



Affiliate Newsletter

December 2018

Family Support Groups

Messiah Lutheran Church
750 Rindge Road,
Fitchburg
7:00-8:30 p.m.
1st and 3rd Thursdays
Contact Edie
978-345-2214

Clinton Hospital, 2nd Floor
Conference Rooms A & B
6:30-8:30 p.m.
2nd and 4th Fridays
Contact Edie
978-345-2214

Connection Recovery Support Groups

Messiah Lutheran Church
750 Rindge Road,
Fitchburg
7:00-8:30 p.m.
Every Thursday
Contact Maryann
978-342-0988

Heywood Hospital
242 Green St., Gardner
Dining Room, Conference
Room B (inside Cafeteria)
7:00-8:30 p.m.
Every Tuesday
Contact Cortney
508-331-2921

Hi Everyone,

I am happy to say that we have new Family Support Group Facilitators! We just completed a two day NAMI training in Leominster. Please congratulate Paul Boisvert, Patty Burbine, Jean Durkin, Chelsea Gaudet, and Cathy Gaudet. We will be having additional trainings coming up. NAMI trainings are free of charge. You must be a NAMI member, in good standing, to participate.

Why do members decide to be group facilitators? To help the current group facilitators in providing consistent support, because they feel they have something such as experience or expertise, to offer or give back, they want to provide a NAMI support group in an area that is not currently being served or on a day that is not currently available, the reasons are endless.

We have also just finished week 12 of our Family to Family course! Thank you Paul Boisvert and Steve Hadden for their dedication and hard work in bringing this course to us.

We will be offering a NAMI Connections Recovery Support Group Facilitator training on February 23 and 24 – please contact me by email if you are interested so I can send you an application.

Happy Holidays! Cathy

Recovering from Mental Illness During the Holidays

Recovering from a mental illness during the holidays can be more difficult than recovering at any other time of year. The holiday season can bring additional financial, personal, and emotional stress as well as a sense of overwhelming anxiety. Seeing family members, having to purchase gifts, and juggling the added responsibilities during the holidays are all not conducive to recovering from mental illness. But

recovering from mental illness over the holidays is possible with a plan and awareness of what the holidays may bring up for you.

Recovering from Mental Illness and Holiday Triggers

The holidays are not stressful for everyone but if you find yourself in a negative place during this time of year, be easy on yourself. Think about previous holiday seasons and what may have caused you to feel anxiety, depression or anything that would move you backward in your recovery. Having an idea of what has caused this pain will allow you to take extra care of yourself and be aware of what may trigger you into a downward spiral. If that situation comes up again this year you will be able to spot it before it knocks you down and takes you out of commission.

Commit Yourself to Mental Illness Recovery This Holiday Season

Committing to yourself, your physical health, and mental illness recovery during the holidays is key. Incorporating tools that will help during this process, or using the tools you already have established to a greater extent are going to support you through this time of year. Journaling, meditating, listening to music and podcasts, exercising, and any uplifting habits and actions you can take to move forward and create positive thoughts and emotions will aid you in recovering from mental illness throughout the holidays.

Finding extra support in the form of therapy, coaching, or support groups are also powerful and helpful. Going to therapy sessions or participating a bit more through this time of year will make the holiday experience much more enjoyable.

You Can Enjoy Your Holiday Season When Recovering from a Mental Illness

No matter what your past experience has been with the holidays, you can always create a new story and a new experience. Just because the holidays have been a difficult time in the past doesn't mean that is going to be the case this year. Knowing what is difficult or triggering for you during this time of year, taking care of yourself, and spending extra time on the things that help you with your mental illness recovery all contribute to a recipe of success and enjoyment. With the right tools, support, and mindset, you can and will enjoy your holiday season while simultaneously recovering from mental illness.

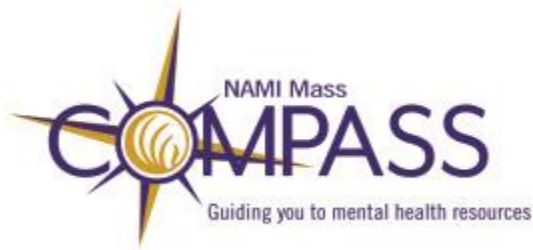
NANCY ZACHARAKIS, DECEMBER 19 2017, Healthy Place.

<https://www.healthyplace.com/blogs/recoveringfrommentalillness/2017/12/recovering-from-mental-illness-during-the-holiday-season>

Save the Dates

- February 23 and 24, 2019 – (Saturday and Sunday) – NAMI Connection Recovery Support Facilitator Training, Lunenburg
- May 18, 2019 – NAMI Walk – Artesani Park, Brighton. – Please consider participating as a walker, cheerleader, or fundraiser!

*We are looking for members interested in being trained to be a Connection Recovery Support facilitator. Please reach out if interested!



Navigating the mental healthcare system can be complicated—we help individuals and families affected by mental health issues find their way.

The NAMI Mass Compass is **operated by peers and family members** who have dealt with these issues first hand. Navigators are available to **answer a wide range of questions** and **refer to NAMI support & education programs and other community resources.**

Please call us at (617) 704-NAMI (6264) or toll free, (800) 370-9085 Monday-Friday 9am to 5pm or go to our webpage: <http://namimass.org/resources/compass>

Mental Health Referral Services

The **William James INTERFACE Referral Service** maintains a mental health and wellness referral Helpline **Monday through Friday, 9 am-5 pm, at 888-244-6843** (toll free). This is a free, confidential referral service for individuals across the lifespan living in participating communities.

Communities currently served are: Acton-Boxborough, Ayer-Shirley, Chelmsford, Cohasset, Concord, Carlisle, Dedham, Framingham, Groton, Dunstable, Leominster, Lincoln – Sudbury, Littleton, Marshfield, Medfield, Medway, Melrose, Middleborough, Natick, Needham, Newton, North Middlesex, Reading, Scituate, Wakefield, Waltham, Westford, Westwood.

If you live in one of these communities, and need access to mental health care, call 888-244-6843.

Centro

Established in 1977, CENTRO, formerly Centro Las Americas, is the largest minority led, community based, multiservice, multicultural, multilingual, nonprofit organization in Central Massachusetts. CENTRO's primary purpose is to assist individuals and families striving to reach self-sufficiency while promoting social responsibility, fostering cultural identity, and encouraging families to be significant contributors to the community as a whole.

Services provided include: Family Support Services, Adult Family Care, Latino Elder Program, Emergency Food Pantry, Children's Behavioral Health Services, and Children and Family Services.

For more information go to: www.centroinc.org or call 978-343-5836

Fitchburg office: 437 Main Street, Fitchburg, MA 01420

Families Anonymous

A 12-step Support group for families of someone with a substance addiction or someone with behavioral health issues. Meets at the Groton Senior Center, 163 West Main St. , Groton, weekly on Tuesday nights from 7-8:30. Contact Kathy 978-448-3402

Gardner Suicide Survivor Support Group

The Gardner Suicide Survivor Group meets the second Wednesday of each month from 6:30 to 8:00 p.m. at Heywood Hospital, 242 Green St., Gardner, MA. This is a peer support group open to anyone 16 or older who has lost someone to suicide. All are welcome to attend.

For more information, contact Peer Facilitator Brenda.Melanson@heywood.org.

Learn to Cope Support Group

Meets Tuesdays, 7 – 8:30 pm in the Kenneth & Doris Pierce Board Room (near Gift Shop & Pharmacy) at Heywood Hospital.

Learn to Cope is a support network for families dealing with addiction and recovery. They offer compassionate, experienced facilitators who have been there, support, resources, educational materials and guest speakers who are in long-term recovery or professionals in the field.

These meetings are confidential and open to all who have a loved one struggling with addiction.

For more information, contact the Learn to Cope office at (508) 738-5148 or visit the meetings tab at www.learn2cope.org.

Military Family Support Group

Meets the Wednesday of the month at 6pm in the Dining Room B at Heywood Hospital.

The Military Family Support Group offers a safe place for family members of both active and former military members to share their experiences, struggles and hope in overcoming the invisible wounds of war that affect the entire family unit.

Veterans and their loved ones can suffer from one or many of the following: survivor's guilt, separation anxiety, emotional numbing, adrenaline seeking, depression, anxiety, insomnia, alcohol and substance abuse, PTSD and traumatic brain injury. The group coaches and supports military family members to find healing, balance, and strategies for positive re-integration for military members with their family and society. We also connect families with local resources.

For more information, please contact Crystal Bean at (978) 320-9804.

MENders Support Groups

MENder's brings together guys facing similar issues including illness, anger, stress, substance abuse, relationship problems or major life changes. By using a whole host of techniques, participants can develop the skills to deal with stressors. Members of support groups often share experiences and advice.

Athol - Men's Support Group takes place the on the first and third Monday of each month from 7:30 – 9 pm in Athol Hospital's Hillis Board Room. For more information, please call (978) 846-8201.

Fitchburg- Men's Support Group takes place the on the second and fourth Thursday of each month from 7 - 9 pm at First Parish Church of Fitchburg (923 Main Street). For more information, please call (978) 846-8201.

Gardner - Men's Support Group takes place the on the first and third Wednesday of each month from 7 – 9 pm in Heywood Hospital's Community Education Conference Room. For more information, please call (978) 630-6455.

Leominster - Men's Support Group takes place the on the first and third Thursday of each month from 7 - 9 pm at St. Mark's House (62 West Street, Leominster)For more information, please call (978) 846-8201.

Important Telephone Numbers

NAMI Information Helpline	1 (800) 950-NAMI (6264)	
NAMI Massachusetts Information and Helpline	1-800-370-9085	
Veterans Crisis Line	1-800-273-8255	Confidential chat at VeteransCrisisLine.net
National Suicide Prevention Lifeline	1-800-273-TALK	Free, confidential 24-hr. emotional distress line
Mass Substance Abuse HELPLINE	1-800-327-5050	Free, confidential information and referrals
Samaritans of Massachusetts	1-877-870-HOPE	24 hour Crisis Intervention/Hotlines
Samaritans of Massachusetts	1-800-252-8336	Teen Line (statewide)
Samaritans of Massachusetts	1-617-247-0220	24 hour Helpline
Emergency Services Programs (ESP)	1-800-977-5555	In-person behavioral health crisis assessment. Note: After dialing this toll-free number, you will be prompted to enter your Zip Code and will then be given the local number to call
Alzheimer's Association	1-800-272-3900	For information and support. Free and confidential, 24 hours a day/7 days a week.
MAA Substance Abuse Information Hotline	1-800-327-5050	
The Partnership at Drugfree.org	1-855-378-4373 (DRUGFREE) - tollfree	assistance to families concerned about a teen's drug use or drinking. Trained specialists can help parents outline plans for prevention, intervention and other services. They also can direct parents to local and national resources.
SAMHSA's National Helpline	1-800-662-HELP (4357) 1-800-487-4889 (TTY)	Free and confidential information in English and Spanish for individuals and family members facing substance abuse and mental health issues. 24 hours a day, 7 days a week. https://www.findtreatment.samhsa.gov/

Board of Directors, NAMI North Central Massachusetts

Cathy Gaudet, President	978-870-8887 (c) 978-348-2165 (h)	catherine.gaudet@leominster.mec.edu c_e_s13@yahoo.com
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Jane Crook, Secretary	978-582-7388	jmcrook@comcast.net
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Paul Boisvert – Webmaster/Technology		pbois56@gmail.com
Edie Scott, Treasurer	(c) 978-758-0443	ScottyGirl2@gmail.com

Membership Form

AFFILIATE #119, NAMI NORTH CENTRAL MASSACHUSETTS, INC.

NAME _____ Telephone _____ e-mail _____

ADDRESS _____ Town _____ Zip Code _____

DATE _____

New members: Please tell briefly how you heard about NAMI _____

Check only one membership choice

Household (\$60.00)

Individual (\$40.00)

Open Door/Low-Income (\$5.00)

Extra Donation - Thank you!

New member Renewal \$ _____

New member Renewal \$ _____

New member Renewal \$ _____

\$ _____

TOTAL enclosed (**Please make check payable to NAMI NCM**) \$ _____

Please mail to: NAMI of NCM, P.O. Box 442, Fitchburg, MA 01420-0442

NAMI North Central Massachusetts, Inc., is recognized by the Internal Revenue Service as a tax-exempt 501(c)(3) organization.

Membership is at all three levels: national (NAMI), state Chapter (NAMI Massachusetts), and local Affiliate (NAMI North Central Massachusetts)

You may also join on-line at www.nami.org (click on "Become a Member").



P.O. Box 442
Fitchburg, MA 01420