

POLARS' EXPRESS

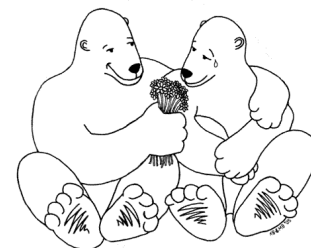
The Newsletter of the Depression and Bipolar Support Alliance of Boston

September, October, and November 2016



Fall 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

- Sept. 14: C See page 9.
- Sept. 25: **"Foundations Workshop in Facilitating Peer Support Groups,"**
led by Chuck Weinstein, LMHC, CPS See page 8.
- Oct. 01: **"Facilitating for Daytime Groups Workshop,"** led by the Training Committee
See page 5.
- Oct. 12: "Depression as a Muse: Music by Sir Christian," Christian Tiogson See page 9.
- Nov. 09 "Clubhouses in the Boston Area," Nancy Berger See page 9.
- Nov. 30: **Mill Street Open Mic Session** See page 7.

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, 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



WHAT'S INSIDE

	Pages
DBSA-Boston News	2-10
Board Notices	4-6
Results of Annual Mtg	4
Training	5 & 8
New: Student Memberships	6
Share Care	6
Activities	7
Speaker Information	9
Members' Writing	10
Training Reg. Form	11

The first Wednesday of each month, a Board member will be at the Welcome Table.

Board, Advisors, and Staff

Board Executive Committee

President:	Chuck Weinstein
Vice President:	Lillian Cravotta-Crouch
Treasurer:	Barry Park
Secretary:	Susan Reynolds
Past President:	Michele O'Shea
President Emeritus:	Everett Page

Board Directors

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 Staff:	Kelley and Suzanne

Meeting Schedules

Board of Directors:
1st Wednesdays (09/07, 10/05), 11/2 7 p.m.

Facilitator Meetings:
1st & 3rd Wednesdays (09/07, 09/21,
10/05, 10/19, 11/02, 11/16) 5:45 p.m., Room 132

Share Care Committee:
2nd Wednesdays (09/14, 10/12, 11/9)
5:45 p.m., Room 118

DBSA-Boston is live on Facebook at
www.facebook.com/BostonDBSA



Join us there to receive event updates as they
become available.

The Polars' Express Newsletter Committee:
Barry Park • Susan Reynolds, Editor - see page 6

President's Letter

Fall 2016



Dear Friends:

I am delighted to share that the 2016-2017 Board of Directors has already succeeded in accomplishing our primary target goal: To create a realistic budget for 2016-2017 so that the organization reaches fiscal responsibility, spending only what monies come in from membership dues and other fees.

So, a big thank you to all our lifetime members, members who renewed their membership this year and to those who joined for the first time. It is because of your financial contributions partnering with our volunteer staff, that we are able to provide organizational office efficacy and functionality supporting peer facilitated support groups, with compassionate and dedicated oversight six times a week (we have that sixth group at MGH on Thursday nights).

At our Town Meeting in July, we talked about what is important to you, our membership. There were many wonderful thoughts and suggestions, as well as a discussion on the value of membership. One long time member stood up and said that the value of membership is having access to six support groups per week as well as a speaker series.

We agree, we see value here, and always have, however, we decided to gently change our organizations stance on asking for financial participation at activities (annual cookout and ice cream social) where in the past we did not charge any monies to attend, now we are charging a nominal "co-pay" to members as well as a small charge to guests.

We feel that since a large expense is food at these events, why not ask guests to help out financially, so that the regular members did not have to cover their costs. As a result of doing this, we have already seen from the dollars collected at our cookout in July that this is the first year that (suggested) donations covered our food costs, entirely!

Continued on page 3

DBSA-Boston News



DBSA-Boston related news is noted by the paw print.

President's Letter, continued

At the beginning of August, Barry, our Treasurer/Webmaster/Office Manager implemented an idea that the Board had been considering, to put a donation box next to the coffee/tea area. We purchase coffee/tea from food service subcontractor at the cafeteria and were paying around \$1,800.00 per year, this year, the cost was increased to close to \$1,950.00 per year.

Since the beginning of August, we have seen that you, our members and guests have risen to the call and have put money in that donation box. While the single cup of coffee comes out to around a dollar a cup, we ask a contribution of .50 cents a cup to help defray the cost. Similar to our cookout, ice cream social and holiday party, membership dollars heavily subsidize these costs. We noticed that more people have donated to the coffee/tea fund than at our Welcome table. This is an amazing occurrence; and could be directly related to more folks joining with annual membership dues, rather than giving weekly.

Another benefit of membership is the facilitator training program, another service run by volunteers with costs directly related to cost of trainer, materials, and food. The full-day training costs the organization around \$100.00 per person to attend, however, the cost is heavily subsidized for members, DBSA New England Affiliate chapters, and peer workers. We do charge a fair rate for professional attendees; however, these folks are used to paying \$120.00 to \$180.00 for professional workshops. We do not offer continuing education units (CE's), that these professionals need, however, all professionals can write these trainings off as a taxable educational expense.

So far, I've talked about the benefits of membership, and our asking for more participation by our members to partner with the Board in maintaining an annual balanced budget.

What I have not talked about is our new reduced membership fee for students (the brainchild of one of our newest Board members, Christian, who also volunteers as Membership Chairperson). Starting in August of this year, the Board voted on a \$15.00 annual membership for students with proper school identification. We want everyone to be a

member; and we need to accommodate folks where our standard membership may be a hardship. This new membership level will allow our Young Adult members – as well as any person of any age who is in school – to enjoy the same full benefits of membership.

And, we have partial and full scholarships for our attendees who are on SSI/SSDI entitlements. We have had scholarships to membership and to facilitator training since the early days of the organization in 1985. We did not, and do not want to have a financial barrier to membership, ever. The difference today is if someone applies for a scholarship for membership or facilitator training, we will ask for some of their time in exchange, to help with an event, be on the welcome table, help out in the office, join a committee – to help shoulder the workload of our other member/volunteers.

I want to recognize all our current volunteers that include but are not limited to Board members, Committee Chairs and members, Webmaster, Office Manager, Office Staff, Welcome Table, Speakers Bureau Coordinator, Facilitator Coordinator, Room Assignment Coordinator, Drop-in Groups Coordinator, Crews who set up/serve/break down for events and activities. You all are invaluable to our organization. Thank you so much!

Last, but not least, I want to recognize our facilitators – the backbone of our organization. They show up during the days to facilitate groups at four inpatient units each week (John, Cynthia, John C, and Dan). They show up at 1:30 p.m. on Monday, Thursday, Friday, and Saturday as well as 7 p.m. on Wednesdays at McLean Hospital and 7 p.m. on Thursdays at MGH. The Board has decided that for all events where there is a fee, these fees will be waived for active facilitators. We need to make sure that these folks know how much they mean to us and our organization.

I'm honored to serve the organization for a second term, and I am delighted and privileged to work with our volunteers. We are more than an organization; we are a family, a healing community, a safe place to share thoughts and feelings, a safe place to be ourselves!

Sincerely,

Chuck Weinstein
President, DBSA-Boston



Results from the Annual Meeting, June 8, 2016

- The Slate of Candidates for the Board of Directors was unanimously elected:

Officers for a One-Year Term	One Director for a Two-Year Term
President: Chuck Weinstein	Mia Guerriero
Vice President: Lillian Cravotta-Crouch	
- The Dr. Jakob Professional Volunteer of Year Award was given to Dr. Scott Rauch, Psychiatrist-in-Chief, President, McLean Hospital.
- The Everett Page Volunteer of the Year Award was given to Mary Johnston.
- An Intentional Act of Kindness Award was given to David Karp.
- Certificates of Appreciation were given to: Lillian Cravata-Crouch, Kenny, Bob Hanflig, Steve Lappen, John P., Cynthia Piltch, and Roberta U.

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.

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.

Nominations: Coordinates the nomination process for election of Board members.

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 twice-monthly speakers' series.

30th Anniversary: Organizes the arrangements and activities for the 30th Anniversary Celebration.

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

Activities:

Communications:

Executive:

Fundraising:

Marketing/Outreach

Membership:

Nominations:

Office Operations

Share Care:

Speakers Bureau:

Training:

Wednesday Night Facilitators:

Chairs

Lillian

Cravotta-Crouch

Susan Reynolds

Chuck Weinstein

Chuck Weinstein

Steve Lappen

Christian Tiongson

Open

Barry Park

Lillian

Cravotta-Crouch

Mary Johnston

Bob Hanflig

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.

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 Tiongson, or call the office at 617-855-2795.

DBSA-Boston Facilitator Training Program Presents:

Facilitating for Daytime Groups Workshop

Saturday, October 1, 2016

10 a.m. to Noon

McLean Hospital

This training is for anybody that has taken "Foundations Workshop in Facilitating Peer Support Groups" and wants to learn how to facilitate a day group, drop-in group or mixed group. This training is mandatory for anyone to facilitate DBSA- Boston Daytime Drop-In Groups. Prerequisite is the "Foundations Workshop in Facilitating Peer Support Groups" training. The Daytime Groups training is from 10 a.m to Noon and is free. See registration form on page 11.

The Training Committee will conduct the training. See Bob Hanflig if you have any questions.

Bob Hanflig, Chair of the Training Committee

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 nine different groups on Wednesday evenings, including Newcomers, Depression, Mania & Bipolar, Maintaining Stability, Dual Diagnosis, Family & Friends, Veterans, Women's Issues, Young Adults, 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

***New Support Group Working and Coping**

Occurs Every 3rd Wednesday of the Month

Having a job while coping with its everyday stresses can be challenging and at times seem impossible. Sometimes you may feel defeated after a long shift or even a hour after you clocked in. You are not alone. The 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 through their personal experiences in coping with everyday work stresses and situations that may exacerbate mental illness. Topics include but 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. The group occurs every 3rd Wednesday of the month. We hope you can join us!

Members of the Share Care Committee: Lillian Cravotta-Crouch, Chair, Dennis H., Bob Hanflig, Sylvia M., Michele O., John P., Kate R., Roberta U., and Chuck Weinstein (ex-officio)

Go to our website to see other regional support groups: www.dbsaboston.org

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 Directors in order to receive your membership.

If you have any questions about the new Student Membership, please email christian@dbsaboston.org.



Mill Street Open Mic Session, November 30th

Every 5th Wednesday of the Month
The next session is Wednesday, November 30th
Hosted by Christian Tiongson
6:30 p.m.-8:00 p.m.

Attention all musicians and poets! Here is your chance to share your music and writing with the DBSA-Boston community at the new Mill Street Open Mic Session! The purpose of the open mic session is to appreciate and showcase creative individuals in our community.

Each performer will have a 10-minute time slot for 2 songs or poetry pieces that are family friendly (i.e. no swearing, drug/sexual content). All music and poetry must be live; no karaoke tracks, loud amplifiers, or drum-kits allowed.

If you are interested in performing, sign-up sheets will be found at the Welcome Table. For any questions, please see Christian or email him at christian@dbsaboston.org.

Come by to play your favorite tune, recite your poetry, or cheer on your peers! See you there!

Report on the Annual Cookout July 20th

As Chair of the Activities Committee I just wanted to thank some of the people who helped make the annual barbeque a success. I would like to start with my daughter Meach who came with me to Costco to help with the shopping and to do much of the heavy lifting.

Chuck & Barry did a lot of the running around getting sodas, ice, etc. Of course we cannot forget to thank Barry's lovely wife, Alice, and daughter, Sarah, for again selling tickets for the 50/50 raffle which was a big success.

Kenny was his usual presence at the membership table along with a DBSA-Boston team of volunteers renewing memberships, selling tee-shirts, and keeping things running smoothly. Bob was selling tickets to the barbeque while Christian held karaoke in room 132.

The grill was a very hot spot with Chuck, John, and Jim - to name a few - who did the cooking. Also many people brought side dishes and desserts that were delicious.

So many people stepped up to help with the set up and clean up I can't possibly name them all. The night was not only very pleasant weather wise but the turnout was wonderful. So nice to see all the wonderful people that make coming to DBSA such a pleasant place to meet old friends and continue to make new ones.

Without the help of all the members who are always so willing to join together to volunteer their services at these events these nights would not be possible. A nice profit was made which will enable us to continue to host future events. Thanks and enjoy the fall.

Lillian Cravotta-Crouch

DBSA-Boston Facilitator Training Program Presents:

Foundations Workshop in Facilitating Peer Support Groups

Sunday, September 25, 2016

9:30 a.m.–5 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, September 21, at 7 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 11, or request a registration form from the office while visiting a DBSA-Boston support group at McLean Hospital.

Workshop Fee:	DBSA-Boston Member:	\$ 30.00	\$20 plus \$10 for guidebook. Must be current member for discount
	DBSA Member Affiliate:	\$ 45.00	\$35 plus \$10 for guidebook.
	Peer Services Professional:	\$ 60.00	\$50 plus \$20 for guidebook. Must send proof of employment or volunteering as CPS or Peer Worker
	Other Attendees:	\$ 70.00	\$60 plus \$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.

Background of Speakers Presenting at DBSA-Boston Fall 2016



September 14: “When Someone You Know Has Depression,” Susan J. Noonan, MD, MPH

Dr. Susan Noonan is a medical doctor, author of two books on depression, a consultant, patient, and certified Peer Specialist. She regularly blogs for “Psychology Today” and facilitates peer groups at McLean. Susan graduated with an AB from Mount Holyoke College, earned a Doctor of Medicine degree from Tufts University School of Medicine, and a Master’s Degree in Public Health from the Harvard University School of Public Health. After achieving board certification in Emergency Medicine, Dr. Noonan focused her clinical career in the greater Boston area. Emergency Medicine gave her the opportunity to treat patients with a variety of medical conditions, including many years counseling, treating, and advocating for individuals with mental illness.

Family members need to know what to say or do to cope with a person’s impaired thinking and fluctuating moods. As a physician who has treated, supported, and educated those living with – and those caring for a– person who has a mood disorder, and as one who has personal experience in living with depression, Dr. Susan Noonan has firsthand knowledge of what is most helpful. She will describe effective communication and support strategies to use when your loved one has an episode of depression, including special challenges a person may present. She will offer specific suggestions for what to say, how to encourage, and how to act around a loved one—as well as when to back off. She will also emphasize how caregivers can and must care for themselves.

October 12: “Depression as a Muse: Music by Sir Christian,” Christian Tiogson

Christian Tiogson (also known as Sir Christian) is a member of the DBSA-Boston Board of Directors. He also volunteers at the Welcome Table and facilitates the Young Adults Group. Christian is a guitarist who has been playing for 15 years. During his career, he was diagnosed with depression and anxiety, which greatly changed his perspective on his music and life. Instead of treating depression as an enemy, he looks at the illness as a muse and a teacher, who inspires his creativity and guides him to recovery. By treating his illness as a positive factor to his music, Christian was able to bounce back from the depths of his depression and overall improve his overall well-being. Music is life for Christian and he wants to share his music and story with DBSA-Boston.

Christian will be performing an acoustic set of guitar and ukulele music. He also will take the opportunity to share some details about his battle with depression, explain his perspective of depression as a muse, and discuss his overall recovery.

Christian created a special CD just for the speaker series that contains his original music as well as live recordings from open mic sessions. He will be giving away 5 CDs in a raffle. He also will be selling autograph CD’s as well. 100% of the proceeds will benefit DBSA-Boston.

We hope that you are able to catch this intimate music concert with Sir Christian!

November 09: “Clubhouses in the Boston Area,” Nancy Berger

Nancy Berger has a great passion for helping others. With the help of Center Club Boston, she now works full-time as Peer Specialist at Baycove BEST (Boston emergency services team).

Nancy will discuss clubhouses, their history in the Peer movement, and what types of services they can provide to Peers.

Members Writings

A Mother's Love

I run to you, I run around
But each time I find you, you tear me down.
I run to you, I run so fast
But when I find you, I get a look so vast.
I know your hurt, I feel your pain
I want to make you well again.
I hurt too, so much you don't know
But we must keep moving, must reap what we sow.
I want my boy back, need him so bad
How do we get back to what we once had?
I need my child to be ok
I want you back here with me some day.
You were so very close to having it all
I don't understand, how could you let yourself fall?
You were so high, so much better than the past
Why couldn't you hold on? Why couldn't it last?
I say each time, "That's all I can take"
But as your mother, that's not a move I could make.
You are my baby, my heart & my soul
I must believe that again someday, you'll be whole.
And you'll come home to me as the boy that I knew
Just please know always, no matter what, I LOVE
YOU!

Kelley Stout



When Autumn Comes

A subtle sorrow comes in autumn
That steepes to anguish in my heart,
When slant of light
And lengthened night
Vex phantoms' whispers that impart
To me a dread that has no bottom.

September's bleak breath chills my room,
Save sanctuary in my bed,
Where insulation
And numbed sedation
Tempt ghosts and bring the dead
To me, with blankets our shared tomb.

Of summer's light my soul bereft,
The keys to darkness in my hands,
Pray use them not
In madness fraught;
With sleeping spirits I myself remand,
To endure winter, stave off death.

Jo Galloway Shen

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. An abbreviated 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 November 15, 2016

- 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 for Two Training Workshops

"Foundations Workshop in Facilitating Peer Support Groups"

Sunday, September 25, 9:30 a.m. to 5:00 p.m.

De Marneffe Building, 115 Mill Street, McLean Hospital, Belmont

"Facilitatoring for Daytime Groups Workshop"

Saturday, October 1, 10:00 a.m. to Noon

De Marneffe Building, 115 Mill Street, McLean Hospital, Belmont

Daytime Groups Workshop is Free. Prerequisite: the Foundations 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. EDT. Same deadline for Daytime Workshop.

Name: _____

Address: _____

Phone #: _____

Email: _____

For Foundations Workshop check the appropriate box:

- | | | |
|--------------------------|--|---------|
| <input type="checkbox"/> | DBSA-Boston Member | \$30.00 |
| <input type="checkbox"/> | DBSA Member Affiliate | \$45.00 |
| <input type="checkbox"/> | Peer Services Professional | \$60.00 |
| <input type="checkbox"/> | Other Attendees | \$70.00 |
| | 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 the Foundations Workshop, 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 12/13/15

