

POLARS' EXPRESS

The Newsletter of the Depression and Bipolar Support Alliance of Boston

December 2017, January and February 2018



Winter 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.

- Dec. 13: Speaker TBD
- Dec. 20: **Annual Holiday Party & Lee Paris Artisan Craft Fair!** See page 8 .
- Jan. 10: Speaker TBD
- Jan. 25 “Foundations I: Workshop in Facilitating Peer Support Groups,” led by Chuck Weinstein, LMHC, CPS See page 5
- Feb. 14 “The Healing Power of Yoga, part 2” Janna Westmoreland See page 10.
- Feb. 28 “Foundations II,” led by Bob Hanflig See page 6.
- Jan. 31: “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.

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 (12/06, 01/03, 02/07) 7 p.m.

Facilitator Meetings:
1st & 3rd Wednesdays (12/06, no meeting 12/20,
01/03, 01/17, 02/07, 02/21) 5:45 p.m., Room 132

Share Care Committee:
2nd Wednesdays (12/13, 01/10, 02/21)
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 Winter 2017-2018



Dear DBSA Friends,

As the holidays approaches I am reminded how grateful I am to be sharing life's journey with all of you.

Although I am so very grateful for my family I am extremely thankful for all I've come to know at DBSA and consider all as my extended family. When I first came here I felt lost that life had let me down. I was going along one day enjoying a great family life, friends and a successful career basically loving life. Then bam mental illness entered the mix, boy did I feel shattered. When I came here I found out 1 in 4 families is affected by mental illness. I was no longer alone on this journey.

As I'm sure you all know everyone has advice but no solutions? No coming here was not the magic fix. What I did get was people who got it and I learned to cope. No every days not great but I do have my life back.

Eleven years later I'm President never saw that coming. I found that giving back to an organization that gave me back my life was really what continues to help me cope. First I became a facilitator, and then I was on the board.

My favorite thing is being chair on the activities committee. Being part of a big Italian family I especially like the gathering where there is food and most important people I care about. When I walk through the cafeteria at these events what I see is people caring and sharing their lives together.

Continued on page 9

Board Notices

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.

Nominations: Oversees nominations for the Board.

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.

2017-2018

Committees



Chairs

Activities:	Lillian Cravotta-Crouch, Kelley Stout
Communications:	Susan Reynolds
Executive:	Lillian Cravotta-Crouch
Fundraising:	Chuck Weinstein, Lillian Cravotta-Crouch
Marketing/Outreach	Steve Lappen, Judy Coogan
Membership:	Alli Bodeck, Samantha D.
Nominations:	Open
Office Operations	Barry Park
Share Care	Christian Tiongson
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 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.

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)

See other regional support groups starting page 13.



Foundations I: Workshop in Facilitating Peer Support Groups

Sunday, January 28, 2018

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, January 24, 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, February 25, 2018

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, February 21, 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: \$10*

* 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.

Members' Writing



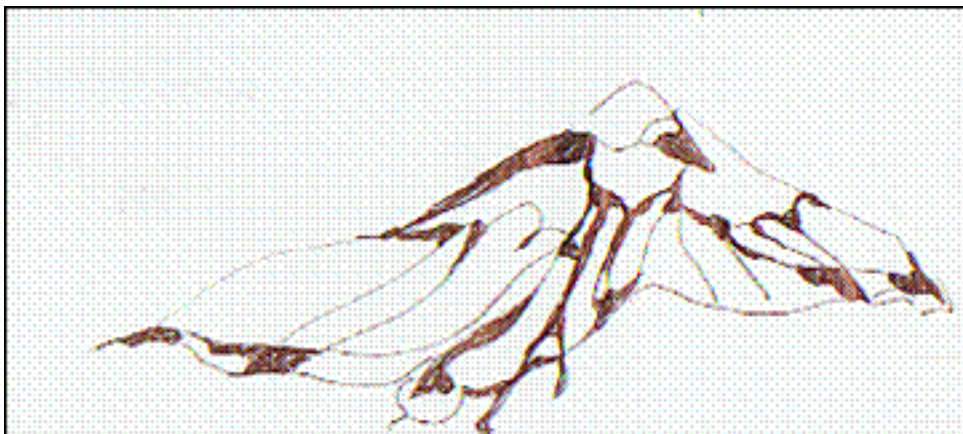
This vivid, emotional memoir describes the experience of Katie McDowell, a young woman grappling with a harrowing new diagnosis and a baby on the way. Over the unpredictable course of pregnancy, she confronts many important issues of bipolar disorder, including diagnosis and treatments, stigma and support, and, ultimately, how to cultivate self-compassion and confidence while entering the daunting, beautiful world of motherhood. Through ups and downs, trials and triumphs, McDowell takes you on her nine-month journey, bipolar and pregnant.

Katie McDowell is the pen name of a DBSA-Boston member. Please [go to the Bookstore on our website](#) to order a copy: dbsaboston.netfirms.com

Great gift for the holidays!

Are you a member of the DBSA-Boston community? Do you write poetry, short stories, essays? Do you draw, or paint, or do photography? Would you like to share your art with the DBSA-Boston community? We are always eager to display members' art in the Polars' Express and on the website. If you'd like to include your art in the Polars' Express and/or the website, please email me at news@dbsaboston.org.

Susan M. Reynolds, Polars' Express Editor.





Annual Holiday Party & Lee Paris Artisan Crafts Fair

FOOD | ART | MUSIC | RAFFLES | MEMBERSHIP DRIVE

Wednesday, December 20, 2017
6:00 p.m. to 8:00 p.m.
(Support Groups 8:00 p.m. - 9:00 p.m.)

de Marneffe Cafeteria at McLean Hospital

\$3 MEMBERS | \$5 GUESTS
FREE FOR VOLUNTEERS & CURRENT FACILITATORS

Please join us for lots of good holiday cheer with a **buffet, crafts fair, music, and more!** There will also be a number of raffles including the annual holiday 50/50! On top of that, consider becoming a DBSA-Boston member during the Holiday Membership Drive!

Holiday Buffet

We provide plenty of pizza, sandwiches, rollups, cookies, cakes, hot tea, coffee and soda and we look to you, our membership to add to the fun by bringing in your favorite homemade dish or store-bought item. Show up a bit early to help set up. Your help is always welcome.

Lee Paris Artisan Crafts Fair*

Every year we have wonderful Peer Artisans from our community who bring their goods (many handmade, one of a kind) for sale. This is a great time to buy your Christmas, Hanukah, Kwanza, and Festivis gifts. There will be a unique variety of gift items: photographs, hand-made crafts, paintings, gift cards, jewelry, clothing, soaps, art work... bring cash!

Membership Drive

If you are not a member, consider joining DBSA-Boston at the Holiday Party. If you join on this night, or renew your current membership, as your first benefit of membership, you will have free access to our scrumptious buffet, a savings of \$3.00 to \$5.00, a great incentive.

* The Artisan Crafts Fair is named for our long-standing member, photographer Lee Paris, who started our tradition of art shows at the Annual Cookout in 2006!

FOR MORE INFO, PLEASE CONTACT:
Lillian Cravotta-Crouch, Activities Chair, at lillianc@dbsaboston.org



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

12/06, 01/03, and 02/07 • 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 January 31

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

President's Letter, continued from page 2

As we approach the holiday season I ask that we all remember that DBSA runs because of our membership and donations. This helps pay for our events, run the office so that are groups will continue to run and continue to welcome those who need us.

So if you're here every week or haven't been for a while remember we are so very grateful to all of you.

My wish for all is a happy holiday season followed by a healthy and peaceful new year.

Lillian Cravotta-Crouch
President, DBSA-Boston



Background of Speakers Presenting at DBSA-Boston Winter 2017-2018

Feb. 14, 2018 “The Healing Power of Yoga, part 2” 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.

Janna presented part 1 of “The Healing Power of Yoga” this fall at DBSA-Bosto.

When not on her yoga mat, Janna enjoys spending time with her husband and two daughters.

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
February 15, 2018**

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





Registration Form

“Foundations I: Workshop in Facilitating Peer Support Groups”

Sunday, January 28, 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 January 24, 7:00 p.m. EST.

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, February 25, 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* | \$10.00 |
| <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

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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 left intentionally blank so that the membership form will print front to back.

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 _____)