

POLARS' EXPRESS

The Newsletter of the Depression and Bipolar Support Alliance of Boston

March, April, and May 2015



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 8-10 for information on speakers.

- March 11: "Find Something Nice to Say – The Power of Compliments," Debby Hoffman Adair
- March 25: "A Recovery Story: Peer Run Organizations, Personal Empowerment and Advocacy," Howard D. Trachtman, BS, CPS, CPRP
- April 8: "Emotional CPR," Daniel B. Fisher, MD, PhD
- April 13: NAMI Mass. Advocacy Day - see page 5
- April 15: **Ice Cream Social!** - see page 5
- April 22: "DBSA-Boston Annual Creativity Forum"
- April 26: "**Foundations Workshop in Facilitator Training,**" led by Chuck Weinstein, LMHC, NCC, CPS
Registration deadline is Monday, April 20. See page 6.
- May 13: "Enhancing outcomes, reducing costs: Testing peer support for mood disorders," John F. Kelly, PhD
- May 16: NAMI Boston Walk - see page 5
- May 27: "Personalized Medicine: Psychiatry's Holy Grail," Jared Nielsen, PhD

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:	Michele O'Shea
Vice President:	Lillian Cravotta Crouch
Treasurer:	Dennis H.
Secretary:	Chuck Weinstein
Past President:	Arthur S.

Board Directors

Rich B.	Sylvia M.
Meach C.	Barry Park
Lucinda J.	Susan Reynolds

Facilitation Advisor

Chuck Weinstein, LMHC, NCC, CPS

Medical Advisor

Martin Kafka, MD

Office Staff

Executive Assistant:	Dennis H.
Comptroller:	Rich B.

Meeting Schedules

Board of Directors:
1st Wednesdays (03/04, 04/01, 05/06) 7 p.m.

Facilitator Meetings:
1st & 3rd Wednesdays (03/04, 03/18,
04/01, 04/15, 05/06, 05/20) 5:45 p.m., Room 132

Share Care Committee:
2nd Wednesdays (03/11, 04/08, 05/13)
5:45 p.m., Room 118

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



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

The Polars' Express Newsletter Committee:
Barry Park • Susan Reynolds, Editor - see page 7

President's Letter Spring 2015



Dear Friends and Peers,

It feels strange to refer to "Spring" as we await additional snow storms and the associated inconveniences that follow them. Let's hope the snow thaws quickly with hints of a better season to come. When it does, we will celebrate with our annual Ice Cream Social on April 15th. For the second year, DBSA will have a team at the annual NAMI walk, which will be on May 16th. We look forward to seeing you at these events.

The Communications Committee has been working diligently for the past few months on improving our website, which is now up and running. We have also made the switch from our paper newsletter to an electronic version, which is available on our website.

A special thank-you goes out to Susan Reynolds, the Editor of the Polars' Express and Barry Park, our Website Designer and Webmaster, for their hard work on the new website and newsletter.

The creation of new and improved website and newsletter are two initiatives that are part of a larger project that is focused on modernizing and streamlining our DBSA Office Operations and Communications. The work is being done entirely by volunteers. As we continue to make improvements and consistently offer a variety of support groups with trained peer facilitators, we ask you to consider becoming a member, renewing your membership, and/or giving a donation to DBSA Boston.

As you know, we rely on membership fees and donations as our source of income. We appreciate any support you can provide. If you are getting a lot out of attending our groups, you may want to consider ways that you can give back to the organization. DBSA will benefit, and you may find the gift of giving your money, time or talent to be very fulfilling on a personal level.

Continued on page 4

DBSA-Boston News



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

DBSA-Boston Board of Directors Nominations Are Open for 2015 Board Elections



The DBSA-Boston Elections for Officers and Board Members will take place at our Annual Meeting on Wednesday, June 10, 2015. There are seven, full-term, open positions: three at-large Board of Directors' seats, as well as those of President, Vice President, Secretary, and Treasurer.

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

The other three at-large Board Member positions will be up for election next year. For composition of the current Board, see page 2 of this newsletter.

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 3.

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 Wednesday, April 1. Nominations that are mailed must be postmarked no later than Monday, March 30, 2015. 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 7.

Sylvia M., Nominating Committee Chair

President's Letter, continued

As always, we would like to receive your feedback. We encourage you to use the suggestion box to communicate your concerns and suggestions. We will review them, bring them to the Board or Share Care Committee, and communicate any actions back to you via the weekly announcements. Alternatively, please feel free to speak with any member of the Board or Share Care Committee. Thank you to all of our attendees, members, and volunteers for being part of DBSA. Happy Spring, whenever it arrives!

Sincerely,

Michele O'Shea
President
DBSA-Boston

2014-2015

Committees

Activities:
Communications:
Executive:
Fundraising:
Membership:
Nominations:
Office Operations
Share Care:
Speakers Bureau:
Training:

Chairs

Michele O.
Susan R.
Michele O.
Lillian C.
Meach C.
TBA
Rich B.
John P.
Mary J.
Sylvia M.

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

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.

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

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

Office Operations/Staffing: 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.

Training: Evaluates and proposes training sessions for facilitators.

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, run, or vote for the Board of Directors.**

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.



In Memoriam

Lesley Porter: 1958-2015

A long-standing friend and supporter of DBSA-Boston, Lesley was a facilitator for and member of the Women's Group, worked as administrative assistant in the office, and was on the editorial staff of our newsletter, the Polars' Express, since fall 2011. Read more about Lesley and the remembrance held for her at the DBSA-Boston meeting February 4 on our website: http://dbsaboston.netfirms.com/?page_id=1870

Activities



Ahhh... the sweet things in life!

Come indulge at the DBSA-Boston Ice Cream Social! Wednesday, April 15, beginning at 6:00 p.m. in the de Marneffe Building cafeteria.

If you would like to help at the Social, please see Michele O'Shea., Activities Chair.

NAMI Mass. Advocacy Day: Monday April 13

11 a.m.-3:00 p.m. at the Great Hall, Massachusetts State House, 24 Beacon Street, Boston. Let your legislators hear from you. Register in and read more detail at: <http://www.eventbrite.com/e/2015-nami-massachusetts-advocacy-day-tickets-15885485916?aff=erelexporg>

NAMI Boston Walk: Saturday, May 16

Join the DBSA-Boston team – DBSA Boston Believers – and partner with NAMI Central Middlesex for the NAMI Boston Walk on May 16th 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, when Tom Scurfield will be at the meetings in the De Marneffe cafeteria. Tom is a NAMI Volunteer Teacher for Family Education Programs and manages the entire NAMI Walk. Or see Deb Mann, who is our Captain for the Walk.



Foundations Workshop in Facilitating Peer Support Groups

Sunday, April 26, 2015
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 Monday, April 20.

Registration: 9:30–9:45 a.m./Continental breakfast 9:30–10 a.m.
Workshop starts promptly at 10 a.m. and ends at 5 p.m.

Location: Francis de Marneffe Building, first floor, McLean Hospital, 115 Mill Street, Belmont, MA

Contact: facilitatortraining@dbsaboston.org, or call DBSA-Boston office staff at 617-855-2795.

To register: Complete the registration form included in this newsletter on page 11, 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, NCC, CPS** and the Director of Facilitator Training for DBSA-Boston. Chuck is a former DBSA-Boston President and current member of the Board 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. This workshop is offered again in September 2015.

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 Finance Committee 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 Finance Chair of all inflows of monies.
8. Clear expensive, sensitive, and unusual projects through the Board.
9. Always consult in advance with the Finance Chair 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, 2015

- 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 2015



March 11: “Find Something Nice to Say – The Power of Compliments,” Debby Hoffman Adair

Based on her groundbreaking book, this presentation is filled with simple-to-use powerful tips for positive communication. Fun (and funny), insightful and downright contagious, Debby’s program will have you sharing words of encouragement and helping you create a positive world to live in. This simple idea of sharing words of kindness and support will fast become a staple in the way you live your life. With the easy-to-do techniques of giving compliments, positive energy is created and the amazing effects can be felt worldwide. Debby will be signing books: Find Something Nice to Say—The Power of Compliments.

Past President of the N E Chapter of National Speakers Association, Debby Hoffman Adair is known as, “a different perspective,” when it comes to sharing ideas to create a positive impact. Refreshingly insightful, Debby’s programs are filled with information that percolates with motivation, inspiration and, of course, fun. For over 22 years Debby has been speaking professionally specializing in positivity, possibilities, and purpose. She is the founder and CEO of In the Presence of Positive Woman, a membership organization dedicated to helping women grow, prosper and create their own empowerment.

March 25: “A Recovery Story: Peer Run Organizations, Personal Empowerment and Advocacy,” Howard D. Trachtman, BS, CPS, CPRP

Mr. Trachtman will share his inspirational recovery story from his first encounters with psychiatry at MIT to his dark days of nine months in a state hospital and numerous other hospitalizations, his multiple times of being restrained and secluded, and his personal recovery story. He will offer short history of the peer movement, his long search for peer-run programs and his discovery of M-POWER. He will talk about starting and growing peer-run programs included the TWHATS networking dinner, Opening Doors to the Arts initiative, NAMI Greater Boston Consumer Advocacy Network, and the Boston Resource Center/ Metro Boston Recovery Learning Community.

At age 16, Mr. Trachtman entered MIT to study artificial intelligence and build robots. In 1983 he had his first full blown manic episode and in 1985 he spent nine months in the state hospital. He searched for the peer movement and finally, in 1995, found M-POWER. Soon he was on their board of directors and then became President. Mr. Trachtman has been restrained and secluded multiple times and now chairs a national committee dedicated to their elimination. In 2004 he co-founded the Greater Boston Consumer Advocacy Network of NAMI and in 2005 the Boston Resource Center (BRC), a peer-run recovery center. In 2008 the BRC became the flagship of the Metro Boston Recovery Learning Community.

Background of speakers continues on page 9.

Background of Speakers Presenting at DBSA-Boston Winter 2014-2015, continued



April 8: "Emotional CPR," Daniel B. Fisher, MD, PhD

The National Empowerment Center staff brings unique experience in organizing and developing consumer-run organizations, and helping individuals and groups develop the knowledge and ability to transform the mental health service system toward a more recovery-oriented and consumer-and family-driven approach. We support wellness, rather than trying to eliminate illness. Our most recent program is called Emotional CPR (www.emotional-cpr.org).

Dr. Fisher obtained a PhD in biochemistry to discover the chemical basis of brain activities. While carrying out neurochemical research at NIMH, Dan was diagnosed with schizophrenia. He recovered, and to humanize the mental health system, has worked for 20 years as a community psychiatrist at Riverside Community Care, founded the National Empowerment Center (<http://nationalemPOWERmentcenter.org/index.html>), was a member of the New Freedom Commission on Mental Health, helped organize the National Coalition for Mental Health Recovery, and is on the faculty of the U. Mass Dept. of Psychiatry. He is one of the developers and trainers of Emotional CPR.

May 13: "Enhancing outcomes, reducing costs: Testing peer support for mood disorders," John F. Kelly, PhD

Dr. Kelly is currently conducting a study of the effects of DBSA, as a peer-led, community mental health mutual help organization (MHO), on the lives of people with mood disorders. Extensive research has found benefits of improved outcomes and lower health care costs due to participation in substance use MHOs; Dr. Kelly's research will be the first to study an MHO specifically for mood disorders.

Dr. Kelly will explain the scope and aims of the study and give an update on his research. Audience members will be invited to fill out a confidential survey form, which will take 20-25 minutes to complete. Participants will receive a \$15 Dunkin Donut gift card

Dr. Kelly is the Elizabeth R. Spallin Associate Professor of Psychiatry at Harvard Medical School, the founder and Director of the Recovery Research Institute at the Massachusetts General Hospital (MGH), the Program Director of the Addiction Recovery Management Service (ARMS) and the Associate Director of the Center for Addiction Medicine at MGH. Dr. Kelly is President of the American Psychological Association (APA) Society of Addiction Psychology (Division 50), and is also a Fellow of APA. He has served as a consultant to U.S. federal agencies and non-Federal institutions, and foreign governments. His clinical and research work has focused on addiction treatment and the recovery process which has included specific research on adolescents, young adults, and the effectiveness of mutual-help groups, such as Alcoholics Anonymous, as adjuncts to formal care.

Background of speakers continues on page 10.



May 27: Personalized Medicine: Psychiatry's Holy Grail," Jared Nielsen, PhD

Over the past decade, advances in technology and our understanding of human biology have led to individualized diagnosis and treatment of disease. For example, some cancer patients are given a diagnosis and prescribed a treatment plan based on the genetic signature of their tumor. Currently, the field of psychiatry is unable to provide a diagnosis or treatment based on a person's biology, but researchers are working to make personalized medicine a reality for psychiatry. This presentation describes efforts to understand the genetics and neurobiology of anxiety with the hope of providing personalized medicine for individuals with mental illness.

Jared Nielsen is a post-doctoral fellow at Harvard University and Massachusetts General Hospital. He completed a PhD in neuroscience at the University of Utah with Drs. Janet Lainhart and Jeffrey Anderson. During graduate school, he focused on the functional brain networks in autism spectrum disorder. Currently, he is researching the genetic and neural basis of anxiety across psychiatric disorders.

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, Shiff 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: Bob H.

***New Support Group Starting in January**

We will be adding a new support group for veterans at DBSA-Boston in January. It will start meeting once a month, on the third Wednesday of each month. If there is enough interest, it may meet more regularly.

Members of the Share Care Committee: Lillian Cravotta-Crouch, Chair, Meach C., Dennis H., Mary J., Sylvia M., Deb M., Michele O'Shea, Arthur S., and Roberta U.

Registration Form "Foundations Workshop in Facilitating Peer Support Groups"

Sunday, April 26, 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 April 20th, 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: (\$20 Workshop fee + \$15 Training Guide) | \$35.00 |
| <input type="checkbox"/> | DBSA Member Affiliate: (\$55 Workshop fee + \$15 Training Guide) | \$70.00 |
| <input type="checkbox"/> | Peer Services Professional: (\$55 Workshop fee + \$15 Training Guide) | \$70.00 |
| <input type="checkbox"/> | Other Non-Clinical Attendees: (\$65 Workshop fee + \$15 Training Guide) | \$80.00 |
| <input type="checkbox"/> | Licensed Clinicians: (\$75 Workshop fee + \$15 Training Guide) | \$90.00 |
| <input type="checkbox"/> | I am adding an additional tax-deductible donation to DBSA-Boston | \$_____ |

I am enclosing a check for the total of: \$_____

Registration fee includes: Six-hour workshop, continental breakfast, pizza/salad lunch, refreshments all day, Certificate of Attendance.

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 5/6/13



**Election Nomination Form – 2015
DBSA-Boston**

(See page 3 for Board Nomination Notice.)

I _____ **nominate** _____
(Your name) **(Candidate)**

**For the position of
(Please circle one)**

President

Vice President

Secretary

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)