

**March 13, 2019: “Town Meeting,”** DBSA-Boston president, vice president, and board members. Also all committees will be represented. Come hear what’s new and upcoming for DBSA-Boston, and bring your questions for the board.



**April 10, 2019: “The Role of Self-determination in Mental Health Recovery,”** Cynthia Piltch

**Cynthia Piltch, PhD., MPH, LCMT,** Reiki Master and Peer Specialist, is an educator, consultant and clinical practitioner trained in a variety of integrative healing modalities including therapeutic massage, Reiki, reflexology and craniosacral and myofascial release therapies. She received her PhD from Boston University. Dr. Piltch is an adjunct instructor at the Boston University Center for Psychiatric Rehabilitation, where she teaches wellness and Photovoice courses. In addition, she serves as a research consultant for the Center of Excellence for Psychosocial and Systematic Research at Massachusetts General Hospital. Dr. Piltch maintains a private clinical practice in Lexington, Massachusetts.

This presentation will focus on a description of five factors that enhance self-determination as a critical part of mental health recovery using examples from her own recovery journey.



**May 09, 2019: “Derailed on the Bipolar Express” author Joie Edson**

Raising a child with a mood disorder presents challenges that are difficult and grueling. Joie Edson, author of *Derailed on the Bipolar Express*, discusses her goals for writing and publishing her memoir while frankly sharing her challenges of raising two sons with mental illness and substance abuse.

During her talk, Ms. Edson will conduct two readings from her book. Her readings will reflect on the emotional 15-year journey of raising her two sons with Bipolar Disorder. She also will share advice and the tools she has developed for coping, navigating the mental health system, and advocating for her sons’ well-being.

**April 17 Ice Cream Social**

Come indulge at the DBSA-Boston Ice Cream Social Wednesday, April 17, 6:00 p.m.–8:00 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. We will have karaoke during the Social!

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.

## **Mill Street Showcase**

Every 5th Wednesday of the Month

6:30 p.m.–8:00 p.m.

At the deMarneffe Building cafeteria

Dates for 2019:

- January 30
- May 29 see page 9.
- July 31
- October 30

Questions?

[Email Christian](#)