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! On the 4th Wednesday of each month we have Club 132 Open Mic, 6–7 p.m. in Room 132. 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 Mindfulness Meditation 6:30-7:00 p.m. in Room 115. See page 6.


10/30 “Mill Street Showcase.” See pages 5 and 7.

10/30 Fall Membership Drive. See page 4.


Support groups meet every Wednesday: 1st and 3rd Wednesdays, 7–9 p.m. 2nd, 4th and 5th 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 support group at Mass General Hospital, in the Yawkey Center for Outpatient Care on the 2nd floor in Room 2-230, Satter 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 Buiding 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
President’s Letter
Fall 2019

Dear Friends,

It is a pleasure to write to you again as president. I am honored to have been elected. When I was last in office, we focused on organizing our 30th Anniversary Party. This was a huge undertaking and a lot of fun; you can see clips of our speakers within our website: http://dbsaboston.netfirms.com/?page_id=3588 Thanks again to the planning committee! (Carole G., Evie B., Everett P., Monica B.)

We also focused on modernizing our office. We were able to accomplish this due to your generosity and due to our office manager and operations guru, Barry P. who used an AutoCAD-like software program to design an office that is spacious and practical. Thanks again Barry! We always welcome our members and guests to drop into our office Mondays–Thursdays between 10 a.m.–3 p.m.

This year we have a new focus:, to develop a leadership pathway for our membership to enter and be supported from volunteer up to president. Our current leadership is dedicated; after multiple years in leadership positions, some of them are ready to move on to other endeavors; it is critical that new individuals from our community take the baton and carry DBSA-Boston into the next decade. The current Board is developing a strategy and plan to not only recruit but also support new leaders within our organization.

When I first joined the Board in 1995, I was asked by current Board members to run for a Board seat. I was honored to do so and was elected. Since then I was on the Board as an at-large member until 1998, when I was asked to be vice president, and then 1999 when I was asked to be president. I served two consecutive terms.

What I have found out in life, is that if one has an interruption from work due to mental health or addiction issues, when one is ready to return to the work world, there may be some barriers to immediately retuning to work. However, volunteering is an amazing way to bridge the gap between being out of work and working.

Continues on page 7.
Results from the Annual Meeting, June 12, 2019

- Here are the results from the 2019 Election:

**Officers for a One-Year Term**
- President: Chuck Weinstein
- Vice President: Michele O'Shea

**Directors for a Two-Year Term**
- Ray Magnan
- Barry Park

- The Everett Page Volunteer of the Year Award was given to John Parente for his excellent and tireless work as a selfless and proficient inpatient facilitator and facilitator coordinator, Board member and Share-Care committee member.

- DBSA-Boston travel mugs were given to all active facilitators.

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 7 & 8.

**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.

**Policy**: Reviews DBSA policies.

**Nominations**: Oversees nominations for the Board.

**Share Care**: Coordinates and oversees share care groups.

**Speakers Bureau**: Finds speakers and organizes schedule for the monthly speakers’ series.

**Training**: Evaluates and proposes training sessions for facilitators.

**Wednesday Night Facilitators**: Schedules and coordinates facilitators for the Wednesday night share care groups.
2019-2020 Committees

Activities: Lillian Cravotta-Crouch
Communications: Susan Reynolds
Website: Priyadarshi Khare
Creativity: Christian Tiongson
Executive: Chuck Weinstein
Finance Open
Fundraising: Lillian Cravotta-Crouch
Marketing/Outreach Chuck Weinstein
Membership: Open
Nominations: Ray Magnan
Office Operations Barry Park
Policy Committee Michele O’Shea
Share Care Michele O’Shea
Speakers Bureau: Mary Johnston
Training: Michele O’Shea

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

No-Smoking Policy at McLean Hospital and DBSA-Boston

I would like to remind everyone in the DBSA community of how lucky we are to have such a wonderful space at McLean Hospital to have our meetings. As McLean is a hospital we need to abide by their rules. Smoking is not permitted except in the Gazebo, which is located behind the Proctor & Short Term unit. The smoking of marijuana on the grounds of the hospital is not permitted, pursuant to hospital policy and state regulation. There are no exceptions to the rule. If Security or anyone from DBSA-Boston leadership should find anyone in violation of this policy, you will no longer be allowed to come to DBSA-sponsored groups and events. Thank you in advance for your cooperation.

Chuck Weinstein,
President, DBSA-Boston

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: your contribution supports DBSA-Boston and its members.

Current members 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.
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.

Mentor Coordinators: Lillian Cravotta-Crouch and Michele O’Shea.

• Thursday evening meetings, 7–9 p.m., in the Yawkey Center for Outpatient Care, 2nd Floor, Satter Conference Center, Room 2-230, 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. Fridays a DNP from McLean’s joins the group from 1:30-2:30 p.m. to discuss/answer questions on medications. Daytime Facilitator: Steve Lappen.

Highlighted Groups
Newcomers: Occurs every Wednesday
The group for newcomers is a must for DBSA first timers and anyone interested in reacquainting themselves with all that DBSA offers. All DBSA-Boston newcomers, including family and friends, are encouraged to attend. As the DBSA-Boston orientation group, Newcomers focuses on providing information on the DBSA organization as a whole, as well as the range of share care groups, lectures, and other events, resources, and services that form the core of DBSA-Boston. Newcomers meetings usually conclude with a share care session that is typical of other DBSA-Boston groups.

Women’s Group: Occurs every Wednesday
The Women’s group provides a haven for women who feel more comfortable participating in share care sessions made up of women only. The female-only environment is often conducive to discussion of topics specific to women, but a wide range of subjects may be covered depending on the group’s needs and interests. Meets weekly.

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.

Members of the Share Care Committee: Michele O’Shea, Chair, Steve Lappen, Ray Magnan, Sylvia M., Chuck Weinstein, and Lillian Cravotta-Crouch (ex-officio)

See other regional support groups starting page 13.
Weekly Music Circle
Every Wednesday 6:00–7:00 p.m. in Room 117
Every Saturday Noon–1:15 p.m in Room 132 before the drop-in group

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 and Saturday 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 6:00–7:00 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 Mindfulness Meditation Circle
Every Wednesday 6:30–7:00 p.m. in Room 115

We meet for Mindfulness Meditation practice every Wednesday 6:30-7:00 PM in room 115 at the Mclean Hospital Cafeteria. Latecomers are welcome – you may enter the room anytime before 7 PM. This is not a class in mindfulness, it is a guided practice, facilitated by Khare. Our meditations are based on some of the sitting practices he learned as a student at the MBSR (Mindfulness Based Stress Reduction) program at Center For Mindfulness, UMass Medical School. Everyone is welcome, but please check with your health-care provider first if mindfulness meditation is right for you. Contact Khare at khare@dbsaboston.org with any questions.

Club 132 Open Mic
Every 4th Wednesday 6:00–7:00 p.m. in Room 132, just before Support Groups

Due to the popularity of the Mill St. Showcase, the Creativity Committee started the Club 132 Open Mic from 6:00–7:00 p.m. in Room 132 right before groups! The new open mic is a smaller and low-key version of the Mill St. Showcase!

No advance sign-ups needed. Just show up, sign-in and wait until you get called up! First come, first serve! We will run this open mic by “rounds”: 5-minute intervals (1 song, 2 poems/spoken word), which will let everyone play at least once. Once everyone has gone through one round, the order starts over again!

The fewer people performing, the more chances you play! This is the perfect way to try out new material, practice performing in front of a small crowd, collaborate with others, and more! As always, material has to be COMMUNITY FRIENDLY (i.e. no swears, no drug/sex references, culturally insensitive topics).
**Mill St. Showcase October 30**
6:30–8:00 p.m. at the deMarneffe Building Cafeteria

The purpose of this session (formerly called Mill St. Open Mic) 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 COMMUNITY 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, DBSA-Boston now has house instruments (guitar, ukulele, keyboard, and percussion) available to use at the Mill St. Showcase.

Please contact Christian at christian@dbsaboston.org  
Mill St. Showcase is offered on 5th Wednesdays!

See page 12 for all the Showcases in 2019-2020

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**President’s Letter, continued from page 2**

When a person is working (and I consider volunteer work as working), there is a higher likelihood for this individual to be hired, than someone who is not volunteering or working even though they have done so in the past. I invite everyone in our organization who is experiencing an interruption or has just come out of a re-occurrence (also known as a relapse) that has led to the ending of a job, to consider volunteering with us. The benefits of volunteering, as a member of our Activity Committee for instance, allows you to attend all our activities (like the annual cook out and ice cream social) for free because you are volunteering. Also, if you join a committee as a member or as a co-chairperson, there is a lot of opportunity to help out and practice getting back into a position of responsibility; and then we as a grateful organization, would be able to be a reference in support of a paid position. For your consideration!

Our current leadership is amazing wonderful, Lillian and Michele have both been president and vice president, Michele is currently serving as vice president; Lillian is currently serving as Activities Committee chair and NAMI Walk Captain, as well as immediate past president; Christian was the vice president during Lillian’s first term in office and currently serving as the chair of the Creativity Committee. He has made wonderful contributions to our community with the open mic, musical circle, and karaoke activities.

Barry has served as treasurer, webmaster, and currently comptroller, and office operations manager, as well as board member at large. We have Khare who was recently elected as treasurer, and also facilitates a meditation group each week; Susan who was our secretary for years, volunteered to stay on until we found a new secretary. She and her husband are leaving New England, however she will continue to be the editor of our quarterly newsletter Polars’ Express.

Newly appointed board members at large are Ray, Adriana, and Anna. Anna has accepted appointment as secretary. Thank you all for your hard work in keeping DBSA-Boston on the right track, running smoothly, being accessible, and playing an important role in creating a safe place both physically and emotionally for our membership each week. I also want to recognize the wonderful contributions of our immediate past board members at large, during the last five years: John P., John C., Kat, Ali, Bob, Kelley, and Lexi.

Continues on page 11.
Words to Live By. If Only.
By Steve Lappen

Accept, don’t surrender.
Bend, don’t break.
Defy, don’t deny.
Stand erect, don’t cower.
Withstand, don’t control.
Grit your teeth, don’t gnash.
Stroll, don’t run.
Be resolute, not dissolute.
Maintain a steely gaze, not a frightful one.
Defend, don’t deflect.
Manage, don’t cave.
Dwell, don’t hide.
Lean into, don’t evade.
Dance, don’t freeze.
Blossom, don’t wilt.
Engage, don’t spectate.
Wrestle, don’t languish.
Swim with the riptide, not against it.
Educate, don’t vacate.
Trust, but verify.

Illness is what you have, not who you are.

And finally, face the sunlight, but don’t stare directly into its source.
“Community”
By Daniel Sullivan

It is my firm belief that community is the most effective and essential component of recovery. Diet is important. What we put in our body affects our physical and emotional wellbeing. Exercise promotes blood circulation, which carries healing nutrients to all parts of the body. Meditation helps soothe the racing mind, reducing stress levels. Medication is used to combat our strongest symptoms. All of these we know greatly contribute to our mental health wellness.

However, I can’t stress more my conviction that community is the most crucial aspect of recovery. Man is a social being. I know I’m not the first person to say this. Few things make a person feel better than a sense of belonging; a sense of self-worth, the ability to say “Hey, these people accept me, like me, have time for me. I feel at home here. I have a place to go. People will call me if they haven’t seen me in a while. I can call and make plans with people who care.

I was inpatient at the Mass General some years ago for depression. Pretty much all of us were in there for the same reason. One night someone took out a deck of cards and about six of us started playing 500 rummy. Soon we were joking and laughing and really having a good time. The doctor on call seemed to have no idea what to make of it. We all had our med regimen but it seemed obvious what was working. There I met an older gentleman who was also in for depression. We got to talking and it turns out that he’d been a bartender on the North Shore for decades. We older men like to tell stories, and if anyone has stories to tell, it’s a bartender from the North Shore. We laughed aloud as he recounted his stories from his most unique point of view. Nothing like a friendly audience to alleviate a depression.

Upon discharge, I joined an organization called DBSA – The Depression BiPolar Support Alliance. The group meets in the afternoons 4 times a week and on Wednesday nights. Upwards of 100 people get together on Wednesday nights and we break into smaller support groups, such as mania & bipolar, depression, young adults, family & friends, and others. Every Christmas season we have a Holiday party, every spring we have an ice cream social, and in the summer we have a very well-attended cook-out. Every 5th Wednesday we have an open mic featuring some very talented people. Most of my closest friends are from DBSA, and we often see each other outside the group.

After a rough bout of depression and subsequent hospitalization, about 6 months ago I began volunteering at the Cole Resource Center, a mental health support, job training, and advocacy resource for people with mental health challenges. Having been working in the field for 5 years, it was great to be able to, once again, reconnect with my many colleagues across Eastern Mass. I’m once more giving presentations, teaching classes, and running support groups for NAMI – The National Alliance on Mental Illness. I’m facilitating meetings at DBSA. and at the Cole Center, with my extensive network in the mental health community, I am now able to assume the role of coordinator. I also write for their newsletter and for several others.

I’m happy to have been able to argue my case of the importance of community in mental health care. Now briefly I’ll argue another. I’ve seen over a billion dollars earmarked for research. Vast sums of money go into genetic research – looking for the magic gene, hoping for the magic pill. As this is all well and good, much of this money could be better spent in treatment. For instance, clubhouses, of which there are many in this area, are poorly funded and their members get shortchanged whenever there are budget cuts. We can better fund programs that we know work. There might be less glamour in this, but I’ve seen as glamorous the changes that community can make in people’s lives.

More members’ writing on page 12.
Background of Speakers Presenting at DBSA-Boston Fall 2019


Michele Lee is the Associate Area Director for the Greater Boston Chapter of the American Foundation for Suicide Prevention. In this position she oversees four of the Out of the Darkness Community Walks (Central MA/Worcester, Easton, MetroWest and South Shore/Cape Cod) the Out of the Darkness Campus Walks in Eastern MA, as well as AFSP programming and mental health/suicide prevention initiatives in communities throughout the region. She has been at AFSP for two years and was a volunteer for the organization prior to that – as an Out of the Darkness Walker, Boston Walk Committee member and Team AFSP Marathon runner.

Program description:
Talk Saves Lives is a community-based presentation that covers the general scope of suicide, the research on prevention, and what people can do to fight suicide. Attendees will learn the risk and warning signs of suicide, and how together, we can help prevent it.

October 09: “Recreational and Medical Marijuana: Potential Implications for Adolescent and Psychiatric Populations,” Eden Evins, MD, MPH, Jodi Gilman, PhD, and Randi Schuster, PhD.

This lecture will present a broad overview of the science of cannabis, focusing on the evidence of risks associated with cannabis use. We will discuss key issues, such as the effects of cannabis on the brain, why early age of initiation of cannabis use is detrimental, the effects of cannabis on cognition and IQ, the relationship between cannabis use and mental illness, and whether or not cannabis should be considered “medicine.” We will also address key issues raised by the changing legal status of cannabis in the United States.

Dr. A. Eden Evins is a board-certified psychiatrist who has been conducting clinical research on addiction in people with schizophrenia and schizoaffective disorder since 1996. Dr. Jodi M. Gilman is a neuroscientist with expertise on the effects of drugs and alcohol on the brain, especially in young adults, and is currently conducting a clinical trial of medical marijuana. Dr. Randi Schuster is a clinically trained neuropsychologist with a range of expertise on cognitive testing and on the effects of cannabis and other substances on the adolescent brain.

Continues on page 11.
Background of Speakers Presenting at DBSA-Boston Fall 2019

Continued from page 10


As a Tai Chi Qigong practitioner and coach, Aisling’s goal is to help others develop a regular practice that promotes relaxation, improves energy and strengthens the mind and body’s capacity for stress management and self-healing. Aisling has been learning and practicing various forms of Tai Chi and Qigong for more than twenty years. She completed a Tai Chi EasyTM Practice Leader training with Roger Janke at the Omega Institute in Rhinebeck NY and currently teaches a bi-monthly Tai Chi class at the Belmont Public Library. Aisling’s work as an environmental practitioner focuses on restoring and preserving healthy aquatic ecosystems. Tai Chi is a valuable self-care practice, which enhances the body’s natural capacity to heal itself and has been shown to reduce stress, improve energy, balance and flexibility and support an overall sense of well-being. During this presentation, Aisling will provide an overview of Tai Chi, including the main elements of this mind-body practice, research findings on the health benefits of Tai Chi, and observations based on personal experience and student feedback. There will be time for questions and discussion, and information on additional resources to learn more about the practice and benefits of Tai Chi.

President’s Letter, continued from page 7

And I want to thank you! Yes YOU! You know who you are... You are the folks who put the .50cents/$1.00 in our coffee fund (even when you do not buy a cup of coffee so others who don't have it that day can). You are the person who puts in $1.00 or $5.00 or $20.00 in the donations box, to cover our community members who don’t have that expendable income.

You are the members who volunteer to come early and set up the room for special events and activities and to stay late to break down and clean up. YOU are the ones who Walk on the DBSA-Boston Walk Team and ask your friends and neighbors to pledge dollars. YOU are the DBSA-Boston members/guests who buy our new T-shirts and ballcaps to wear at the NAMI Walk, because you want to show DBSA-Boston Pride, be part of our Team, a part of our family.

Without YOU, there is no DBSA-Boston. It is YOU that I am so happy to see every Wednesday night. It is YOU who laugh at my silly and sometimes terrible jokes during announcements (thank you for being so kind). It is YOU that I work so hard for, what the Board and other Volunteers work so hard for and do what needs to be done. And let me share a secret with you, YOU are worth it! Without YOU, where would be no DBSA-Boston.

So, we are looking for new members to join our volunteer staff. Please consider joining us in rolling up our sleeves in support of our organization. And thank you again, for the honor and privilege of serving as your president!

And kindly remember, if you are at a DBSA-Boston meeting, you are nowhere else. And in my book, there is no finer place to be!

Sincerely and with the deepest gratitude,

Chuck Weinstein
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 November 15, 2019
Susan Reynolds, Editor, Polars’ Express

Mill Street Showcase

Every 5th Wednesday of the Month
6:30 p.m.–8:00 p.m.
At the deMarneffe Building cafeteria

Dates for 2019-2020:
- October 30
- January 29
- April 29
- July 29
- September 30
- December 30

Questions? Email christian@dbsaboston.org

Members Writings

Continued from page 7.

When Autumn Comes

A subtle sorrow comes in autumn
That steeps 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.

Joy Galloway Shen
**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@dbsalliance.org
Website: www.dbsalliance.org.

**CONNECTICUT**

**Branford:** *+DBSA-Branford
Mondays 6–8 p.m.
BHCare, 14 Sycamore Way, Branford, CT
Contact: Alan Rosenthal • Phone: 860-661-5093
Email: branforddbsa@gmail.com
Website: www.meetup.com/Greater-New-Haven-Bipolar-Disorder-and-Depression-Group/

**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: Susan Perry Williams • Phone: 203-661-8307
Email: jtamerin@optonline.net
Website: www.dbsagreenwichct.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

**New Canaan:** *DBSA Branford
Thursdaya 6-8 p.m., Silver Hill Hospital,
208 Valley Road, New Canaan.CT
Contact 1: Alan Rosenthal
Phone: (860) 661-5093
Contact 2: Albert
Additional Phone: (203) 842-8573
or awhquaker@gmail.com
Email: branforddbsa@gmail.com
Website: http://www.meetup.com/Greater-New-Haven-Bipolar-Disorder-and-Depression-Group/

**Old Saybrook:** *DBSA Branford
Wednesdays, 5:45-7:30 p.m. Acton Library,
60 Old Boston Post Road, Olde Saybrook, CT
Contact 1: Wendy Anderson
Phone: (860) 304-4258
Contact 2: Alan
Additional Phone: (860) 661-5093
Email: Wendyanderson1987@gmail.com
Website: http://www.meetup.com/Greater-New-Haven-Bipolar-Disorder-and-Depression-Group/

**Torrington:** *+DBSA-Northwest Connecticut
Thursdays, 7–9 p.m.
Charlotte Hungerford Hospital
(small dining room off the cafeteria)
540 Litchfield Street, Torrington, CT
Contact: Ann Kelly • Phone: 860-567-8165
Email: annkelly7@yahoo.com
Website: www.dbsanwct.com

**Waterford:** *+DBSA-Branford
2nd and 4th Saturdays, 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
Website: www.meetup.com/Greater-New-Haven-Bipolar-Disorder-and-Depression-Group/

**MAINE**

**Rockland:** *+DBSA-Mid-Coast
Thursdays, 7:00–8:30 p.m. • Tuesdays 11–Noon
First Universalist Church,
345 Broadway, Rockland, ME
Contact: Erica • Phone: 207-505-2663
Email: dbsamc@hotmail.com

**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: Chapter Information Line
(774) 254-0321
Email: dbsa.attleboro@gmail.com

**Personalized Support at Your Fingertips**
Find all of your local groups at www.meetup.com

*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**

**Old Saybrook:** *+ DBSA Branford

**New Canaan:** *+DBSA Branford

**Old Saybrook:** *+ DBSA Branford

**Torrington:** *+DBSA-Northwest Connecticut

**Waterford:** *+DBSA-Branford

**Hartford:** *+DBSA-Greater Hartford

**New Canaan:** *+DBSA Branford

**Old Saybrook:** *+ DBSA Branford

**Torrington:** *+DBSA-Northwest Connecticut

**Waterford** *+DBSA-Branford

**Rockland:** *+DBSA-Mid-Coast

**Attleboro:** *+DBSA-Attleboro

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**Key to Chapter List**

* Asterisk indicates National DBSA Chapter.
+ Plus sign indicates Family & Friends are welcome to
Massachusetts, continued from page 13

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, 2nd Floor,
Satter Conference Center, Room 2-230
Phone: 617-855-2795
Email: mghgroup@dbsaboston.org

Hingham: DBSA-South Shore Massachusetts
Contact: E. Christopher Kehoe • Phone: 781-908-0268
Email: dbsasouthshore@gmail.com

Lowell:
+DBSA-Merrimack Valley • Thursdays, 7–8:30 p.m.
Lowell First Church of the Nazarene
1195 Varnum Avenue, Lowell, MA
Contact: Tim
Toll-free phone: 888-280-7773
Email: dbsamerrimackvalley1@yahoo.com

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.

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 or printed/snail mail by preference
- 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

See page 5 of this newsletter for meeting schedules.

(CONTINUED ON OTHER SIDE)

DBSA-Boston Membership Agreement

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

If paying full dues causes you financial hardship, please contact the Membership Chair.

Categories
- Individual: $35/year
- Student $15 (With ID)
- Household: $50/year
- Professional: $75/year
- Lifetime: $300
- Benefactor: $500
- Angel: $1,000

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).

Donations
- $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
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)

Please print clearly     DBSA-Boston Membership Agreement

Name___________________________________________________ Date______/_____/________

Address_________________________________________________________________

City_________________________________________ State_____ ZIP___________

Phone  (    )________________________________  Email_________________________________________

Emergency Contact____________________________   Emergency Telephone__________________________

**SIGNATURE REQUIRED:** I understand and will abide by DBSA-Boston’s Membership Agreement (see back)

X ________________________________ (Form continues on the other side)

How did you find out about DBSA?______________________________________________

Comments or suggestions:________________________________________________________

Please note: If your check to DBSA has insufficient funds, you will be charged the amount of the bank fee.

Thank you very much! The Membership Committee