

POLARS' EXPRESS

The Newsletter of the Depression and Bipolar Support Alliance of Boston

March, April, and May 2016



Spring Calendar

Schedule of Speakers and Events



On the 2nd and 4th Wednesdays 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 pages 9-10 for background on speakers

- Mar. 09: "Savory Self-Love," Pam Garramone, MEd (Positive Psychology Speaker, Coach)
- Mar. 23: "Tell Your Story," Bill Lichtenstein
- Apr. 03: **Foundations Workshop in Facilitating Peer Support**, led by Chuck Weinstein, LMHC, CPRP, CPS. Registration deadline is March 30. See page 6.
- Apr. 08: NAMI Mass. Advocacy Day See page 7.
- Apr. 13: "The Groove & the Thrive," CD launch and concert, Jason Scolnick: **Note!** Music starts at 6:30 p.m.
- Apr. 20: **Ice Cream Social!** See page 7.
- Apr. 27: "Town Meeting," DBSA-Boston President, VP, and Board members
- May 11: "Empathic Crisis Intervention," Mark J. Dutra
- May 14: NAMI Boston Walk See page 7.
- May 25: "The Power of Holistic Design – Where Ancient Practice, Neuroscience and Interior Design," Denyne Sanville, owner Denyne Designs LLC

Support groups meet every Wednesday: 1st, 3rd, and 5th Wednesdays, 7–9 p.m. 2nd and 4th 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, 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, 11 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:	Chuck Weinstein
Vice President:	Lillian Cravotta Crouch
Treasurer:	Barry Park
Secretary:	Susan Reynolds
Past President:	Michele O'Shea
President Emeritus:	Everett Page

Board Directors

Meach Cravotta-Crouch	Lucinda Jewell
Bob Hanflig	Kelley Stout

Facilitation Advisor

Chuck Weinstein, LMHC, CPS

McLean Hospital Liaison

Brian P. Brennan, MD, MMSc

Office Staff

Bookkeeper:	John P.
Office Staff:	Kelley, Suzanne & Tina

Meeting Schedules

Board of Directors:
1st Wednesdays (03/02, 04/06, 05/04) 7 p.m.

Facilitator Meetings:
1st & 3rd Wednesdays (03/02, 03/16, 04/06, 04/20, 05/04, 05/18,) 5:45 p.m., Room 132

Share Care Committee:
2nd Wednesdays (03/09, 04/13, 05/11)

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 8

President's Letter Spring 2016



Dear Friends and Peers,

It feels like we have been catapulted into 2016, which promises to be another outstanding year for our Chapter. This is now our 31st year of continuous operation and we have already accomplished our 2015/2016 goal of upgrading our office with up-to-date hardware and software.

We welcome Kelley S. as our new Information Specialist on our volunteer office staff. In this role she ensures that all emails and phone calls are responded to with the appropriate information, passes messages along to the right staff and does this in a timely manner.

Kelley joins John and Tina, who continue to provide terrific office support. We also welcome Suzanne, who is now back helping in the office.

After many, many, many years serving as our Treasurer, Dennis Hagler has stepped down from this position. He was presented with a small token of the organization's appreciation at the January Board meeting, thanking him again for going above the call of duty, by staying on far beyond his anticipated transition-out date.

Thanks go to Board Director Barry Park for volunteering to take on the Treasurer's position until June 2016. The Board voted him in as Treasurer in December.

We are looking for a person willing to be considered for this key position as of July 2016. If you have any professional experience managing money or working with numbers and/or you know someone who you think would be a good candidate, please call our office to set up an interview.

Treasurer is a Board-level position and an excellent opportunity for anyone to become more involved and to support DBSA-Boston in this manner.

Continued on page 5

DBSA-Boston News



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



DBSA-Boston Board of Directors Nominations Are Open for 2016 Board Elections

The DBSA-Boston Elections for Officers and Board Directors will take place at our Annual Meeting on Wednesday, June 8, 2016. There are four, full-term, positions open: one Board Director, and three Officers – President, Vice President, and Treasurer.

The working Board comprises President, Vice President, Immediate Past President, Secretary, Treasurer, and five Directors (Members-at-large). Terms for Secretary, Treasurer, and Board Directors are two years. Terms for President and Vice President are one year.

The other four Board Directors and the Secretary will be up for election next year. For composition of the current Board, see page 2 of this newsletter. See page 8 for duties and responsibilities of Board members.

Any DBSA-Boston member can nominate another chapter member for these leadership positions. To become a candidate in the elections, you must be a DBSA-Boston member for at least one year and be nominated by another member.

Candidates will introduce themselves to the chapter members at Candidate's Night, Wednesday, June 1.

To obtain a nomination form, please ask me, go to the Welcome Table, or call the office directly. The form is also included on page 12 of this newsletter. You may submit your completed form in person or mail it to:

DBSA-Boston
Attention: Nominating Committee
PO Box 102
Belmont, MA 02478

Nominations will close on Friday, April 1. Nominations that are mailed must be postmarked no later than Wednesday, March 30, 2016. Please note that you **MUST** have the permission of the person you are nominating before you can officially nominate him/her.

We always need help with all of the responsibilities involved in running our organization and are looking for new perspectives and new voices. So, please be looking out for talented people who could help us; if they are willing to be nominated, please do so! Duties of Board Members and Committee Chairs are listed on page 10.

Bob Hanflig, Nominating Committee Chair

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: Targets professional staff at McLean and MGH, to increase prospective referral sources by increasing knowledge of DBSA-Boston.

Membership: Manages the Welcome Table, promotes DBSA-Boston membership.

See page 8 for duties and responsibilities of Chairs.

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.

2015-2016

Committees

Activities:

Communications:

Executive:

Fundraising:

Marketing Outreach

Membership:

Nominations:

Office Operations

Share Care:

Speakers Bureau:

30th Anniversary

Training:

Wednesday Night Facilitators:

Chairs

Lillian
Cravotta-Crouch

Susan Reynolds

Chuck
Weinstein

open

Steve Lappen

Meach
Cravotta-Crouch

Bob Hanflig

Barry Park

Lillian
Cravotta-Crouch

Mary Johnston

Chuck
Weinstein

Bob Hanflig

Meach
Cravotta-Crouch

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

Please see page 7 for a notice on our upcoming Creativity Forum.

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 Dennis H. Be sure to keep your membership active.

Only current members can nominate candidates or run for election to the Board of Directors.

You can become a member or renew your membership by check or online.

To do this online, go to:
http://dbsaboston.etfirms.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 Meach C., 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 nine different groups on Wednesday evenings, including Newcomers, Depression, Mania & Bipolar, Maintaining Stability, Dual Diagnosis, Family & Friends, Veterans, Women's Issues, 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.

Members of the Share Care Committee: Lillian Cravotta-Crouch, Chair, Meach C., Dennis H., 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

President's Letter, continued from page 2



As Barry is now Treasurer, this opened up a Board Director position. Because of Kelley's interest in being of more service to our organization, her attention to detail, and past professional experience on other Boards as well as her wonderful positive energy, the Board voted for Kelley to fill the open position at the February Board meeting.

We have re-activated the Marketing Outreach Committee, with Steve Lappen as Chair. Steve's committee will develop and implement an outreach strategy to professional staff within McLean and MGH, and eventually in the larger community, to increase prospective referral sources by broadening the knowledge of our amazing groups and enlightening speakers. Thank you Steve for taking the initiative to re-invigorate this committee. To join this committee and others, go to our website and email the Chairperson for an interview.

On the April 27 Speaker's Night, members of the Board of Directors will hold a "Town Meeting," to engage membership in a discussion about what they envision our organization to be, what our culture is and what services we will offer in the next five to ten years.

See the excellent spring roster of speakers on pages 9-10.

It is a privilege to serve as your President. My door is always open for your ideas, suggestions, complaints, and concerns. And I hope you are as excited as I am to meet up on a Wednesday night!

Sincerely,

Chuck Weinstein
President
DBSA-Boston

DBSA-Boston Facilitator Training Program Presents:

Foundations Workshop in Facilitating Peer Support Groups

Sunday, April 3, 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, March 30.

Registration: 9:15–9:45 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, download application from <http://www.dbsaboston.org/FacilitatorTraining.html>, or request a registration form from the office while visiting a DBSA-Boston support group at McLean Hospital.

Workshop Fee:	DBSA-Boston:	\$ 20.00
	Affiliated DBSA/DMDA/MDDA members:	\$ 55.00
	Peer Services Professionals:	\$ 55.00
	Other Nonclinical Attendees:	\$ 65.00
	Licensed Clinicians:	\$ 75.00
Training Guide:	(Retail cost \$20.00, discounted \$5.00 for workshop attendees)	\$ 15.00

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, and is a senior instructor at Cambridge College.

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.



Ahhh... the sweet things in life!

Come indulge at the DBSA-Boston Ice Cream Social! Wednesday, April 20th, beginning at 6:00 p.m. in the de Marneffe Building cafeteria.

At the Ice Cream Social we will have a 50/50 raffle and music, and offer karaoke. Tickets for the 50/50 raffle will be available at the Welcome Table starting in April.

If you would like to help at the Social, please see Lillian Cravotta-Crouch, Activities Chair.

NAMI Mass. Advocacy Day: Friday April 8

10 a.m.-2:00 p.m. at the Great Hall, Massachusetts State House, 24 Beacon Street, Boston. Let your legislators hear from you. Keynote Speaker is Congressman Joe Kennedy III.

Register and read more detail at: <http://www.eventbrite.com/e/nami-mass-advocacy-day-tickets-21506012061>

NAMI Boston Walk: Saturday, May 14

Join the DBSA-Boston team – DBSA Boston Believers – and partner with NAMI Central Middlesex for the NAMI Boston Walk on May 14th at Artesani Park, Brighton, along the Charles River. Be a part of the largest NAMI Walk in the USA again this year. Walk with your peers, friends and family in the premier stigma-busting event in the Boston Area. Together we can make a difference!

Learn more about this event and how you can participate, Wednesday evenings in April and May at our meetings. Or see Lillian Cravotta-Crouch, our Activities Chair.

Creative Forum

Do you have some creative writing (poetry or prose), music, or dramatic performance you'd like to share at DBSA-Boston?

We are planning an evening of creativity at DBSA-Boston on August 10, 2016, but we can't do it without you.

Please contact Mary Johnston at MaryJohnston@dbsaboston.org.

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 three 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, Summer Picnic, Raffles, Ice Cream Social, and others as they arise.
7. Be a current 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. He 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.

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 May 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.

Background of Speakers Presenting at DBSA-Boston Spring 2016

March 9: "Savory Self-Love," Pam Garramone, MEd (Positive Psychology Speaker, Coach)

Pam Garramone, MEd, served as the Executive Director of Greater Boston PFLAG (Parents and Friends of LGBTQ People). She's been awarded the GOAL Community Service Award, the Greater Boston Business Council's Individual Award for Excellence, the Grace Sterling Stowell Award for Excellence in Advocacy and Service, and the North Shore Pride Professional Achievement Award. Currently, she is a speaker and life coach focusing on Positive Psychology: the Science of Happiness.

Her book, *How to be Gay (Happier)*, will be available in the Spring.

People say you can't love someone else until you love yourself. How can we really fall in love with ourselves? Almost all of us have an inner voice saying some version of "I'm not good enough". I'm not smart enough, rich enough, thin enough, worthy of love, etc." Often, we try to fill ourselves up with food, drugs, alcohol, achievements, relationships, etc. but then we still find ourselves feeling unhappy, frustrated, addicted or just blasé. The truth is until we fill that inner void, nothing from the outside can ever make us feel "enough" at least for very long. You are not alone!

March 23: "Tell Your Story," Bill Lichtenstein

Bill Lichtenstein was diagnosed with manic depression in 1986. He was a producer for ABC News at the time. Following three hospitalizations his recovery began in 1989 when he found the Mood Disorder Support Group of NYC, a DBSA (then NDMDA) chapter.

In the 1990s Bill produced a series of three public radio documentaries, the "Voices of an Illness" series, which were the first programs to feature the first-person account of people who had recovered from manic depression, depression and schizophrenia. The programs won a Peabody Award and received wide attention including an article in *Time* magazine. He has gone on to produce other films and programs that featured and encouraged people to "tell their story" about their experience with psychiatric illness as well as to actively work to reduce the stigma associated with mental health issues. Bill & Lichtenstein Creative Media are the recipients of more than 60 major journalism honors.

"Tell Your Story" will feature his own experiences in living with and recovering from manic depression, the importance and benefits for people to "tell their stories" of their experiences with psychiatric disorders, and the various medical and social issues with which he has been involved (stigma, workplace, recovery, etc.) .

April 13: "The Groove & the Thrive" CD launch and concert, Jason Scolnick

Note: Music will begin at 6:30 p.m.m with a presentation at 7:00 p.m.

Jason Scolnick has been a professional guitarist and singer/songwriter for nearly 25 years. He has performed as both a solo artist and with the bands Shakyfoot and Brilliant Chill during his career. With his latest release, "The Groove & The Thrive," he's carrying the message that "Recovery is real" for people with mental health diagnoses everywhere.

Jason is also a Certified Peer Specialist working at Waverley Place, a community support program for people with mental health diagnoses. Jason especially loves being involved with the Hearing Voices Network as a group facilitator and offering Shared Decision Making workshops at McLean Hospital to help people work with prescribers and other treaters. Continues on page 10.

Backgrounds of speakers continue on page 10

Background of Speakers Presenting at DBSA-Boston Spring 2016, *continued*

Jason Scolnick, *contintued*

Jason will be performing an acoustic/electric set with bass guitar player Eric Falter. Eric was fundamental in helping create Jason's latest album, "The Groove & the Thrive," available on iTunes and most online retailers, as well as at the live performance. Jason and Eric will be playing more intimate versions of the album's songs that were recorded with a full 4 piece electric band. Jason will also take the opportunity to share some details of his recovery journey; a journey celebrated by the album and all live performances.

Jason has agreed to give away 10 free CD's as part of a free raffle to audience members, and then sell and autograph CD's at a discount to others.

April 27: "Town Hall Meeting," with DBSA-Boston President, Vice President, and Board Members

Members of the Board of Directors will hold a "Town Meeting," to engage membership in a discussion about what they envision our organization to be, what our culture is, and what services we will offer in the next five to ten years.

May 11: "Empathic Crisis Intervention," Mark J. Dutra

Mark J. Dutra has been committed to the respectful protection of people for all of his adult life. Mark has worked in a variety of management and consulting roles in both healthcare and higher education environments. He has authored and contributed to multiple professional articles and training publications. One of his primary professional focuses throughout his career has been developing and implementing effective empathic crisis intervention mitigation techniques. Currently, Mark holds the position of Director of Safety and Security at the Franciscan Hospital for Children in Brighton, Ma.

Mark will outline both verbal and non-verbal crisis intervention strategies. He will discuss processing the emotional effect escalating events have on both the professional and the patient and how to strengthen the empathic relational dynamics and understand the effective use of Trauma Informed Care. He will share effective techniques of safe and non-threatening situational management and discuss effective power sharing strategies.

May 25: "The Power of Holistic Design – Where Ancient Practice, Neuroscience and Interior Design," Denyne Sanville, owner Denyne Designs LLC

Denyne Sanville is the only Holistic Home Design Expert in the Merrimack Valley. Her full service design firm, Denyne Designs LLC, specializes in creating beautiful home interiors that nurture mind, body, and soul. Drawing on over 30 years of design and construction experience, Denyne studied extensively the effect one's home environment has on overall well-being. This led her to create a unique holistic approach to design which blends elements of traditional interior design with the ancient modalities of Feng Shui, along with the scientific studies of Evidence Based Design and Color Psychology.

Can every element of a built environment have a positive or negative impact on your state of mind and overall well-being? In her presentation The Power of Holistic Design – Where Ancient Practice, Neuroscience and Interior Design Meet Denyne Sanville will explore the powerful results that can happen when an environment is created with art, intention and science.

Registration Form

"Foundations Workshop in Facilitating Peer Support Groups"

Sunday, April 3, 9:30 a.m. to 5:00 p.m.

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

- 9:15-9:45 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 March 30th, 5:00 p.m. EST.

Workshop is limited to 20 participants

Name: _____

Address: _____

Phone #: _____

Email: _____

Check the appropriate box:

- | | | |
|--------------------------|--|---------|
| <input type="checkbox"/> | DBSA-Boston Member | \$25.00 |
| <input type="checkbox"/> | DBSA Member Affiliate | \$35.00 |
| <input type="checkbox"/> | Peer Services Professional | \$35.00 |
| <input type="checkbox"/> | Other Non-Clinical Attendees | \$50.00 |
| <input type="checkbox"/> | Licensed Clinicians | \$60.00 |
| <input type="checkbox"/> | I am adding an additional tax-deductible donation to DBSA-Boston | \$_____ |

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 12/13/15

Election Nomination Form – 2016
DBSA-Boston

(See page 3 for Board Nomination Notice.)

I _____ nominate _____
(Your name) (Candidate)

For the position of
(Please circle one)

President

Vice President

Board of Directors

I have permission of the person nominated
to make this nomination.

(Signature)

(Date)

Contact Information of Candidate _____
(Phone number/s home/cell)

(Alternate phone number)

(Email address)