

# POLARS' EXPRES

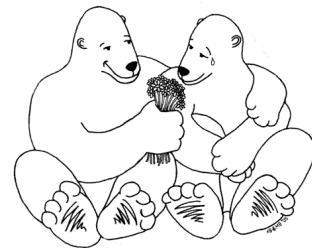
The Newsletter of the Depression and Bipolar Support Alliance of Boston

December 2019, January and February 2020



## Winter 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.

- 12/11 No speaker in December
- 12/18 **Annual Holiday Party & Lee Paris Artisan Craft Fair!** See page 7.
- 01/08 TBA speaker.
- 02/12 "Ketamine Therapy," Robert C. Meisner, MD. See website for more info.

**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](https://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](mailto:info@dbsaboston.org)



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## Board, Advisors, and Staff

### Board Executive Committee

President:	Chuck Weinstein
Vice President:	Michele O'Shea
Treasurer:	Priyadarshi Khare
Secretary:	Anna Collins
Past President:	Lillian Cravotta-Crouch
President Emeritus:	Everett Page

### Board Directors

Adriana Grant	Christian Tionson
Ray Magnan	

### Facilitation Advisor

Chuck Weinstein, LMHC, CPRP, CPS

### McLean Hospital Liaison: TBA

### Office Staff

Comptroller & Office Operations:	Barry Park
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## Meeting Schedules

### Board of Directors:

1st Wednesdays (12/04, 01/08\*, 02/05)  
7 p.m., Cole Center

### Facilitator Meetings:

1st & 3rd Wednesdays (12/04, 12/18, 01/01, 01/15, 02/05, 02/19) 5:45 p.m., Room 132

### Share Care Committee:

2nd Wednesdays (12/11, 01/08, 02/12)  
5:45 p.m., Room 118

\*January Board meeting will be on the 2nd Wednesday as the 1st Wednesday is New Year's Day.

The Polars' Express Newsletter Committee:  
Barry Park • Susan Reynolds, Editor  
See page 3

DBSA-Boston news is noted by the paw print.



## Updates from the Board

### Winter 2019-2020

We would like to take the opportunity to let you know about some of the highlights of 2019.

You may have noticed that attendance at our meetings has increased significantly over the last year. Our groups are expanding, and we frequently have overflow groups. Thank you to all of our facilitators, who facilitate multiple groups and fill in as needed. We are always looking to add new facilitators to the roster. If you are interested in becoming a facilitator, please contact a member of the Share Care Committee. We will announce the date of the next Foundations training in January.

Our Office Manager, Barry Park, is our Administrator, Comptroller, and organizer extraordinaire! He has expanded our offerings on Wednesday nights to include snacks and fruit, which we appreciate. The Welcome Table, chaired by Meach Cravotta-Crouch, is a great place for people to get information and updates about DBSA and pick up some interesting articles.

The Speakers Bureau is continuing to provide us with interesting, diverse speakers, thanks to Mary Johnston. We are looking for feedback and suggestions from the community on our Speaker program. We encourage you to fill out the survey, which is on our website and at the welcome table, between now and December 18th.

The Membership Committee, chaired by Ray Magnan, organizes several membership drives throughout the year, which are very successful. The Creativity Committee, chaired by Christian Tionson, has expanded our pre-group activities. In addition to the music circle, we now have a coloring circle and a meditation circle. We are getting positive feedback from the participants.

Continues on page 8.

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



### 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.

### 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](mailto: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 February 15, 2020  
Susan Reynolds, Editor, Polars' Express



## 2019-2020

### Committees

Activities:	Lillian Cravotta-Crouch
Communications:	Priyadarshi Khare
Creativity:	Christian Tiongson
Executive:	Chuck Weinstein
Finance	Open
Fundraising:	Lillian Cravotta-Crouch Chuck Weinstein
Marketing/Outreach	Open
Membership:	Ray Magnan
Nominations:	Michele O'Shea
Office Operations	Barry Park
Policy Committee	Not currently active
Share Care	Michele O'Shea
Speakers Bureau:	Mary Johnston
Training:	Michele O'Shea
Welcome Table:	Meach C.

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](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. Working & Coping is every 4th Wednesday.  
  
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 11.



## 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](mailto: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](mailto: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](mailto: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 5:30–7:00 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).

Email Christian of the Creative Committee at [christian@dbsaboston.org](mailto:christian@dbsaboston.org) for any questions.





## Annual Holiday Party & Lee Paris Artisan Crafts Fair

FOOD | ART | MUSIC | RAFFLES | MEMBERSHIP DRIVE

Wednesday, December 18, 2019  
6:00 p.m. to 8:00 p.m.  
(Support Groups 8:00 p.m. - 9:00 p.m.)

de Marneffe Cafeteria at McLean Hospital

\$3 MEMBERS | \$5 GUESTS  
FREE FOR VOLUNTEERS & CURRENT FACILITATORS

Please join us for lots of good holiday cheer with a **buffet, crafts fair, music, and more!** There will also be a number of raffles including the annual holiday 50/50! Melody and the Music Makers will lead us in holiday songs. On top of that, consider becoming a DBSA-Boston member during the Holiday Membership Drive!

### Holiday Buffet

We provide plenty of pizza, sandwiches, rollups, cookies, cakes, hot tea, coffee, and soda and we look to you, our membership, to add to the fun by bringing in your favorite homemade dish or store-bought item. Show up a bit early to help set up. Your help is always welcome.

### Lee Paris Artisan Crafts Fair\*

Every year we have wonderful Peer Artisans from our community who bring their goods (many handmade, one of a kind) for sale. This is a great time to buy your Christmas, Hanukah, Kwanza, and Festivis gifts. There will be a unique variety of gift items: photographs, hand-made crafts, paintings, gift cards, jewelry, clothing, soaps, art work... bring cash!

This year we are pleased to have on sale many of the wonderful photographs that we have received that are signed by Lee Paris. These photo's will make a wonderful gift for Christmas or any other special occasion. We also plan on including in our raffles some of her prints She truly is a talented artist.

### Membership Drive

If you are not a member, consider joining DBSA-Boston at the Holiday Party. If you join on this night, or renew your current membership, as your first benefit of membership, you will have free access to our scrumptious buffet, a savings of \$3.00 to \$5.00, a great incentive.

\* The Artisan Crafts Fair is named for our long-standing member, photographer Lee Paris, who started our tradition of art shows at the Annual Cookout in 2006!



### Mill St. Showcase is not happening in January

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](mailto:christian@dbsaboston.org) Mill St. Showcase is offered on 5th Wednesdays!

See page 10 for all the Showcases in 2020.

### Updates from the Board, continued from page 2

The Activities Committee, chaired by Lillian Cravotta-Crouch, plans our well-attended annual social events: the ice cream social, barbecue, and holiday party. Christian, our Volunteer Coordinator, makes sure that we have plenty of volunteers to ensure that our events run seamlessly. 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. We appreciate the hard work of all of our committees and volunteers. If anyone would like to be on a committee or help out at our events, please contact Christian, Lillian, or Michele.

DBSA Boston received \$3,000.00 from NAMI this month. The DBSA team raised over \$6,000.00 at the NAMIWalk in May. Thank you to all who participated in the event. We can't wait to participate in the walk again next year! We also received \$107,000.00 from an anonymous donor, which is the largest donation DBSA has received to date. The Board decided to invest this money, to ensure that DBSA can continue to offer groups, activities, and social events for many years to come. We were recently notified that the [Shuley Nakamura Foundation](#) has chosen DBSA Boston as one of the non-profits they will support in 2020. Christian Tiongson attended their hockey tournament fundraiser last week on behalf of DBSA, to thank them and speak about our organization. We are very appreciative of their support.

As you know, our annual holiday party is December 18th. We will have music, food, a membership drive, holiday raffle, and the Lee Paris Artisan Crafts Fair. Lee donated over 700 of her professional photographs to DBSA. We will be selling them at the fair and at the Welcome Table between now and the end of December. The photos will make great holiday gifts! We look forward to seeing you at the party.

We wish you a healthy, happy holiday season and a great 2020!

The Board of Directors: Chuck • Michele • Lillian • Khare • Anna • Christian • Ray • Adriana





## "How's Your Day Going?"

By Daniel Sullivan

How is your day going? Simple enough question. Straightforward and friendly at the same time. Better than "How are you?" or "How's it going?" Too general I think. Requires too much explanation. When someone asks me how my day is going, I feel like they're genuinely interested. And, not wanting to get the conversation off on a sour note, I almost always have a positive reply.

How is my day going? Well, I thought you'd never ask. Quite well, actually. I woke up in a nice warm bed – always a plus. (At my age, waking up itself is a plus.) I drank some of my delicious coffee. (I live my life in between cups of coffee.) I went to a doctor's appointment at the Spaulding Rehab. Not the most exciting thing to do it would seem, But I realize how lucky I am to have great health insurance, a fine doctor at a renowned Institution, and for the matter, a good running car to get me there on a beautiful Wednesday morning. I'm not on a yacht in the Caribbean, but I'll take it.

What else happened? Next, I treated myself to a delicious breakfast at my favorite diner. By then it was time for a coffee break and some rest for an old man on a busy morning. After my dose of politics on CNN – Mr. Trump has made this interesting to say the least- it was time for some housework. This is something I'm never too thrilled about, but I'm grateful because I have a great apartment at a great price. Then? An hour nap. My friends, this is as good as it gets.

I got up, and after a quick lunch, it was time to roll into the office and write this article. My lofty position of staff writer allows me to make my own hours. It's a well-lit roomy place with great equipment. Also, my co-workers are the best.

I didn't always have such a positive attitude. I have bipolar disorder. As exhilarating as the mania have been, the depressions have been torture. Having a positive attitude has been something I've had to learn and relearn.

But the more I reinforce positive thoughts, the better I get at it. Every hour or two, I think back and say a little prayer of gratitude. Not every day is sunny and some events defy a positive spin, but even in the face of horrible news, there is always hope and faith that things can eventually turn out well can lead us to it.

Last January I was diagnosed with Stage 4 lung cancer metastasized. That's the bad news. The good news is that I now have some insight into what it's like to live with both bipolar disorder and lung cancer.



## Mill Street Showcase



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

### Dates for 2020:

- April 29
- July 29
- September 30
- December 30

Questions? Email [christian@dbsaboston.org](mailto:christian@dbsaboston.org)



## Club 132 Open Mic



Every 4th Wednesday of the Month  
6:00–7:00 p.m.  
At the de Marneffe Building cafeteria  
in Room 132, just before Support Groups

### Dates for 2020:

- January 22
- February 26
- March 25
- April 22
- May 27
- June 24
- July 22
- August 26
- September 23
- October 28
- November 25
- December 23

Questions? Email [christian@dbsaboston.org](mailto:christian@dbsaboston.org)



## Regional DBSA/DMDA/MDDA & Other Support Group Listings

### **DBSA National Headquarters**

Depression and Bipolar Support Alliance  
730 N. Franklin, Suite 501, Chicago, Illinois, 60654-7225

800-826-3632 • Email: [questions@db salliance.org](mailto:questions@db salliance.org)

Website: [www.db salliance.org](http://www.db salliance.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](mailto:branforddbsa@gmail.com)

Website: [www.meetup.com/Greater-New-Haven-Bipolar-Disorder-and-Depression-Group/](http://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](mailto:jtamerin@optonline.net)

Website: [www.dbsagreenwichct.com](http://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](mailto:swelborn@mindlink.org)

#### **New Canaan:** \*+DBSA Branford

Thursdays 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](mailto:awhquaker@gmail.com)

Email: [branforddbsa@gmail.com](mailto:branforddbsa@gmail.com)

Website:

<http://www.meetup.com/Greater-New-Haven-Bipolar-Disorder-and-Depression-Group/>

**Listings change frequently:** We suggest you call, email or write contacts for current information.

### **CONNECTICUT, continued**

#### **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](mailto: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](mailto:annkelly7@yahoo.com)

Website: [www.dbsanwct.com](http://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](mailto:md222be@sbcglobal.net)

Website: [www.meetup.com/Greater-New-Haven-Bipolar-Disorder-and-Depression-Group/](http://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](mailto: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](mailto:dbsa.attleboro@gmail.com)

Continues on page 12

### **Key to Chapter List**

\* Asterisk indicates National DBSA Chapter.

+ Plus sign indicates Family & Friends are

## Regional DBSA/DMDA/MDDA & Other Support Group Listings

### **MASSACHUSETTS**, continued from page 11

#### **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

Website: www.dbsalowell.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.

### **MASSACHUSETTS**, continued

#### **Marion:**

DBSA-Southcoast

1st & 3rd Thursdays, 6:30–7:30 p.m.

St Gabriels Episcopal Church, 124 Front Street,  
Marion, MA

Contact: Rachel Clark • Phone: 508-813-8605

Email: DBSA.southcoast@gmail.com

#### **Revere:**

+Depression Bipolar Support Group

Tuesdays, 6:15–7:45 p.m. MGH Health Care Center

Revere • Administrative Conference Room, across  
from Security Desk

300 Ocean Avenue, Revere, MA

Revere Beach Train Stop

Contact: Kim Harol • Phone: 781-248-9825

Email: dbsarevere@gmail.com

#### **Worcester:**

\*+DBSA-Worcester

Mondays, 7–9 p.m.

UMass Medical Center,

N. Lake Avenue, Worcester, MA

Contact: Don Latham • Phone: 508-864-4759

Email: dlatham46@verizon.net

### **NEW HAMPSHIRE**

#### **Concord:**

\*+DBSA-Concord

Meet 1st, 3rd & 5th Wednesdays, 7–9 p.m.

St. Paul's Church, 21 Centre Street, Concord, NH

Contact 1: Susan Milliken • Phone: 603-224-2664

Contact 2: Steve Farr • Phone: 603-494-2685

Fax: 603-229-1635

Email: dbsacondord@comcast.net

#### **Exeter:**

\*+DBSA-Greater NH Seacoast

Fridays, 7:00–8:30 p.m.

Exeter Hospital, North Conference Room #1

5 Alumni Drive, Exeter, NH

Contact: Brad • Phone: 603-303-0205

Email: dbsaexeterchapter@gmail.com

#### **Nashua:**

\*+DBSA-Nashua • Thursdays, 7–9 p.m.

Community Council, 100 West Pearl Street,  
Nashua, NH

Contact 1: Thomas Doucette

Phone: 603-888- 2141

Contact 2: Amanda Potash • 603-560-7502

Email: info@dbsanashua.org

### **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.

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## 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 and Dues**    ☐ 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 Membership Agreement, continued

DBSA-Boston has established clear guidelines for the security and well-being of all members participating in our organization. Because disruptive behavior is often a symptom of bipolar and depressive illnesses, it must be accommodated to some degree. Beyond a certain point, however, it cannot be tolerated as it jeopardizes the work or even the existence of a group dedicated to helping people transform their lives. We list here some examples of behavior that, if it persists, can lead to a review of an individual's group participation privileges, and possibly to that individual's removal from the organization by the Board of Directors.

1. Discrimination against any individual or group based on age, gender, race, creed, nation of origin, ethnicity, sexual orientation, disability, religion or any other characteristic protected by the laws of the United States
2. Physical or verbal aggression
3. Suggestive remarks or other forms of sexual harassment
4. Violating confidentiality of support group meetings or individual members
5. Disrupting groups by coming in late habitually, wandering in and out, or refusing to cooperate with a group facilitator in following established DBSA-Boston guidelines
6. Abuse of the telephone or email lists by making calls at inappropriate times or by refusing to stop contacting those who have asked not to be contacted
7. The use of cell phones during groups, including texting, Web access and photos
8. Harassing or stalking individuals who have asked not to be contacted
9. Inappropriate or illegal behavior in contexts where members are viewed as representatives of DBSA-Boston, such as at McLean Hospital, local restaurants or other public places
10. Bringing pets other than service animals to group meetings
11. Attending DBSA-Boston meetings or functions while under the influence of alcohol or other recreational drugs
12. Repeatedly violating the smoking policies of a facility where an DBSA-Boston group is meeting

Your cooperation and commitment are what keep DBSA-Boston alive and well. Thank you!

(Cut on the dotted line)

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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**