

POLARS' EXPRESS

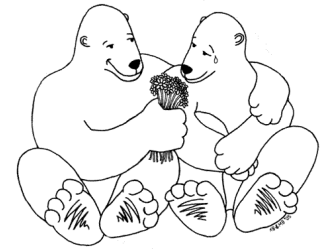
The Newsletter of the Depression and Bipolar Support Alliance of Boston

March, April, and May 2017



Spring 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!


See page 9 for background on speakers

- Mar. 08: "Tai-Chi," Shifu-Nicanor Snow
- Mar. 29: Mill Street Open Mic! See page 8.
- Apr. 03: NAMI Mass. Advocacy Day See page 9.
- Apr. 12: A Mindful Way Through Emotion: Newer Approaches to Treating Mood," Benjamin G. Shapero, PhD
- Apr. 19: Ice Cream Social! See page 8.
- Apr. 30: **Foundations Workshop in Facilitating Peer Support**, led by Chuck Weinstein, LMHC, CPRP, CPS. Registration deadline is April 26. See page 7.
- May 10: "Finding Wellness Through Music," Volunteer Musicians for the Arts
- May 13: NAMIWalks Massachusetts: Join the DBSA-Boston Believers Team! 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.m.

DBSA-Boston Services

- Wednesday-night Share Care support groups include Newcomers, Depression, Mania & Bipolar, Maintaining Stability, Dual Diagnosis, Family & Friends, Open Exchange, Veterans, Women's Issues, Young Adults, and Working and Coping.
- 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:	Chuck Weinstein
Vice President:	Lillian Cravotta-Crouch
Treasurer:	Susan Reynolds
Secretary:	Alli Bodek
Past President:	Michele O'Shea
President Emeritus:	Everett Page

Board Directors

John C. Dorr	Barry Park
Mia Guerriero	Kelley Stout
Bob Hanflig	Christian Tiongson

Facilitation Advisor

Chuck Weinstein, LMHC, CPS

McLean Hospital Liaison

Brian P. Brennan, MD, MMSc

Office Staff

Bookkeeper:	John P.
Office Operations:	Barry Park

Meeting Schedules

Board of Directors:


1st Wednesdays (03/01, 04/05, 05/03) 7 p.m.

Facilitator Meetings:

1st & 3rd Wednesdays (03/01, 03/15,
04/05, 04/19, 05/03, 05/17) 5:45 p.m., Room 132

Share Care Committee:

2nd Wednesdays (03/08, 04/12, 05/10)
5:45 p.m., Room 118

DBSA-Boston news is noted by the paw print. 

President's Letter

Spring 2017



Happy Spring everyone!

There is so much happening in our organization, and it would not be the same without you being a part of it! Our Mill Street Open Mic has been a success in the past and we are looking forward to March 29 for another round starting at 6:30 p.m. with your Master of Ceremonies, Christian. Please sign up early, as the slots go quickly. And if there are any open slots left the day of the event, I will be pleased to sing my rendition of "Tiny Bubbles," by Don Ho. So, kindly sign up and do it today!

In April, we are looking forward to our upcoming ice cream social and karaoke event. Again, we are bringing in good cheer, mirth, and delicious ice cream to welcome spring and look longingly towards summer. Due to popular demand, karaoke will return, and will be in room 132 this year, so that the members of our community who want to take this opportunity to socialize can do so easily without having to raise their voices. You our membership has spoken and we the leadership have listened.

In other news, the Board of Directors agreed to transition to a paperless office by 2020, so that we are direct contributors to having a responsible green organizational policy and thus consume a smaller ecological footprint in our planet. In making this decision, we decided to invest in a 30" monitor so that we can promote and market upcoming events at our welcome table without using poster board, as well as

Continued on page 10

The Polars' Express Newsletter Committee:
Barry Park • Susan Reynolds, Editor - see page 10

Board Notices are on pages 3-5

DBSA-Boston Nomination of Officers and Board of Directors for 2017



Thank you for your participation in electing the Officers and Board Members for the incoming year 2017–2018. The leadership for DBSA-Boston consists of five officers – the President, Vice President, Secretary, and Treasurer, plus the Immediate Past President – and six Directors for the Board of Directors.

There are six, full-term, positions open: three Board Directors, and three Officers – President, Vice President, and Secretary. The elections for Officers and Board Directors will take place at our Annual Meeting on Wednesday, June 14, 2017.

Before anyone can be voted for an office, they must be nominated. Nominations may be made by any DBSA-Boston chapter member, 18 years or older, who is in good standing with dues fully paid. To become a candidate, you must be a dues-paying DBSA-Boston member for at least one year and be nominated by another member. Be sure that the individual you nominate is willing and ready! Permission of the person you are nominating is necessary.

The terms for office are as follows: the President and Vice President are one-year terms; the Secretary and Treasurer are two-year terms, and all Directors are two-year terms. For the current composition of the Board, please refer to page 2 of this newsletter. See page 4 for all duties and responsibilities of the Officers and Board Members of DBSA.

Nominations will close on Saturday, April 1st, 2017. Nominations that are mailed must be postmarked no later than Wednesday, March 29, 2017. To obtain a nomination form, please ask me, or pick one up at the Welcome Table. You may also call the office directly. Please note that the nomination form is also included on page 11 of this newsletter. All nomination forms may be delivered in person or mailed to:

DBSA-Boston
Attention: Nominating Committee
PO Box 102
Belmont, MA 02478

And now for the fun part. Candidates will introduce themselves to chapter members at Candidate's Night on Wednesday, June 7th. Each candidate will each have five minutes to speak to the membership about why he is running for office. The elections will happen the following week. This will give time for all members to contemplate who would best serve DBSA-Boston in the coming year.

Your right to vote and nominate candidates are privileges. DBSA-Boston is the largest and oldest chapter in the country. You should be proud of being a member of this esteemed organization which seeks to better the lives of its members and non-members suffering from mood disorders. There is nowhere else you can go to receive the kind of support available at DBSA. Without you, we would have no chapter, and this is why your participation is so important. Your voice can be heard!

We are always looking for involvement in running and maintaining our organization. So, if you feel that you have the talent, please don't hesitate to step forward and help in this noble cause.

John C. Dorr, Nominating Committee Chair
Mia Guerriero, Nominating Committee Co-Chair

DBSA-Boston Overview of Duties and Responsibilities Board Member



1. Attend all Board Meetings.
2. Attend any and all additional "Planning Sessions." Not likely to exceed three in the coming fiscal year.
3. If unable to attend a Board Meeting, will notify President in person or by the President's personal email or voicemail only.
4. If any Board Member should have three consecutive unexcused absences, he/she runs the risk of being dismissed from the Board.
5. Chair one committee, or sit on one or more committees.
6. Help out during special events: Holiday Party, Summer Cookout, Raffles, Ice Cream Social, and others as they arise.
7. Be a current dues-paying member of DBSA-Boston.

Committee Chairperson

1. Hold meetings at regularly scheduled intervals.
2. Identify meeting location in advance. In order to avoid space conflicts, first check with President.
3. Recruit and cultivate committee members.
4. Organize and facilitate committee meetings.
5. If unable to attend, appoint someone to facilitate in your absence.
6. Furnish the Board with a projected annual budget, if needed. Should the need arise to exceed the projected budget, the Chairperson would need to make an appeal before the Board for approval.
7. Apprise the Treasurer of all inflows of monies.
8. Clear expensive, sensitive, and unusual projects through the Board.
9. Always consult in advance with the Treasurer when incurring expenses. He will apprise you of any office-generated forms that must be filled out and filed.
10. It is always useful to maintain a year-long history of the committees' works and deeds. This can be presented to your successor. 'Tis better to exist in a continuum than a vacuum.

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 christian@dbsaboston.org.

Committees at a Glance



Activities: Organizes DBSA-Boston social events.

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

Executive: Oversees the Board of Directors.

Finance: Oversees the financial info and investments.

Fundraising: Develops fundraisers to benefit DBSA-Boston.

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

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

Office Operations: Proposes updates/changes in office operations.

Share Care: Coordinates and oversees share care groups.

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

Training: Evaluates and proposes training sessions for facilitators.

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

2016-2017

Committees

Chairs

Activities:	Lillian Cravotta-Crouch
Communications:	Susan Reynolds
Executive:	Chuck Weinstein
Finance:	Barry Park
Fundraising:	Chuck Weinstein
Marketing/Outreach	Steve Lappen
Membership:	Christian Tionson
Nominations:	John C. Dorr
Office Operations	Barry Park
Share Care:	Lillian Cravotta-Crouch
Speakers Bureau:	Mary Johnston
Training:	Bob Hanflig
Wednesday Night Facilitators:	Roberta U.

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

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 Treasurer 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 Chair Christian Tionson, or call the office at 617-855-2795.

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, Maintaining Stability, Dual Diagnosis, Family & Friends, Veterans, Women's Issues, Young Adults, a group that's resuming, Open Exchange*, and a new group, Working and Coping**.

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: Barry Park

*Support Group Resuming

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.*

**New Support Group

Working and Coping

Occurs every 3rd 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: Lillian Cravotta-Crouch, Chair, Marina C. Dennis H., Bob Hanflig, Sylvia M., Michele O'Shea, Kate R., Roberta U., and Chuck Weinstein (ex-officio)

See other regional support groups starting page 14.



Foundations Workshop in Facilitating Peer Support Groups

Sunday, April 30, 2016

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, April 26 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. **See page 13 for 2017 Training Schedule.**



Mill Street Open Mic March 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 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

Ahhh... the sweet things in life!

Come indulge at the DBSA-Boston Ice Cream Social Wednesday, April 19, 6-8 p.m. in the de Marneffe Building cafeteria. We are bringing in good cheer, mirth, and delicious ice cream to welcome spring and look longingly towards summer.

Back by popular demand, we will also be offering Karaoke in room 132.

Support Groups?

Yes, of course! We will offer support groups from 8 p.m.-9 p.m.

Membership Drive

We are having our "Spring Drive" during the Ice Cream Social. It is a perfect time to renew memberships and receive a polar bear in return! Also, those who sign up that day will get free admission to the Ice Cream Social.

The Social is not a proper social without you!

Please join us! Bring family and friends. \$2 for members, \$3 for non-members, facilitators free!

If you would like to help at the Social, please see Lillian Cravotta-Crouch, Activities Chair.



NAMI Mass. Advocacy Day: Monday April 3

11 a.m.–3:00 p.m. at the Great Hall, Massachusetts State House, 24 Beacon Street, Boston. Let your legislators hear from you!

Noon–1:00 p.m.: Presentation on Crisis Intervention Training (CIT) which helps police officers more effectively respond to calls involving mental health crises.

Register and read more detail at:

<https://www.eventbrite.com/e/nami-mass-advocacy-day-2017-tickets-32271614267>

NAMIWalks Massachusetts: Saturday, May 13

Join the DBSA-Boston team – DBSA Boston Believers – and partner with NAMI Central Middlesex for the NAMIWalks Massachusetts on May 13th at Artesani Park, Brighton, along the Charles River. Be a part of the largest NAMIWalks in the USA again this year. Walk with your peers, friends, and family in the premier stigma-busting event in the Boston Area. Together we can make a difference! Each walker that has pledged of \$25.00 will get a free DBSA-Boston Believers Special Walk shirt.

Learn more about this event and how you can participate, Wednesday evenings in April and May at our meetings. Or see Lillian Cravotta-Crouch, our Activities Chair.

Background of Speakers Presenting at DBSA-Boston Spring 2017

March 8: "Tai-Chi," Shifu-Nicanor Snow

Nicanor Snow founded Seacoast Tai-Chi in 2000. He received training from Grand Master Gin-Soon Chu and his son, Master Fong-Vincent Chu, both of whom trained under legendary Yang Chen-Fu, who developed the Yang-style Tai Chi in China. Nicanor has a passion for sharing his understanding and knowledge of Tai-Chi.

Tai-Chi is a Chinese 'yielding martial art' that has been practiced for over five centuries. It is a low-impact exercise of dynamic soft movements and promotes relaxation, stress-reduction, and mental calm and clarity. Nicanor Snow will lead us in an introductory demonstration of the practice of Tai Chi. We hope you will participate in this gentle exercise. Please wear comfortable clothing and flat-soled shoes

April 12: A Mindful Way Through Emotion: Newer Approaches to Treating Mood," Benjamin G. Shapero, PhD

Dr. Benjamin G. Shapero is a clinical psychologist at the Depression Clinical and Research Program in the Psychiatry Department at Massachusetts General Hospital. Dr. Shapero completed his graduate training at Temple University and post-doctoral fellowship at MGH/Harvard Medical School. He provides Cognitive Behavioral Therapy to children, adolescents, and adults at MGH. His research focuses on stress-related vulnerability factors that impact the development and maintenance of mood disorders throughout the lifespan. He is currently working on several studies including one focused on Mindfulness Based Cognitive Therapy as a treatment for depression.

Dr. Shapero's presentation will focus on the impact that thoughts have on emotions. He will ground his discussion through a clinical perspective on how stress impacts mood. He will discuss how being mindful can provide an alternative perspective and how newer treatments incorporate mindfulness in treatment. Specifically, he will discuss Mindfulness Based Cognitive Therapy (MBCT) and other approaches that have been helpful for mood disorders.

May 10: "Finding Wellness Through Music," Volunteer Musicians for the Arts

President's letter continued from page 2



experimenting with using tool during Board meetings as a means of sharing important financial and other information without having to make copies on paper that often go into the recycling bin. We'd love to hear feedback on this new use of technology verses paper products.

Our NAMIWalks team, "DBSA-Believers" is currently forming, with our own Vice President Lillian as Co-Captain and we are looking for members to join her as the other Captain, as crew, and as walkers. Last year we had an amazing turn out, this year we would like to encourage every member to walk on May 13th, not just because it is a good cause and a fundraiser, but also as it is a "fun"raiser as well. This is a wonderful opportunity to get some fresh air, exercise and/or lounge at the DBSA-Boston tent. Each walker that has pledges of \$25.00 will get a free DBSA-Boston Believers Special Walk shirt. Please see Lillian if you would like to volunteer to help in this capacity.

A reminder that our wonderful website, created and managed by our IT Wizard Barry, has podcasts (taped speeches) of all speakers since April 2016. By having our speakers taped and added to our website as a podcast, members and guests can access these talks even if they are unable to attend in person. These podcasts are easy to find, listen to, and enjoy.

Last, but not least, thank you all who serve as volunteers (Board members, coordinators, facilitators, crew team for the Welcome table) and to you who contributed generously with financial contributions over the holidays. We are working on achieving the second year of a balanced budget, and every little bit counts. This includes your weekly support of our coffee service. Because of people like you (yes, I totally stole this line from PBS), we have hot decaf coffee and tea at each Wednesday night meeting. And, thank you for all our friends who renewed or joined our membership. And to remind young and seniors alike that there is a special membership for students that we welcome you to take advantage of.

This is the last quarter of my second term as your President. In June, you will elect a new Slate of Officers and Directors, and I trust you to make the right decisions in nominating and voting for people whom you like and trust to enter, or continue with the stewardship of this fine organization. I want to say, from the bottom of my heart, it has been a pleasure and honor for me to be in this role again. What made my job so easy was directly due to all our volunteers who give generously of their time, energy, skills, passion, and compassion to our organization. Thank you to these volunteers, and thank you to you, our membership, for allowing me the opportunity to be of service.

And for your consideration: "If you are at a meeting, you are nowhere else..."

Humbly submitted,

Chuck Weinstein

Polars' Express



- The newsletter is published quarterly, the 1st of March, June, September, and December.
- As of March 2015 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 May 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.



Election Nomination Form – 2017
DBSA-Boston

(See page 3 for Board Nomination Notice.)

I _____ nominate _____
(Your name) **(Candidate)**

For the position of
(Please circle one)

President

Vice President

Secretary

Board of Directors

I have permission of the person nominated
to make this nomination.

(Signature)

(Date)

Contact Information of Candidate _____
(Phone number/s home/cell)

(Alternate phone number)

(Email address)



Registration Form

“Foundations Workshop in Facilitating Peer Support Groups”

Sunday, April 30, 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 April 26th, 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



Facilitator Training Curriculum

General Requirements

- Must be an up-to-date paid member to attend.
- Must have attended at least six group sessions.

2017 Facilitator Trainings

Date	Training	Cost	Importance	Prerequisite
3/29	Buddy Training#	Free	Recommended	
4/29	Buddy Training for Daytime Drop-in	Free	Recommended	
4/30	Foundations I* Training Manual	\$25 \$10	Required	General Requirements
5/13	Daytime Drop-in Facilitator Training**	\$ 5	Required (for Daytime Facilit.)	Foundations I
9/17	Foundations II* +	\$15	Required	Foundations I
10/15	Foundations I Training Manual	\$25 \$10	Required	General Requirements

More Buddy trainings will be scheduled in 6 months, TBD

* Includes breakfast and lunch

**Includes coffee and donuts

+ You must bring your training manual to Foundations II session

Mill Street Open Mic Sessions

Every 5th Wednesday of the Month

6:30 p.m.–8:00 p.m.

At the deMarneffe Building cafeteria

Dates for 2017:

March 29

May 31

August 30

November 29

Questions? Email christian@dbsaboston.org



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,
Maintaining Stability, Dual Diagnosis, Family & Friends,
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

continued from page 15

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.

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 _____)