

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: [the online survey](#)

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, LMCH, 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 Foundations facilitator training workshop is useful to anyone who wants to learn communication and leadership skills, not just to facilitators-in-training.

Chuck Weinstein, 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.