

Occurs every 2nd and 4th Wednesday of the month

Coping with the everyday stresses of a job can be challenging and at times seem impossible. You may feel defeated after a long shift or even a hour after you clocked in. You are not alone. The DBSA Work and Coping Group provides meaningful and supportive discussions with working peers (volunteer, per-diem, part-time, and full-time) who have mental illness. The purpose of the group is to support and learn from others by sharing personal experiences in coping with everyday work stresses and situations that may exacerbate mental illness. Topics include, but are not limited to, work-life balance, anxiety in high-pressured situations, and self-worth in the workplace. While work is the primary topic of discussion, the group is not a recruiting, job-hunting, or resume-review session. Work and Coping Group occurs every 3rd Wednesday of the month. It is open to anyone attending DBSA groups who is coping with work-related issues. We hope you can join us!

Members of the Share Care Committee: Christian Tiongson, Chair, Samantha D., Dennis H., Bob Hanflig, Sylvia M., Michele O’Shea, Kate R., Roberta U., and Lillian Cravotta-Crouch (ex-officio)



Foundations I: Workshop in Facilitating Peer Support Groups

Sunday, September 17, 2017

9:30 a.m.–5:00 p.m.

at McLean Hospital

This workshop is a comprehensive overview, providing the building blocks of effective peer-support group facilitation to people interested in becoming a facilitator. This training, for many, is the first step in learning how to facilitate a support group. People attending this training need not have any experience facilitating a group, only the desire and interest to learn. Many people have attended this workshop solely to learn effective communication skills and strategies to use within a group setting. The format is fun and interactive; role-play participation optional.

Each training is limited to 20 participants. Preregistration is required. No “walk-in” registrations will be allowed.

Registration deadline is Wednesday, September 13, at 7:00 p.m..

Registration: 9:30–9:45 a.m./Continental breakfast 9:30–10 a.m.
Workshop starts promptly at 10 a.m. and ends at 5 p.m.

Location: Francis de Marneffe Building, first floor, McLean Hospital, 115 Mill Street, Belmont, MA

Contact: facilitatortraining@dbsaboston.org, or call DBSA-Boston office staff at 617-855-2795.

To register: Complete the registration form included in this newsletter on page 12, download application from http://dbsaboston.netfirms.com/?page_id=263, or request a registration form from the office while visiting a DBSA-Boston support group at McLean Hospital.

Workshop Fee:	DBSA-Boston Member: Must be dues-paying member for this rate.	\$ 35.00 (\$25 + \$10 for guidebook)
	Affiliated DBSA/DMDA/MDDA members:	\$ 45.00 (\$35 + \$10 for guidebook)
	Peer Services Professionals: Must send proof of employment or volunteering as CPS or Peer Worker for this rate.	\$ 60.00 (\$50 + \$10 for guidebook)
	Other Attendees:	\$ 70.00 (\$60 + \$10 for guidebook)

The Workshop fee includes:

Six hours of professional instruction on: group dynamics, the facilitator’s role, safety, techniques, with a practicum • continental breakfast, networking lunch & refreshments all day • Certificate of Attendance

The instructor for the workshop is **Chuck Weinstein, LMHC, CPRP, CPS**, the Director of Facilitator Training for DBSA-Boston. Chuck is currently DBSA-Boston President, with over 20 years of group facilitation experience. Chuck introduced the DBSA-Boston facilitator training program in 1997.

The Foundations Workshop is offered to support DBSA-Boston group members who are training to become facilitators as well as other DBSA affiliates in the New England area. Peer Professionals (CPS, peer-support workers, etc.) are welcome to attend as well as any interested person from the community. However, seating is prioritized for DBSA members, so please consider registering early.

DBSA-Boston Facilitator Training Program Presents:



Foundations II

Sunday, October 15, 2017

9:30 a.m.–5:00 p.m.

at McLean Hospital

This workshop is a companion training to Foundations I. You must first attend Foundations I. This is a brand-new training course based on DBSA-Boston guidelines. We will delve deeply into confidentiality, choosing a buddy, types of groups, handling unusual situations, and more. As an attendee, you are expected to actively participate in this workshop. You will also learn the makeup of DBSA. Training includes special speakers. This is a mandatory training if you wish to become a DBSA-Boston Facilitator. The workshop also qualifies you to become a drop-in group facilitator.

Training workshop is limited to 20 participants. Preregistration is required. No "walk-in" registrations will be allowed. **Registration deadline is Wednesday, October 11, at 7:00 p.m.**

Registration: 9:30–9:45 a.m./Continental breakfast 9:30–10 a.m.
Workshop starts promptly at 10 a.m. and ends at 5 p.m.

Location: Francis de Marneffe Building, first floor, McLean Hospital, 115 Mill Street,
Belmont, MA

Contact facilitatortraining@dbsaboston.org, or call DBSA-Boston office staff at 617-855-2795.

To register: Complete the registration form included in this newsletter on page 12, download application from http://dbsaboston.netfirms.com/?page_id=263, or request a registration form from the office while visiting a DBSA-Boston support group at McLean Hospital.

Workshop Fee: \$15*

* Bring your guidebook from Facilitator I training. Otherwise you'll be charged \$10 for another copy.

The Workshop fee includes:

Six hours of professional instruction • continental breakfast, networking lunch & refreshments all day

The instructor for the workshop is **Bob Hanflig**, Chair of the Training Committee for DBSA-Boston.

The Foundations II workshop is offered to support DBSA-Boston group members who are training to become DBSA-Boston facilitators. Other DBSA affiliates in the New England area, and Peer Professionals (CPS, peer-support workers, etc.) are welcome to attend as well as any interested person from the community. However, seating is prioritized for DBSA-Boston members, so please consider registering early.



President's Letter, continued from page 2

Also the memberships are up thanks to the work of the membership committee. If you're not a member yet we look forward to you joining.

I would like to take this time to mention some of our committees. Our primary ones are Communications, Activities, Fundraising, Membership, and Training. We are always looking for volunteers if you are interested stop by the office or talk to a board member, see which one you might have an interest in.

Of course another way to give back is by being a facilitator. Any questions about becoming one you can always talk with Bob Hanfig. Also anyone that is current facilitator please don't forget we hold facilitator meetings on the first and third Wednesday at 5:45 p.m. in room 132. Please come and join in. It's a good time to catch up with people from other groups that you may not attend, and pick up a few pointers from others, along with sharing your own.

Thank you for allowing me to be your President. Please don't hesitate to come to me with any ideas, problems or just to say hello.

Enjoy the fall.

Lillian Cravotta-Crouch
President, DBSA-Boston

When Autumn Comes

A subtle sorrow comes in autumn
That steps to anguish in my heart,
When slant of light
And lengthened night
Vex phantoms' whispers that impart
To me a dread that has no bottom.

September's bleak breath chills my room,
Save sanctuary in my bed,
Where insulation
And numbed sedation
Tempt ghosts and bring the dead
To me, with blankets our shared tomb.

Of summer's light my soul bereft,
The keys to darkness in my hands,
Pray use them not
In madness fraught;
With sleeping spirits I myself remand,
To endure winter, stave off death.

Joy Galloway Shen

Polars' Express

- The newsletter is published quarterly, the 1st of March, June, September, and December.
- The Polars' Express is an electronic newsletter, available to anyone who subscribes. A printed version is available for members only, who request it.
- **Please email your submissions to news@dbsaboston.org**, including your name, email address, and/or phone number in case the editor has questions. Author/artist name will be withheld from publication upon request.

The next submissions deadline is November 15, 2017

- Send your letters, comments, and suggestions to: Susan Reynolds, Editor, Polars' Express, PO Box 102, Belmont, MA 02478 or email: news@dbsaboston.org.



On the 1st Wednesday of each month: We Share - Featured Performers Showcase

09/06, 10/04, and 11/01 • Starts 6:45 p.m. • The deMarneffe Building Cafeteria
An extension of the Mill Street Open Mic Session, "We Share" is an artist series that features one of our Mill Street Open Mic performers who will perform 1-2 original or covered pieces. Great way to kick off groups with art and music!

Mill Street Open Mic November 29

6:30-8:00 p.m. at the deMarneffe Building Cafeteria

The purpose of the open mic session is to appreciate and showcase creative individuals in the DBSA-Boston community.

The session will showcase the 1st 8-10 performers who signed up. Sign-up now at the Welcome Table before time slots are filled up!

Each performer will have a 10-minute time slot for two songs or poetry pieces that are FAMILY FRIENDLY (i.e. no swears, drug/sexual content). Content will be reviewed before the performance.

All music, comedy, and poetry must be live; NO karaoke tracks, loud amplifiers, or drum-kits, unless approved by Christian.

Please contact Christian at christian@dbsaboston.org

Mill Street Open Mic is offered on 5th Wednesdays

Report on the Annual Cookout July 19th

This year's annual cookout was by far the best one yet. One reason for that was everyone who helped with the setup, cooking, distributing the food and of course the cleanup that night. It certainly made it feel like family & friends gathering together.

The night also featured karaoke, the 50-50 raffle and a very successful membership drive. I always look forward to these events mostly because I really like to see the connection that everyone has made to each other. Real friendships have been formed. In many ways it feels like family.

Lillian Cravotta-Crouch



Background of Speakers Presenting at DBSA-Boston Fall 2017

Sept. 13, 2017: “Strength Spotting is a Happiness Booster!” Pam Garramone

Research shows the #1 reason people leave a job is they don't feel valued. It might well also be the number one reason people leave a relationship. Our greatest desire is to feel valued and to feel seen by others. Positive Psychology provides us with science-based strategies to increase happiness and well-being. Strength spotting is a strategy that makes you feel good and the people around you feel good.

To best prepare for Pam's talk, take the free VIA Strengths Survey and bring the printout with you to the meeting. It takes about 15 minutes and gives you a list of your character strengths in order. (If you don't have a printer, you can just copy out the short list.)

Go to: <https://www.viacharacter.org/survey/account/register>

Pam Garramone, MEd teaches Positive Psychology – the Science of Happiness to middle and high school students, teachers and corporate employees and is a Positive Psychology Life Coach and Certified Laughter Yoga Leader. When Pam realized that she wasn't all that happy, she decided to study how to be happier with Dr. Tal Ben-Shahar, a former Harvard University professor. Now, she practices happiness rituals and teaches them to others. She found that the very smallest changes can make the biggest difference and that you can truly become happier. Thousands of stressed out and over-burdened youth and adults have learned that feeling happier is simple when you know and practice happiness habits.

Oct 11, 2017, “The Healing Power of Yoga,” Janna Westmoreland

Yoga is much more than a great workout. This ancient practice is rooted in complete mind, body, spirit wellness. Join us as we explore the mental and physical benefits of pranayama (breathing) and asana (posture) sequences. Comfortable clothes and yoga mat are encouraged but not required to participate. Namaste!

Janna Westmoreland has been a student of yoga for 4 years. She recently completed her 200-hour teacher certification through Yoga of Energy Flow with Daniel Orlansky. Yoga played a significant role in her own healing from depression. When not on her yoga mat, Janna enjoys spending time with her husband and two daughters.

Nov 8, 2017: “The Scoop on Facilitator Training,” Chuck Weinstein, LMHC, CPS

The current DBSA-Boston facilitator Training program began in 1997, and has expanded and been enhanced ever since. Learn about the genesis of this program and how becoming a facilitator can benefit you in your own self-care, emotional hardiness, and resilience. The skills learned in this DBSA program can be applied to Certified Peer Specialist training and other peer-to-peer services. The Foundations facilitator training workshop is useful to anyone who wants to learn communication and leadership skills, not just to facilitators-in-training.

Chuck Weinstein, LMHC, CPS, is our Immediate Past President, the Director of our Facilitator Training Program, and Facilitator Advisor. Chuck is a Program Manager in the Peer-to-Peer Recovery Coach program within the Department of Psychiatry at Massachusetts General Hospital, a member of the Statewide Advisory Council for the Department of Mental Health, an Adjunct Instructor at Tufts University School of Medicine, as well as a licensed counselor in private practice.



Registration Form

“Foundations I: Workshop in Facilitating Peer Support Groups”

Sunday, September 17, 9:30 a.m. to 5:00 p.m.

De Marneffe Building, 115 Mill Street, McLean Hospital, Belmont

- 9:30-9:45 a.m. Registration
- 9:30-10:00 a.m. Continental Breakfast
- Program starts promptly at 10:00 a.m.

Please make check payable to: DBSA-Boston

(One registrant per form. Please print.) Complete form and mail with check to:
DBSA-Boston, Facilitator Training, PO Box 102, Belmont, MA 02478

Payment must accompany registration form to reserve a seat,
 and be received in our office by September 13, 7:00 p.m. EDT.

Workshop is limited to 20 participants

Name: _____

Address: _____

Phone #: _____

Email: _____

Check the appropriate box:

- | | | |
|--------------------------|--|---------|
| <input type="checkbox"/> | DBSA-Boston Member | \$35.00 |
| <input type="checkbox"/> | DBSA Member Affiliate | \$45.00 |
| <input type="checkbox"/> | Peer Services Professional | \$60.00 |
| <input type="checkbox"/> | Other Attendee | \$70.00 |
| <input type="checkbox"/> | I am adding an additional tax-deductible donation to DBSA-Boston | \$_____ |

I am enclosing a check for the total of: \$_____

Registration fee includes: Six-hour workshop, refreshments all day, Certificate of Attendance. Materials will be provided on three-hole paper without additional charge.

DBSA-Boston membership is tax deductible.

I understand and agree that by attending this training, I do not automatically become a DBSA-Boston facilitator, and will not represent myself as such.

Signature: _____

The registration form is incomplete without your signature.

DBSA-Boston 03/01/17

Registration Form for Foundations II



"Foundations II

Saturday, October 1, 10:00 a.m. to Noon

De Marneffe Building, 115 Mill Street, McLean Hospital, Belmont

Prerequisite: the Foundations I Workshop

For Foundations Workshop, please make check payable to: DBSA-Boston
(One registrant per form. Please print.) Complete form and mail with check to:
DBSA-Boston, Facilitator Training, PO Box 102, Belmont, MA 02478

Payment must accompany registration form for the Foundations Workshop to reserve a seat,
and be received in our office by September 21, 7:00 p.m.

Workshop is limited to 20 participants

Name: _____

Address: _____

Phone #: _____

Email: _____

- | | | |
|--------------------------|--|---------|
| <input type="checkbox"/> | Workshop Fee* | \$15.00 |
| <input type="checkbox"/> | Copy of the Foundations I Guideline* | 10.00 |
| <input type="checkbox"/> | I am adding an additional tax-deductible donation to DBSA-Boston | \$_____ |

I am enclosing a check for the total of: \$_____

* Bring your copy of the Foundations I Guidelines manual. Otherwise you will need to pay an additional \$10 for another copy.

Registration fee includes: Six-hour workshop, and refreshments all day.

I understand and agree that by attending the Foundations Workshops, I do not automatically become a DBSA-Boston facilitator, and will not represent myself as such.

Signature: _____

The registration form is incomplete without your signature.

DBSA-Boston 03/01/17

Regional DBSA/DMDA/MDDA & Other Support Group Listings

DBSA National Headquarters

Depression and Bipolar Support Alliance
730 N. Franklin, Suite 501, Chicago, Illinois, 60654-7225
800-826-3632 • Email: questions@dbسالliance.org
Website: www.dbسالliance.org.

CONNECTICUT

Depression and bipolar support groups meet in Branford, Danbury, Greenwich, Hartford, Naugatuck, Norwich, Orange, Portland, Putnam, Stratford, Torrington, Wallingford, and Windsor.

General mental health groups are for those with anxiety, depression, low self-esteem and/or relationship problems.
Contact: Mental Health Association of Connecticut (MHACT)
860-529-1970 ext. 10 or (CT only) 800-842-1501 ext. 10
Website: www.mhact.org for times and locations.

Branford: *+DBSA-Branford
Mondays & Tuesdays, 6–7:30 p.m.
BHCare, Mondays, 14 Sycamore Way • Tuesday, 13 Sycamore Way Branford, CT
Contact: Alan Rosenthal • Phone: 203-779-5253
Email: branforddbسا@gmail.com
Website: www.meetup.com/Greater-New-Haven-Bipolar-Disorder-and-Depression-Group/

Farmington: +(MHACT) • Wednesdays, 7–9 p.m.
1st Wednesday of each month open to Family & Friends.
UCONN Health Center • 263 Farmington Avenue,
Farmington, CT (Use hospital entrance. Ask for the room number at the front desk.

Greenwich: *DBSA-Greenwich
Fridays, 2:30–4:30 p.m. • 27 Stag Lane, Greenwich, CT
Contact 1: John S. Tamerin, MD • Phone: 203-661-8282
Contact 2: Mary Lou Brown • Phone: 203-531-7507
Email: jtamerin@optonline.net
Website: www.dbسالgreenwichct.com

Hamden *+DBSA-Branford
Tuesdays 2:30–4:30 p.m. • Unitarian Church, 700 Hartford Turnpike
Contact: Alan Rosenthal • Phone: 203-779-5253
Email: branforddbسا@gmail.com

Hartford: *+DBSA-Greater Hartford
Wednesdays, 7–9 p.m. • Institute for Living
200 Retreat Avenue, Commons Building, 2nd Floor,
Litchfield Conference Room, Hartford, CT
Contact: Selina Grover-Welborn • Phone: 860-462-3049
Email: swelborn@mindlink.org

Listings change frequently: We suggest you call, email or write contacts for current information.

Attention Chapter Contacts: to change or add a listing, call, email or write to DBSA-Boston, Attn: Chapter List.

CONNECTICUT, continued

Norwich: (MHACT) • Saturdays, 2–3:30 p.m.
Lee United Methodist Church, 294 Washington St., Norwich, CT

Orange: (MHACT)
2nd and 4th Mondays, 7:30–9:30 p.m. • Zion Lutheran Church • 780 Grassy Hill Road, Orange, CT

Putnam: +DBSA-Putnam • Tuesdays, 6:30–8:30 p.m.
Day Kimball Hospital, 320 Pomfret Street, Putnam, CT
Contact: Mariel Bates • Phone: 860-315-3359
Email: autumn70567@yahoo.com
Website: www.dbسالliance.org/putnam

Torrington: *+DBSA-Northwest Connecticut
Thursdays, 7–9 p.m. • Charlotte Hungerford Hospital (small dining room off the cafeteria)
540 Litchfield Street, Torrington, CT
Contact 1: Doyle Finan • Phone: 860-567-8928
Contact 2: Palmer Marrin • Phone: 860-567-5454
Email: pmarrin@optonline.net
Website: www.dbسالnwct.com

Waterford *+DBSA-Branford
Saturday, 9–11 a.m. • Waterford Baptist Church
111 Rope Ferry Road, Waterford, CT 06385
Contact: Michelle Minnich
Phone: (860) 908-0911
Email: md222be@sbcglobal.net

Westport: *+DBSA-Brandford • Thursdays, 6–8 p.m.
St. Vincent's Medical Center, Behavioral Health Service
Westport Campus • 47 Long Lots Road, Westport, CT
Contact: Alan Rosenthal • Phone: 203-779-5253
Email: branforddbسا@gmail.com

MAINE

Portland: *+DBSA-Portland
Wednesdays, 1:30–3:30 p.m.
Maine Medical Center, Dana Health Ed. Center, Room 2
22 Bramhall Street, Portland, ME
Contact 1: Paul Young • Phone: 207-857-9498
Contact 2: John Kennedy • Phone: (207) 615-3691
Email: pyoung30@maine.rr.com

Rockland: *+DBSA-Mid-Coast
Thursdays, 7:00–8:30 p.m. • Tuesdays 11–Noon
First Universalist Church, 345 Broadway, Rockland, ME
Contact: Heather Christie • Phone: 207-691-3599
Email: dbsamc@hotmail.com

Rumford: Thursdays, 6–8 p.m.
431 Franklin Street, Rumford, ME
Phone: 207-364-2495

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Key to Chapter List

* Asterisk indicates National DBSA Chapter.
+ Plus sign indicates Family & Friends are welcome to attend.

Regional DBSA/DMDA/MDDA & Other Support Group Listings

continued from page 14

MASSACHUSETTS

Attleboro: *+DBSA-Attleboro

Tuesdays, 7–9 p.m. • Newcomers at 6:45 p.m.
Hillside Adult Day Health Center,
50 Walton Street, Attleboro, MA
Contacts: Chris and Colleen • 508-222-7525 ext. 407
Email: info@dbsa-attleboro.org

Belmont:

*+**DBSA-Boston** • Wednesdays, 7–9 p.m.
Speakers 2nd Wednesdays, 7–8 p.m.
Groups include Newcomers, Depression, Mania & Bipolar,
Dual Diagnosis, Family & Friends, Maintaining Stability,
Open Exchange, Veterans, Women's Issues, Working &
Coping, and Young Adults.

McLean Hospital de Marneffe Building cafeteria, 115 Mill
Street. For Directions, call 617-855-2000 ext. 7000.

DROP-IN groups every Monday, Thursday, Friday, and
Saturday, 1:30–3:30 p.m. • McLean Hospital de
Marneffe Building cafeteria, Room 132

In-house groups for patients at McLean Hospital

DBSA-Boston, PO Box 102 (for packages, 115 Mill Street),
Belmont, MA 02478
Contact: Barry Park
Phone: 617-855-2795 Fax: 617-855-3666
Email: info@dbsaboston.org
Website: www.dbsaboston.org

Boston:

+**DBSA-Boston** at MGH/Downtown
Thursdays, 7–9 p.m.
Massachusetts General Hospital (MGH), Boston, MA
Yawkey Center for Outpatient Care, 4th Floor, Suite 4A,
Schiff Conference Center
Phone: 617-855-2795 • Email: mghgroup@dbsaboston.org

Holyoke: +DBSA-Western Massachusetts

Mondays, 6–7 p.m.
Holyoke Hospital, Behavioral Outpatient Building, kitchen
area • Hospital Drive, Holyoke, MA
Contact: Barbara • Phone: 413-532-1784
Email: dbsaofwm@hotmail.com

Hyannis:

+DBSA-Cape Cod
Wednesdays, 7–9 p.m.
Cape Cod Medical Center Conference Room
40 Quinlan Way, Hyannis, MA (across parking lot from the
Cape Psych Center)
Contact: Lois • Phone: 508-681-8598
Email: dmcapecod@hotmail.com

MASSACHUSETTS, continued

Lexington

Thursdays 1:30–3:30 p.m.
Seniors' Group meets at the Senior Center,
1475 Massachusetts Avenue, Lexington, MA.
Contact: Rhona at 617-965-3630

Lowell:

*+DBSA-Merrimack Valley
Thursdays, 7:00–8:30 p.m.
Lowell First Church of the Nazarene
1195 Varnum Avenue, Lowell, MA
Contact: Tim
Toll-free phone: 888-280-7773
Email: info@dbsamerrimackvalley.org
Website: www.dbsamerrimackvalley.org

Natick:

+MDDA/Natick
1st and 3rd Thursdays, 7:30–9:00 p.m.
First Congregational Church, 2 East Central Street,
Natick, MA
Contact: Don Jessen • Phone: 978-443-6803

North Adams: See Bennington, VT listing.

Revere:

+Depression Bipolar Support Group
Tuesdays, 6:15–7:45 p.m.
MGH Health Care Center Revere
Administrative Conference Room, across from Security Desk
300 Ocean Avenue, Revere, MA • Revere Beach Train Stop
Contact: Kim Harol • Phone: 781-248-9825
Email: dbsarevere@gmail.com

Southbridge/Sturbridge

+DBSA-Southbridge/Sturbridge • Wednesdays 7 p.m.
Brookside Terrace Community Room, 11 Village Dr.,
Southbridge, MA 01550
E-mail: dbsouthbridge@yahoo.com.

Wareham:

DBSA-Southcoast
1st & 3rd Thursdays, 6:30–7:30 p.m.
Southcoast Medical Building, 100 Rosebrook Way,
Wareham, MA
Contact: John Folan • Phone: 508-971-0018
Email: jafolan@msn.com

Worcester:

*+DBSA-Worcester
Mondays, 7–9 p.m.
UMass Medical Center, N. Lake Avenue, Worcester, MA
Contact: Don Latham • Phone: 508-864-4759
Email: dlatham46@verizon.net

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Regional DBSA/DMDA/MDDA & Other Support Group Listings

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NEW HAMPSHIRE

Concord:

*+DBSA-Concord
Meet 1st, 3rd & 5th Wednesdays, 7–9 p.m.
St. Paul's Church, 21 Centre Street, Concord, NH
Contact 1: Susan Milliken • Phone: 603-224-2664
Contact 2: Shelly Sechrest • Phone: 603-219-0623
Fax: 603-229-1635
Email: dbsaconcord@comcast.net

Dover:

+DBSA-Greater NH Seacoast
Mondays, 7:00–8:30 p.m.
Wentworth Douglass Hospital, Salmon Falls Room
789 Central Street, Dover, NH
Contact: Joe Breakfield • Phone: 603-389-8011
Email: jbreakfield@yahoo.com

Exeter:

*+DBSA-Greater NH Seacoast
Fridays, 7:00–8:30 p.m.
Exeter Hospital, North Conference Room #1
5 Alumni Drive, Exeter, NH
Contact: Brad • Phone: 603-303-0205
Email: dbsaexeter@comcast.net

Hampstead Center: DBSA

Tuesdays 7:30–9:00 p.m.
Hampstead Congregational Church, 2nd Floor,
Davis Room, 61 Main Street, Hampstead, NH
Contact: Bob Elder • Phone: 603-329-6609
Email: rdelder@comcast.net

Lebanon:

+DBSA-Upper Valley • Thursdays, 6–8 p.m.
Dartmouth Hitchcock Medical Center (ask at the info
desk), 1 Medical Center Drive, Lebanon, NH
Contact: Jean Clark Townsend • Phone: 603-632-7493
Email: dbsa@valley.net

Listings change frequently: We suggest you call, email or write contacts for current information.

Attention Chapter Contacts: to change or add a listing, call, email or write to DBSA-Boston, Attn: Chapter List.

NEW HAMPSHIRE, continued

Nashua:

*+DBSA-Nashua • Thursdays, 7–9 p.m.
Community Council, 100 West Pearl Street, Nashua, NH
Contact 1: Thomas Doucette • Phone: 603-888-2141
Contact 2: Amanda Potash • 603-560-7502
Email: info@dbsanashua.org
Website: www.dbsanashua.org

Plymouth:

+DBSA-Plymouth • 1st and 3rd Mondays,
6–7 p.m. • Whole Village Resource Center
Highland Street, Plymouth, NH
Contact: Donna Serina • Phone: 603-783-7025
Email: donnaserina@yahoo.com

RHODE ISLAND

Providence:

+DBSA-Providence • Tuesdays, 7–9 p.m.
Butler Hospital, Ray Conference Center, 2nd floor
2nd and 4th Saturdays, 10 a.m.–Noon
Butler Hospital, Ray Conference Center, 1st Floor
345 Blackstone Boulevard, Providence, RI
Phone: 401-309-7575
Website: <http://www.mdda-ri.org>

Wakefield: Wakefield/South County DBSA
Shore Community Mental Health Center, 55 Cherry Lane,
Wakefield, RI
Contact: Jim McNulty
Phone: 401-254-2572 or 401-455-6338.

VERMONT

Bennington:

*DBSA of Bennington Area
Mondays, 7–9 p.m.
Bennington Free Library
101 Silver Street, Bennington, VT
Contact: Susan Hohman
Phone: 802-447-3453
Email: hohmansusan@yahoo.com

Key to Chapter List

* Asterisk indicates National DBSA Chapter.
+ Plus sign indicates Family & Friends are welcome to attend.

This page is intentionally blank so that the membership form prints double sided.

DBSA-Boston Membership Agreement

DBSA-Boston brings us together to offer each other what we have learned about living with affective disorders. In these circles of trust, we share our feelings, our experiences, and our coping strategies. We do not give advice, particularly about medication. Our support groups are not therapy groups. Our facilitators are not therapists, but DBSA-Boston members trained in peer-group facilitation.

To make everyone feel safe and welcome, our groups are governed by certain guidelines. In particular, we recognize that everything shared within groups (and much revealed one-to-one) must be kept confidential for people to feel safe enough to participate. We also use "I" statements and speak from our own experience; and when differences arise, we refrain from judging one another and instead seek understanding.

DBSA-Boston members in good standing are entitled to the following privileges:

- A safe and empathetic environment to aid in their personal growth
- Receipt of our quarterly newsletter via email
- Participation in our Share Care groups, daytime drop-in and monthly lectures
- Group functions including the summer picnic and holiday party
- Opportunities to "give back" to others by serving as a group facilitator, running for the Board of Directors or working on committees
- The right to vote in DBSA-Boston elections

(CONTINUED ON OTHER SIDE)

(Cut along the dotted line)

(Detach and send In)

DBSA-Boston

Multipurpose Membership Form

Please, use this form to **become a member** of DBSA-Boston, **renew your membership**, **change terms** of membership or address/phone/email or **make a donation**. **Make checks payable to: "DBSA-Boston"** and bring them to the Welcome Table at the Belmont chapter meetings on Wednesday nights or mail them to: DBSA-Boston, ATTN: Membership, PO Box 102, Belmont, MA 02478. (You must be 18 years old to become a member.)

Check all that apply New Member Renewing Member Donation
 Change address/phone/email Change Membership Terms
 Mail only in confidential (unidentified) envelopes

Members requesting changes, please note: changes require 4-6 weeks to take effect.

Categories and Dues Individual: \$35/year Household: \$50/year Professional: \$75/year
 Lifetime: \$300 Benefactor: \$500 Angel: \$1,000

If paying full dues causes you financial hardship, please contact the Membership Chair.

Please Print Clearly:

Name _____ Date ____/____/____

MAILING ADDRESS _____

City _____ State _____ ZIP _____

Phone () _____ (For Confidential Office Use ONLY)

Email _____ (For Confidential Office Use ONLY)

SIGNATURE REQUIRED: I understand and will abide by DBSA-Boston's Membership Agreement (see below)

X _____ (Form continues on the other side)

DBSA-Boston Membership Agreement, continued

DBSA-Boston has established clear guidelines for the security and well-being of all members participating in our organization. Because disruptive behavior is often a symptom of bipolar and depressive illnesses, it must be accommodated to some degree. Beyond a certain point, however, it cannot be tolerated as it jeopardizes the work or even the existence of a group dedicated to helping people transform their lives. We list here some examples of behavior that, if it persists, can lead to a review of an individual's group participation privileges, and possibly to that individual's removal from the organization by the Board of Directors.

1. Discrimination against any individual or group based on age, gender, race, creed, nation of origin, ethnicity, sexual orientation, disability, religion or any other characteristic protected by the laws of the United States
2. Physical or verbal aggression
3. Suggestive remarks or other forms of sexual harassment
4. Violating confidentiality of support group meetings or individual members
5. Disrupting groups by coming in late habitually, wandering in and out, or refusing to cooperate with a group facilitator in following established DBSA-Boston guidelines
6. Abuse of the telephone or email lists by making calls at inappropriate times or by refusing to stop contacting those who have asked not to be contacted
7. The use of cell phones during groups, including texting, Web access and photos
8. Harassing or stalking individuals who have asked not to be contacted
9. Inappropriate or illegal behavior in contexts where members are viewed as representatives of DBSA-Boston, such as at McLean Hospital, local restaurants or other public places
10. Bringing pets other than service animals to group meetings
11. Attending DBSA-Boston meetings or functions while under the influence of alcohol or other recreational drugs
12. Repeatedly violating the smoking policies of a facility where an DBSA-Boston group is meeting

Your cooperation and commitment are what keep DBSA-Boston alive and well. Thank you!

(Cut on the dotted line)

DBSA-Boston Membership Form (continued from other side)

Phone List: Include my name as follows: _____

(Your name will be placed on the phone list, which is given to DBSA-Boston members seeking personal support, ONLY if you print your name here.)

How did you find out about DBSA? _____

Suggestions or Comments _____

Donations: Help us to help others by giving an additional donation. Donations are tax deductible to the extent provided by law. DBSA-Boston is a non-profit corporation in accordance with I.R.S. Code, Section 501(c)(3).

\$25 \$50 \$100 \$150 \$_____

In honor/memory of _____

Acknowledgments sent on request: enclose name, address and additional information

TOTAL AMOUNT ENCLOSED (dues and/or donations) \$_____ (checks to DBSA-Boston)

Thank you very much! The Membership Committee

(OFFICE USE ONLY- Payment received ___/___/___ by _____)