

POLARS' EXPRESS

The Newsletter of the Depression and Bipolar Support Alliance of Boston

June, July, and August 2018



Summer Calendar

Schedule of Speakers and Events



No DBSA-Boston sponsored lectures June, July, and August. **Every Wednesday** we have a Music Circle 6-7 p.m. in Room 117, a Coloring Circle 6-7 p.m. on the lower level of the cafeteria, and a Peer-Led Meditation 6:30-7:00 p.m. in Room 115. See page 8.

- June 06: Candidates' Night 7-8 p.m. Come hear candidates for the Board. See page 3.
- June 13: Annual Meeting and Election of Board Officers and Directors See page 3.
- July 18: **Annual Cookout!** With Karaoke! See page 9.
- August 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.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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The first Wednesday of each month, Board members will be at the Welcome Table.

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 (05/30, 07/11, 08/01) 7 p.m.

June 6 meeting held May 30 due to Candidates' Night.

July meeting held July 11 due to July 4th holiday.

Facilitator Meetings:

1st & 3rd Wednesdays (06/06, 06/20,
07/04, 07/18, 08/01, 08/15) 5:45 p.m., Room 132

Share Care Committee:

2nd Wednesdays (07/11, 08/08)*

5:45 p.m., Room 118

* No Share Care meeting in June

DBSA-Boston news is noted by the paw print. 

President's Letter Summer 2018



Dear DBSA Friends,

Summer is finally (almost) here!

It's hard to believe it's been almost a year since I was elected President. It's been a good year thanks to the Board, Share Care, and all of you who volunteer your time. We couldn't survive without all the help we get from our members. Starting with members sitting at the Welcome Table to greet people, to helping at our social events.

I can't tell you how much more fun it is for me as the head of the Social Activities Committee to have so much help. The volunteers of today are the leadership for the future of DBSA Boston.

I would just like to thank all the walkers and the weather for a great turnout for the NAMI walk on May 19th. Special thanks to Meach my co-captain who had to put up with me as I can be technology challenged. Also to Kenny who worked so hard to sign up people from the Thursday night MGH group and for helping man the table on Wednesday night. Of course the glue that keeps these events together is Barry, big thanks to him. Last but not least to Susan & David for covering the table at the walk.

It's a good opportunity for us to join with NAMI to support the mental health community and also to allow people there to learn about our support groups. Together we can do so much.

Our next event is Candidates' Night, Wednesday, June 6. From 7-8 p.m. candidates nominated for the 2018-2019 Board will talk about why they want to be on the Board. The Annual Meeting and Election of Officers and Directors is Wednesday, June 13. See the Notice of Annual Meeting (page 3) and Candidates' Statements (pages 4-5).

Continued on page 11

The Polars' Express Newsletter Committee:
Barry Park • Susan Reynolds, Editor - see page 11



DBSA-Boston

The Depression and Bipolar Support Alliance of Boston

Annual Meeting

Election of Board of Directors
Officers and Members

June 13, 2018, at 7 p.m.

Francis de Marneffe Building Cafeteria
McLean Hospital
115 Mill Street
Belmont, MA

Join us for pizza at 6 p.m.!

We will have pizza at 6 p.m., the Annual Meeting starting at 7 p.m.,
with an hour of Share Care starting at 8 p.m.

More on the Annual Meeting on pages 4 through 6

Slate of Candidates for the Board of Directors

The election slate approved by the Board of Directors is as follows:

Officers

President: Lillian Cravotta-Crouch* (One-YearTerm)

Vice President: Michele O'Shea * (One-YearTerm)

Treasurer: Susan Reynolds* (Two-Year Term)

Two Directors for a Two-Year Term

John C. Dore*

Priyadarshi Khare

Christian Tiongson*

Candidates' Night: The candidates will address the DBSA-Boston members on Wednesday, June 6, 7–8 p.m. in the Francis de Marneffe Building cafeteria at McLean Hospital, Belmont. See Candidates' Statements on pages 4 and 5.

*Current member of the board.

Lexie Comeau
Nominating Committee Chair

See overview of Board duties and responsibilities on page 6



Candidates' Statements for the DBSA-Boston Board of Directors

Officers

President: Lillian Cravotta-Crouch

It's hard to believe it's been almost a year since I was elected President. It's been a good year thanks to the Board, Share Care, and all of you who volunteer your time. We couldn't survive without all the help we get from our members. Starting with members sitting at the Welcome Table to greet people, to helping at our social events. I can't tell you how much more fun it is for me as the head of the Social Committee to have so much help. The volunteers of today are the leadership for the future of DBSA Boston.

One of my goals for my first year was to make our organization financially secure by investing the money we have through a financial adviser. I feel we can make good use of the money that we collect from dues, fundraisers and watch it grow so we can have a more secure future and continue to provide support groups for the mental health community.

You have all made a difference in my life. There is nothing like going to a group and being surrounded by people who get what you're talking about. I have said it before but the support I see people giving one another is so inspiring. One of the things that have become part of our culture at DBSA is Open Mic Night that is held on the fifth Wednesday thanks to Christian. Then there is Khare volunteering each week to lead a meditation group. Also, before each week's group we have people gathering to sing & play music together. This is also thanks to Christian securing a grant from Club Passim that allowed us to purchase instruments.

What I see coming out of all these activities is a sense of community, friendships forming, and people enjoying themselves – what could be better than that?

As I continue my next year I hope to get to know our members better and to make sure the dialogue remains open, so the leadership can best serve this community. Thank you.

Vice President: Michele O'Shea

My name is Michele O'Shea, and I am running this year for Vice President of DBSA Boston. Christian Tiongson, our current Vice President, is stepping down as Vice President, although he will remain active at DBSA Boston. We thank him for his excellent work in this role over the past year.

I decided to run for VP because I would like to contribute my time to DBSA during this unexpected change in leadership. I am currently on the Board and the Share Care Committee, and have previously been President and Vice President of DBSA. During the next year, I plan to work with the Board and Share Care Committee to support greater involvement by our membership as participants in DBSA meetings, committees, and events, to create a path for others to grow into leadership positions.

While it is important for any organization to have those with institutional memory, it is just as important to have new people contribute their time, ideas, and experiences to help DBSA Boston continue to meet the needs of our membership in new and exciting ways.

Thank you for giving me an opportunity to serve you in the coming year.

Treasurer: Susan Reynolds

I have been an active member of DBSA-Boston since 1999 – as a share care participant, facilitator, Editor of the Polars' Express for 18 years, and on the Board for 18 years – 8 terms as Secretary, 1/2 term as Treasurer.

It has been 19 years since my mom and I walked into our first MDDA-Boston meeting ... distraught, confused and feeling totally lost. The understanding, caring, and support this group has given is extraordinary. You are the main reason our family has managed to stay together through the turmoil of affective disorder. I am profoundly grateful and try to give back as much as possible.

Continued on page 5.

Candidates' Statements for the DBSA-Boston Board of Directors,

continued



Treasurer: Susan Reynolds continued

As for my qualifications to serve as Treasurer, I have a background in accounting and financial reporting, including three years as an auditor with a public accounting firm. I have served as Treasurer for DBSA-Boston, as well as for another non-profit organization. I hope you will support my candidacy for another term as Treasurer.

Directors

John C. Dore

As a candidate, I ask you to consider re-electing me for the open position of Board Director for DBSA-Boston. For approximately two years, I have served in this capacity bringing to the position dedication, motivation, and tenaciousness to strive for the very best, with the best interest of DBSA at heart.

I bring to the table skill sets of Law and project management which I believe has proved helpful in our mission to support this noble institution. There are many difficult roads that we have traveled, and many more yet to be endured. I ask of you to join me in our mission to pursue excellence at all costs and allow me to contribute my small part in the pursuit of our goal to best attend to the needs of our members, and the growth and stability of DBSA.

We are on a journey together to ensure our longevity and our continued growth; to ensure the financial stability of our organization, to ensure that no member nor participant goes unnoticed or forgotten, to allow DBSA to serve as a sensitive connecting nerve ending to those who feel unsensed, to make our institution more representative and warm.

If you allow me to serve in this position, I promise you that I will approach my responsibilities with zeal and fidelity, and will strongly adhere to values that you not my presence, but my beliefs might affect, please consider me worthy to serve you in this capacity. Thank you.

Priyadarshi Khare

My name is Khare and I'm running for election to the DBSA-Boston Board.

I've been coming to DBSA for the past four years, on almost every Wednesday. Five months ago I started a mindfulness meditation group for stress reduction. It has good attendance and it provides a gentle transition to our support groups. I'm a facilitator for Family and Friends at DBSA-Boston, and Family Support Groups at NAMI. I'm also on the steering committee at the NAMI Cambridge Middlesex Affiliate and I help maintain their website. I have attended the NAMI Family to Family course twice to better my understanding of mental health.

Over the years, DBSA has helped me, my family and so many other folks on their journey to recovery and wellness. It's a supportive and compassionate community, who are friends and family to me. DBSA has been truly invaluable and life changing, and I plan to continue to come here for many years. A place on the Board will give me an opportunity to help and to give back to the DBSA community. Thank you, please vote for me, I value your support.

Christian Tiongson

My name is Christian Tiongson. I am happy to announce my candidacy for a Board Director position with DBSA-Boston.

After a successful year as Vice President, I would like to step back and focus solely on two areas that are close to my heart: creativity and volunteerism. With three years of DBSA-Boston leadership experience, I would like to continue expanding arts and music in the community and growing our successful Mill St. Open Mic Session and Weekly Music Circle. I would also like to increase opportunities for DBSA-Boston members to actively participate and feel welcome within the community.

DBSA-Boston has provided me with the invaluable support that has helped me through depression and enabled me to become a facilitator, board member, chairperson, Vice President, and, most importantly, dedicated peer support to the community. I hope you will support my candidacy as I continue to share my passions with DBSA-Boston. Thank you, please vote for me, I value your support.

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 two 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, Ice Cream Social, Summer Cookout, etc.
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. She 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.

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.

Only current members can vote in the Election of Board of Directors Officers and Members. Members also receive discounted pricing for all parties and all Facilitator Trainings, and are sent a printed Polars' Express.

The 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.

Committees at a Glance



Activities: Organizes DBSA-Boston social events.

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

Creativity: Provides the DBSA-Boston community unique opportunities to use their creativity as a way to cope with mental illness in a positive matter. See pages 8 & 9.

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

2017-2018

Committees

Chairs

Activities:	Lillian Cravotta-Crouch, Kelley Stout
Communications:	Susan Reynolds
Creativity:	Christian Tiongson
Executive:	Lillian Cravotta-Crouch
Fundraising:	Chuck Weinstein, Lillian Cravotta-Crouch
Marketing/Outreach	Steve Lappen, Judy Coogan
Membership:	Alli Bodeck, Samantha D.
Nominations:	Lexie Comeau
Office Operations	Barry Park
Share Care	Christian Tiongson
Speakers Bureau:	Mary Johnston
Training:	Lexie Comeau
Wednesday Night Facilitators:	Roberta U.

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

Mill Street Open Mic Sessions

Every 5th Wednesday of the Month

6:30 p.m.–8:00 p.m.

At the deMarneffe Building cafeteria

Remaining Dates for 2018:

August 29

October 31

Questions? Email christian@dbsaboston.org





Weekly Music Circle

Every Wednesday 6:00–7:00 p.m. in Room 117

The Weekly Music Circle is the perfect place to play your favorite instrument, learn a new song, and jam out with other musicians of the DBSA-Boston community! All skill levels are welcomed – and it's free! Bring your music instrument, chord charts/tabs (if you want to share a song), and jam with us every Wednesday before support groups!

Don't have an instrument? We have house instruments available thanks to the Club Passim Iguana Music Fund! An acoustic guitar, ukulele, keyboard, and various percussion instruments will be on hand during the song circle. Email Christian of the Creative Committee at christian@dbsaboston.org for details.

Weekly Coloring Circle at DBSA-Boston

Every Wednesday 6–7 p.m., lower level of the de Marneffe Building

Do you like coloring as a way to reduce anxiety and practice mindfulness? Have you ever wanted to try it as a new coping skill? Come down to the new Coloring Circle and color away with your peers before group starts! Anyone can join and it is FREE too!

Our office has a number of coloring books as well as color pencils and markers for you to borrow. You can also bring your own books and supplies as well! See you there!

Questions, comments, ideas? Email Christian of the Creativity Committee at christian@dbsaboston.org

Weekly Peer-Led Meditation

Every Wednesday 6:30–7:00 p.m. in Room 115

Every Wednesday, Khare will lead 30-minutes mindfulness meditation with peers from the DBSA-Boston community. Their practice is inspired by the mindfulness-based stress reduction (MBSR) program taught at Center for Mindfulness at UMass Medical School.

This is not a class in mindfulness, but each session starts with a short introduction to the practice, so novices are welcome. Even if you are late, please join the group! We believe even a few minutes of meditation will make a difference. We find that learning mindfulness techniques and practicing them with a group is especially helpful.

If you are currently suffering from a mood disorder, please talk to your doctor or therapist first to make sure mindfulness meditation is OK for you.

Contact Khare at pkhare.nami@gmail.com with any questions.



Annual Cookout!

Come join the fun as DBSA-Boston holds its Annual Cookout, Wednesday, July 18th!

Bring your family, bring your friends, bring your baseball mitt and Frisbee (and mosquito repellent). \$3 for members, \$5 for non-members, facilitators free!

DBSA-Boston will provide the hamburgers and hot dogs, beverages and condiments. There will be sign-up sheet at the Welcome Table on Wednesdays for folks to note what appetizers, sidedishes or desserts you plan to bring.

At the Cookout we will have a 50/50 raffle and offer karaoke. Tickets for the 50/50 raffle will be available at the Welcome Table starting in July.

If you would like to help organize the Cookout, please see Lillian Cravotta-Crouch, Social Activities Chair, or contact the DBSA-Boston office.

Mill Street Open Mic August 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.

Thanks to the Club Passim Iguana Fund (see page 7), DBSA-Boston now has house instruments (guitar, ukulele, keyboard, and percussion) available to use at the Mill St. Open Mic Session.

Please contact Christian of the Creative Committee at christian@dbsaboston.org

Mill Street Open Mic is offered on 5th Wednesdays!



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 12.



President's Letter continued from page 2

Our next completely social event is the Annual Summer Cookout, which will be on Wednesday, July 18th (See page 9).

One of my goals that we achieved this past year was to make our organization financially secure by investing the money we have through a financial adviser. I feel we can make good use of the money that we collect from dues, fundraisers, and watch it grow so we can have a more secure future and continue to provide support groups for the mental health community.

You have all made a difference in my life. There is nothing like going to a group and being surrounded by people who get what you're talking about. I have said it before but the support I see people giving one another is so inspiring. One of the things that have become part of our culture at DBSA is Open Mic Night that is held on the fifth Wednesday thanks to Christian. Then there is Khare volunteering each week to lead a meditation group. Also, before each week's group we have people gathering to sing & play music together. This is also thanks to Christian securing a grant from Club Passim that allowed us to purchase instruments.

What I see coming out of all these activities is a sense of community, friendships forming, and people enjoying themselves – what could be better than that?

As I continue next year I hope to get to know our members better and to make sure the dialogue remains open, so the leadership can best serve this community.

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 August 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.

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@db salliance.org
Website: www.db salliance.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: branforddbsa@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.db sagreenwichct.com

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

Waterford *+DBSA-Branford
Saturuday, 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: branforddbsa@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.

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 _____)