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ADDITION/DUAL RECOVERY PEER SUPPORTS

Peer Recovery Support Centers

Funded by the Department of Public Health, these 10 community-based Peer Recovery Support Centers offer an opportunity for individuals with alcohol and/substance use disorder issues and/or families affected by addictions to both offer and receive support. These centers are run largely on a volunteer basis, with participants helping to choose, plan, and run the activities offered.

Recover Project
Contact: Mary Doherty, Director
68 Federal Street
Greenfield, MA 01301
Phone: (413) 774-5489
Fax: (413) 774-6039
Email: mdoherthy@wmtcinfo.org
Website: www.recoverproject.org/ or https://www.facebook.com/TheRECOVERProject/

Everyday Miracles
Contact: Michael Earielo, Program Director
25 Pleasant Street
Worcester, MA 01609
Phone: (508) 799-6221
Fax: (508) 756-1928
Email: Michael.Earielo@spectrumhealthsystems.org or everydaymiracles@spectrumhealthsystems.org
Website: www.everydaymiraclesprsc.org or https://www.facebook.com/EDMPeers/

STEPRox
Contact: DeSean Duncan, Community Organizer
9 Palmer Street
Roxbury, MA 02119
Phone: (617) 442-7837
Email: dduncan@northsuffolk.org
Website: https://www.facebook.com/steproxrecoverysupportcenter or http://northsuffolk.org/services/addiction-services/recovery-support/

The Recovery Connection
Contact: Brandon Tupper, Program Director
31 Main Street
Marlborough, MA 01752
Phone: (508) 485-0298
Fax: (508) 485-0312
Email: brandon.tupper@spectrumhealthsystems.org or info@therecoveryconnection.org
Website: http://www.therecoveryconnection.org/ or https://www.facebook.com/TheRecoveryConnection.org/
New Beginnings Peer Recovery Center  
Contact: Socrates Dominguez, Program Director  
487 Essex Street  
Lawrence, MA 01840  
Phone: (978) 655-3674  
Fax: (978) 258-4355  
Email: socrates.dominguez@spectrumhealthsystems.org  
Website: http://www.newbeginningssprc.org/ or https://www.facebook.com/NewBeginningsPeerRecoveryCenter/

Devine Recovery Center  
Contact: Roscoe Hurley, Program Director  
70 Devine Way  
South Boston, MA 02127  
Phone: (857) 496-7342  
Fax: (857) 496-0177  
Email: devinerecoverycenter@gmail.com  
Website: http://www.gavinfoundation.org/programs/devine-recovery-center or https://www.facebook.com/DevineRecoveryCenter

Stairway to Recovery  
Contact: Efrain Baez, Program Director  
142 Crescent Street  
Brockton, MA 02302  
Phone: (774) 257-5660  
Email: ebaez@gandaracenter.org  
Website: https://www.facebook.com/Stairway2Recovery or https://gandaracenter.org/stairway-to-recovery/

A New Way Recovery Center  
Contact: Warren Nicoli, Director  
85 Quincy Avenue, Suite B  
Quincy, MA 02169  
Phone: (617) 302-3287  
Fax: (617) 481-0324  
Email: wnicoli@baystatecs.org or ANewWayRC@baystatecs.org  
Website: http://anewwayrecoveryctr.org/ or https://www.facebook.com/A-New-Way-Recovery-Center-447672198690167/

Hope for Holyoke Recovery Support Center  
Contact: Deborah Flynn-Gonzalez, Director  
100 Suffolk Street  
Holyoke, MA 01040  
Phone: (413) 561-1020  
Email: dflynn-gonzalez@gandaracenter.org  
Website: https://gandaracenter.org/hope-for-holyoke/ or https://www.facebook.com/HFHRC/
PIER Recovery Center of Cape Cod (Positive Individuals Engaged in Recovery)
Contact: Brian Robbins, Director
209 Main Street
Hyannis, MA 02601
Phone: (508) 827-6150
Email: brobbins@gandaracenter.org or pierrecoverycenter@yahoo.com
Website: https://gandaracenter.org/pier/ or https://www.facebook.com/PIER-Recovery-Center-of-Cape-Cod-560645584091868/

In addition to the support centers listed above, the Boston Public Health Commission funds the Safe and Sound Recovery Center, which provides peer-led support services including recovery coaching, support groups, peer leadership training opportunities, and more.

Safe and Sound Recovery Center
Contact: Douglas Lomax, Program Manager
774 Albany St., 2nd Floor, Room 207
Boston, MA 02118
Phone: (617) 534-2186
Hours: Monday–Friday, 9 a.m. – 5 p.m.
Morning Meetings: Mondays, 10 – 11:30 a.m., Tuesdays-Fridays, 9:30 – 10:30 a.m.

Family Resources

Resources for those who have loved ones dealing with substance use disorder issues

Learn to Cope
Learn to Cope is a peer organization that assists family members and relatives who have loved ones dealing with substance use disorder issues. They offer resources and support through weekly meetings throughout the state of Massachusetts.

Joanne Peterson, Executive Director
Contact: Patty or Carrie
4 Court Street, Suite 110
Taunton, MA 02780
Phone: (508) 738-5148
Email: ltc@Learn2cope.org
Website: learn2cope.org
Office hours: Monday through Friday, 9 a.m. - 4:30 p.m.
Dual Recovery Anonymous
Dual Recovery Anonymous™ (DRA) is a 12-step self-help program for individuals who are affected by both an emotional or psychiatric disability as well as an alcohol or drug dependency or addiction. Its primary goals are for members to help each other achieve dual recovery, to prevent relapse, and to carry the message of recovery to others who experience dual disorders.

The Massachusetts Clubhouse Coalition (MCC) has taken a leadership role in expanding the availability of DRA meetings throughout the state through a contract with the Massachusetts Behavioral Health Partnership (MBHP). There are now over 50 DRA groups and substance awareness meetings in Massachusetts, with a current schedule of meetings on the Massachusetts Clubhouse Coalition website listed below.

Dual Recovery Anonymous™ website: http://www.draonline.org/

Current list of DRA meetings: https://www.massclubs.org/dual-recovery-meetings/

More information on the MCC and DRA: https://www.massclubs.org/dual-recovery-committee/

Massachusetts Organization for Addiction Recovery (MOAR)
The Massachusetts Organization for Addiction Recovery (MOAR) is a statewide organization of persons in recovery from addictions, families, and friends who want to educate the public about the value of living in recovery. MOAR maintains a comprehensive resource guide on addiction, recovery, and community resources and offers community education on recovery and recovery supports.

MOAR uses its voice to educate policy makers and partners with treatment providers, stakeholders and allies to remove barriers in the recovery process.

Contact: Maryanne Frangules, Executive Director
105 Chauncy Street, 6th Floor
Boston, MA 02108
Phone: (617) 423-6627
Toll free: (877) 423-6627
Fax: (617) 423-6626
Email: maryanne@moar-recovery.org
Website: http://www.moar-recovery.org
12-Step Online Resources for Persons Who Are Deaf or Hard of Hearing

Sounds of Sobriety (SOS)
An online email group for individuals who have hearing loss (deaf, deafened, or hard of hearing) to support recovery from alcoholism. Alcoholics Anonymous (AA) members and all persons with problems with alcohol are welcome.
Email: SOS_online_group-subscribe@yahoogroups.com

Deaf Grateful
Deaf Grateful holds weekly videoconferencing open discussions Saturday at 4 p.m. (EST) for deaf and hard of hearing (HOH) people who have a desire to stop drinking. Deaf Grateful uses easily downloaded software and requires a high speed internet connection and a webcam.
Website: http://doda.omnijoin.com

MENTAL HEALTH RECOVERY PEER SUPPORTS

The Transformation Center
The Transformation Center is a statewide peer-run organization that engages and partners with the community voice of people with mental health, trauma or dual mental health/addiction recovery needs, along with many allies, to develop and promote effective approaches to recovery support.

The Transformation Center provides the certified peer specialist (CPS) training and certification for Massachusetts, the Massachusetts Leadership Academy training, works to expand availability of WRAP classes and facilitator training, supports Latinos en Acción, Black Voices in Recovery, Deaf Recovery, and supports other training, support and policy advocacy initiatives.

Contact: Deborah Delman, Executive Director
98 Magazine Street
Roxbury, MA 02119
Phone: (617) 442-4111
Video Phone: (617) 606-7508
Toll-free: 1-877-769-7693
Fax: (617) 442-4005
Email: info@transformation-center.org
Website: www.transformation-center.org
Recovery Learning Communities

Recovery Learning Communities (RLCs) are DMH-funded, peer-run networks of self-help/peer support, information and referral, advocacy and training activities. Training in recovery concepts and tools, advocacy forums, and social and recreational events are all part of what goes on in a Recovery Learning Community. RLCs also support persons with psychiatric disabilities to take charge of their own recovery process.

The over-arching charge of RLCs is to create significant culture change that shifts the traditional focus on symptom management to a focus on promoting recovery, resilience, and wellness. Designed to be built upon established partnerships, RLCs work collaboratively with peer-run organizations and services, other mental health providers, other human service agencies, and the community at large to forward the mission of community integration and respect for people with mental health conditions.

The Western Mass Recovery Learning Community (RLC)
Contact: Sera Davidow, Director
199 High Street
Holyoke, MA 01040
Phone: (413) 539-5941
Toll-Free: 1-866-641-2853
Fax: (413) 493-7810
Email: info@westernmassrlc.org
Website: http://www.westernmassrlc.org/

Western Mass RLC Resource Connection Centers (RCCs) are located at:

**Holyoke Center**
199 High Street
Holyoke, MA 01040
Phone: (413) 539-5941
Toll-Free: 1-866-641-2853
Fax: (413) 493-7810
Website: http://www.westernmassrlc.org/holyoke

**Springfield Center**
Contact: Mike Cook, Community Coordinator
235 Chestnut Street
Springfield, MA 01103
Phone: (413) 372-5652
Website: http://www.westernmassrlc.org/springfield

**Greenfield Center**
Contact: Emily Mortimer, Community Coordinator
20 Chapman Street
Greenfield, MA 01301
Phone: (413) 772-0715
Email: emily@westernmassrlc.org
Website: http://www.westernmassrlc.org/greenfield or https://www.facebook.com/groups/rlcgreenfield/about/

Pittsfield Center
(There is currently no dedicated Pittsfield Center. For information about local meetings and other events please contact jeanmarie@westernmassrlc.org.)

Central Massachusetts Recovery Learning Community (RLC)
The Kiva Center
Contact: Brenda Vezina, Director
209 Shrewsbury Street
Worcester, MA 01604
Phone: (508) 751-9600
Fax: (508) 751-9601
Email: info@centralmassrlc.org or brenda.vezina@centralmassrlc.org
Website: http://www.centralmassrlc.org/ or https://www.facebook.com/kivacenter/?fref=ts

Central Massachusetts RLC Framingham Site
Contacts: Lindsey Vezina and Andrei Silva, Program Co-Coordinators
855 Worcester Road, Suite 12
(Mailbox Lobby Entrance)
Framingham, MA 01701
Phone: (508) 626-2206
Email: Lindsey.vezina@centralmassrlc.org, Andrei.silva@centralmassrlc.org
Website: http://www.centralmassrlc.org/areas/framingham/

Metro-Suburban Recovery Learning Community (RLC)
The original six Recovery Learning Communities have been reorganized into five, corresponding to the five DMH areas. A decision was made to close the Metro-Suburban RLC and to reorganize the communities it supported into the remaining RLCs. The Quincy Resource Connection Center (RCC) has continued as part of the South East RLC. The Framingham Resource Connection Center (RCC) has continued as part of the Central Mass RLC. For further information, please contact those RLCs for current locations, staffing, and hours of operation.

Quincy Resource Connection Center (RCC)
* Now part of the Southeast RLC. For more information, please view the Southeast RLC listing.

Framingham Resource Connection Center (RCC)
* Now part of the Central Mass. RLC. For more information, please view the Central Mass. RLC listing.
Northeast Recovery Learning Community (RLC)
Northeast Independent Living Program
Contact: Helina Fontes, NERLC Program Director
20 Ballard Road
Lawrence, MA 01843
Telephone (V/TTY): (978) 687-4288, Ext.149
Fax: (978) 689-4488
Email: hfontes@nilp.org or help@nilp.org
Website: https://www.nilp.org/northeast-recovery-learning-community-nerlc/ or
https://www.facebook.com/nerlc or
https://www.facebook.com/TheNortheastIndependentLivingProgramInc

Northeast RLC Hubs are located at:

**Essex North Hub**
Contacts: Mike Berggren, NE RLC Operations Manager or
Lisa Rivard, Peer Specialist
20 Ballard Road
Lawrence, MA 01843
Telephone: (978) 687-4288, Ext. 200 or Ext. 167
Email: mberggren@nilp.org or lrivard@nilp.org

**North Shore Hub**
Contact: Mandy Orfanos, North Shore/Lynn Hub Manager or Joanne Wolf, Older Adult
Peer Specialist
43 Gloucester Avenue, Suite 2I
Gloucester, MA 01930
Telephone: (978) 687-4288, Ext. 203
Email: aorfanos@nilp.org or jwolf@nilp.org

**Greater Lowell Hub**
Contact: Mike Berggren, NE RLC Operations Manager or David Carignan, Peer
Specialist
35 John Street, 2nd Floor
Lowell, MA 01852
Telephone: (978) 687-4288, Ext. 200
Email: mberggren@nilp.org or dcarignan@nilp.org

**Metro North Hub**
Contact: Mike Berggren, NE RLC Operations Manager or Eileen Lonergan, Peer Specialist
Location: TBD
Telephone: (978) 687-4288, Ext. 201
Email: mberggren@nilp.org or elonergan@nilp.org
Greater Lynn Hub
Contacts: Mandy Orfanos, North Shore/Lynn Hub Manager or Gerry McManamy, Peer Specialist
1 Market Street, Suite 203
Lynn, MA 01901
Telephone: (978) 687-4228, Ext. 202
Email: aorfanos@nilp.org or gmcmanamy@nilp.org

Acton Hub
Contact: Mike Berggren, NE RLC Operations Manager or Helina Fontes, Program Director
Location: TBD
Telephone: (978) 687-4228, Ext. 149
Email: mberggren@nilp.org or hfontes@nilp.org

Metro-Boston Recovery Learning Community (RLC)

Metro Boston RLC Recovery Centers are located at:

Boston Resource Center (BRC)
Contacts: Paul Styczko or Yuka Gordon, Co-Directors
85 East Newton Street, Ground Floor
Boston, MA 02118
Phone: Paul; (617) 305-9991 or Yuka; (617) 305-9975
Fax: (617) 305-9992
Email: paul.styczko@bmc.org or yuka.gordon@bmc.org
Website: http://www.metrobostonrlc.org/brc.html

Cambridge/Somerville Recovery Learning Center
Contact: Janel Tan, Director
35 Medford Street, 1st Floor, Suite 111
Somerville, MA 02143
Phone: (617) 863-5388
Email: tanj@vinfen.org
Website: http://www.metrobostonrlc.org/csrlc.html

MBRLC/Peer Education Resource Center (PERC)
Contact: Sarah Selkovits, Director
1500 Dorchester Avenue
Dorchester, MA 02122
Phone: (617) 788-1034
Email: infoaboutperc@yahoo.com or sselkovits@baycove.org
Website: http://www.metrobostonrlc.org/perc.html or http://www.metrobostonrlc.org
**Peer Support Network**  
Contact: Sarah Selkovits, Director  
Democracy Center  
45 Mount Auburn Street  
Cambridge, MA 02138  
Phone: (617) 788-1034  
Email: pscambridge@gmail.com or sselkovits@baycove.org  
Website: [http://www.metrobostonrlc.org/psn.html](http://www.metrobostonrlc.org/psn.html) or [http://www.metrobostonrlc.org](http://www.metrobostonrlc.org)

**Hope Recovery Learning Center**  
Contact: Ruthie Poole, Director  
The DMH Erich Lindemann Mental Health Center  
25 Staniford Street (plaza level)  
Boston, MA 02114  
Phone: (617) 626-8692  
Email: r.poole1@northsuffolk.org  
Website: [http://www.metrobostonrlc.org/hope.html](http://www.metrobostonrlc.org/hope.html)

**South East Recovery Learning Community (RLC)**  
Contact: Sandra Whitney Sarles, Director  
c/o 45 Plant Road, Suite 119  
Hyannis, MA 02601  
Phone: (774) 212-4519  
Email: info@southeastrlc.org or sandra.whitney-sarles@bmc.org  
Website: [http://www.southeastrlc.org/](http://www.southeastrlc.org/)

*Community Connectors outreach to surrounding communities from each of the local centers listed below. South East RLC Recovery Centers are located at:*

**Empowering Resilience RCC, Fall River**  
Contact: Abigail Gascoyne, Area Program Director  
649 Bedford Street  
Fall River, MA 02720  
Phone: (508) 675-3137  
Email: gascoynea@vinfen.org  
Website: [http://www.southeastrlc.org/fallriver_index.html](http://www.southeastrlc.org/fallriver_index.html)

**Waves of Wellness RCC, Hyannis**  
Contact: Victoria Hadley, Area Program Director  
45 Plant Road  
Hyannis, MA 02601  
Telephone: (508) 815-5219  
Email: hadleyv@vinfen.org  
Website: [http://www.southeastrlc.org/hyannis_index.html](http://www.southeastrlc.org/hyannis_index.html)
**Hope is Here RCC, Brockton**
Contact: Janet Ransom, Area Program Director
730 Belmont Street
Brockton, MA 02301
Phone: (508) 857-0316
Email: janet.ransom.rcc@gmail.com
Website: [http://www.southeastrlc.org/brockton_index.html](http://www.southeastrlc.org/brockton_index.html)

**Quincy RCC**
Contact: Paul Morriss, Area Program Director
1458 Hancock Street
Quincy, MA 02169
Phone: (508) 298-2675
Email: morrissp@vinfen.org
Website: [http://www.southeastrlc.org/quincy_index.html](http://www.southeastrlc.org/quincy_index.html)
The Five Recovery Learning Communities and their locations

Western MA RLC  
(Western MA Consortium) 
  Holyoke Center 
  Springfield Center 
  Greenfield Center 
  Pittsfield Center

Central MA RLC  
(Transformation Center) 
  Worcester RCC 
  Framingham RCC

North East RLC  
(NE Independent Living Program) 
  Essex North Communities Hub 
  Greater Lowell Communities Hub 
  Greater Lynn Communities Hub 
  North Shore Communities Hub 
  Acton Hub

SE RLC  
(Boston Medical Center *) 
  Fall River RCC (Vinfen) 
  Hyannis RCC (Vinfen) 
  Brockton RCC (BAMSI) 
  Quincy RCC (Vinfen)

Metro Boston RLC  
(BMC *) 
  Boston Resource Center (BMC) 
  Cambridge/Somerville Recovery Learning Center (Vinfen) 
  PERC (Dorchester) (Bayside) 
  Hope Recovery Learning Center (North Suffolk) 
  Peer Support Network (Baycove)

In addition to the "bricks and mortar" locations, also known as Resource Connection Centers (RCCs) or hubs, the Recovery Learning Communities hold meetings and other events at various locations throughout the cities and towns they support. The "central" locations are noted in red. As the RLCs are in continuous evolution, please notify us if any information is out of date.
Peer-run Respite

**Afiya Peer Respite**
Afiya is the first peer-run respite in Massachusetts and one of only 13 in the country. It is run by the Western Mass Recovery Learning Community. It is open to anyone age 18 or older, from the Central West DMH catchment area, who is experiencing distress and believes that receiving short-term, 24-hour peer support (average stay is 1-7 days) in an accepting environment would be helpful. Its mission is to turn what is often perceived as a crisis into a useful “learning and growth opportunity.” Afiya is located in a residential neighborhood of Northampton.
Phone: (413) 570-2990
Website: [http://www.westernmassrlc.org/afiya](http://www.westernmassrlc.org/afiya)

**The Living Room (Springfield)**
A peer support program provided by Behavioral Health Network, The Living Room is designed to provide a home-like environment for persons 18 and older in crisis, developing crisis or posts-crisis where they can regroup and get help. The program is run by certified peer specialists and does not require referrals, insurance, payment or provider involvement. Daybeds are available for persons wishing to rest or sleep, but The Living Room does not have private bedrooms or shower facilities. Visits are generally limited to 48 hours. The Living Room encourages individuals to contact staff directly.
21 Warwick Street, Entrance L
Springfield, MA 01104
Phone: (413) 310-3312
Website: [http://bhninc.org/addiction/emergency-services/the-living-room/](http://bhninc.org/addiction/emergency-services/the-living-room/)

**The Living Room (Framingham)**
For many people in crisis, connecting with another person with shared lived experience can be a vital factor on the journey to mental health and addiction recovery. The Living Room program, staffed entirely by trained, certified peer specialists, provides a 24-hour crisis alternative to emergency department visits and hospitalization. Located in Framingham, The Living Room is the only program of its kind accessible to people in the MetroWest and greater Boston areas. It is only the second of its kind in the entire state. No referral is necessary. The Living Room is a service run by Advocates that is entirely voluntary. It focuses on respect, mutuality, and trust. Staff provide flexible and compassionate care, connection to a variety of recovery resources in the community, assistance with housing and employment, and participation in peer support groups. Together, people in recovery and peer professionals share with each other what is needed and available and build a sense of community.
284 Union Avenue
Framingham, MA 01702
Phone: (508) 661-3333
Email: [LivingRoom@Advocates.org](mailto:LivingRoom@Advocates.org)
Website: [https://www.advocates.org/services/livingroom](https://www.advocates.org/services/livingroom)
The Peer-to-Peer Program
The Peer-to-Peer Program is provided by South Shore Mental Health. The Program was opened in 2013 to provide a safe and supportive environment for people 18 years and older. They can drop in and connect with other peers whose shared experiences. These peers can help them to work on their recovery and participate in a wide variety of activities. The program is based on the Living Room model and is staffed by peer specialists. The program is open Tuesdays through Fridays from 3-10 p.m., and Saturdays and Sundays from 10 a.m. to 10 p.m. 460 Quincy Ave.
Quincy, MA 02169
Phone: (617) 689-2599 or (617) 869-1677
Website: http://www.ssmh.org/our-programs/adults/peer-to-peer-program/

Peer-Run Warm Lines

Warm lines are peer-run listening lines staffed by people in recovery that give others an opportunity to connect and have someone to talk to. They are not crisis lines. A national database of peer-run warm lines is maintained at http://www.warmline.org. Warm lines in red indicate that they will take calls from persons living outside of their own areas. Here are the local listings:

The Peer Warm Line (Metro Boston Recovery Learning Community)
Phone: 877-PEER-LNE (733-7563)
Hours: Monday through Sunday, 4 - 8 p.m.
Website: http://www.metrobostonrlc.org/warm-line.html

Western Mass Peer Support Line
Toll-free: 1-888-407-4515
Hours: Friday through Monday, 8 p.m. to midnight
Website: http://www.westernmassrlc.org/peer-support-line

Edinburg Center Warmline
Phone: (617) 875-0748
Hours: Monday through Saturday, 5:30 - 9:30 p.m.

Assistance with Telephone Service
Many individuals find telephonic peer support to be helpful. The Lifeline Program is a federal program providing limited, monthly free phone service to eligible low-income households. For more information on program eligibility and available services visit http://www.lifelinesupport.org/.
Young Adult Resources

STEPS (Success Through Empowerment and Peer Support) Young Adult Resource Center
STEPS offers services and supports for all individuals ages 18-26, with no referrals needed. STEPS is peer-driven and provides a wide variety of social, creative, and supportive groups and activities. There is a welcoming environment that encourages individuals to “be okay with who they are.” STEPS also provides traditional assistance with referrals and connections to requested services.
12 Prescott Street
Arlington, MA 02474
Phone: (781) 646-2826
Hours: Monday, Tuesday, Thursday, 1 - 8 p.m.; Wednesday, 1-6 p.m., and Friday, 1 - 5 p.m.
Email: steps@waysideyouth.org
Website: http://www.waysideyouth.org/OurServices/WaysideYoungAdultServices/STEPSYoungAdultResourceCenter.aspx or https://www.facebook.com/pg/STEPSyoungadultresourcecenter/about/?ref=page_intern

Tempo Young Adult Resource Center
Tempo Young Adult Resource Center offers services for individuals ages 16-25, with no referrals needed. Peer mentors at Tempo Young Adult Resource Center can provide support. The Center provides a wide range of services and assistance with accessing outside services and supports including housing, counseling, food stamps, and other benefits.
68 Henry Street
Framingham, MA 01702
Phone: (508) 879-1424
Fax: (508) 879-1460
Hours: Monday, 8 a.m. to 4 p.m.; Tuesday, 8 a.m. to 4 p.m.; Wednesday, 8 a.m. to 8 p.m.; Thursday, 8 a.m. to 4 p.m.; Friday, 8 a.m. to 2 p.m.
Website: http://www.tempoyoungadults.org

Speaking of Hope
Speaking of Hope is an online resource for young adults promoting recovery, resilience, and wellness. It is supported by The Transformation Center and the Massachusetts Department of Mental Health
Phone: (617) 626-8174
Email: Admin@hearvoices.org
Website: www.speakingofhope.org or https://www.facebook.com/speakingofhopeproject/
BAGLY, Inc. (Boston Alliance of Gay, Lesbian, Bisexual, Transgender Queer Youth)
BAGLY is a youth-led, adult-supported social support organization committed to social justice and creating, sustaining, and advocating for programs, policies, and services for the LGBTQ youth community. BAGLY works with youth age 29 and younger across Massachusetts providing leadership development, health promotion and services, social support, events, and the statewide GLBT Youth Group Network.
28 Court Square
Boston, MA 02108
Phone: (617) 227-4313
Fax: (617) 227-3266
Hours: Monday – Friday, 9 a.m. – 8 p.m.
Email: info@bagly.org
Website: http://www.bagly.org

AGLY (Alliance of Gay, Lesbian, Bisexual, Transgender Youth) Network—Massachusetts locations
https://www.bagly.org/the-agly-network/

Gay-Straight Alliance Network - Massachusetts
https://www.bagly.org/resourcesforyouth/

Youth on Fire
Youth on Fire (YOF), a program of AIDS Action Committee of Massachusetts, is a drop-in center for homeless and street-involved youth, ages 14-24. It is located in Harvard Square, Cambridge. YOF provides a broad spectrum of vital services, supports and opportunities including hot meals, showers, mental health and medical services, housing search, peer outreach and education, and other supports.
1 Church Street
Cambridge, MA 02138
Phone: (617) 661-2508 or (617) 661-2805
Drop-in Hours: Monday, Wednesday, and Friday, 11 a.m. – 5:45 p.m.
Appointments can be made for Tuesday and Thursday, 11 a.m. – 5:45 p.m.
Email: yof@aac.org
Website: http://www.aac.org/youth-on-fire/ or https://www.facebook.com/YouthOnFireMA/
Youth MOVE (Motivating Others through Voices of Experience) Massachusetts
Youth MOVE is a youth led organization devoted to improving the mental health system, advocating for youth rights, and empowering youth as equal partners in the process of change. Youth MOVE hosts peer-run support groups. The HOPE (Helping Others Promote Equality) Youth Group is for teens ages 13 and up. The YAYA (Young Adults & Youth Advocacy) Young Adult Group is a support and advocacy group for young adults ages 17 and older. The HOPE Youth Group meets every Tuesday at 5 p.m., and the YAYA group meets on the first and third Thursdays every month at 5 p.m. at Youth MOVE’s Worcester office.
40 Southbridge Street, Suite 310
Worcester, MA 01608
Phone: (508) 767-9725
Email: YouthMOVEMassachusetts@gmail.com
Jonathan Mobley, Youth Move’s Youth Coordinator, can be emailed at jmobley@ppal.net. Website: https://sites.google.com/a/ppal.net/youth-move-massachusetts/
Facebook Page: https://www.facebook.com/youthmovemassachusetts?ref=stream

OTHER NON-CLINICAL, PEER-DRIVEN RESOURCES

Mental Health Recovery and the Wellness Recovery Action Plan (WRAP)
Most people are aware of WRAP as a crisis prevention plan, but WRAP is much more. WRAP facilitates a process where the person becomes familiar with personal triggers and warning signs, so that he or she can increase actions that maximize wellness.

A Wellness Recovery Action Plan (WRAP) is an evidence-based practice that is completely self-directed and voluntary. It includes writing a description of what one looks like when well and an inventory of personal strategies and resources that one finds helpful. Then one creates an action plan to use those resources to increase resilience and counteract challenging situations. The action plan is graduated to bring in more resources as circumstances or distress become more challenging. The final components of the WRAP, (if selected by an individual) include a form of an advanced directive, as well as a plan to discontinue the advanced directive plan once pre-determined markers have been achieved.

WRAP is based on five key concepts:

- Hope
- Personal Responsibility
- Education
- Self-Advocacy
- Support

Website: http://www.mentalhealthrecovery.com
Peer Support Whole Health and Resiliency Training (PSWHR)/Whole Health Action Management (WHAM)

WHAM and PSWHR are peer support wellness trainings that promote skill teaching for individuals. The training helps individuals to more effectively improve health resiliency and self-manage health conditions.

Many people who use services in the public mental health system have chronic physical health conditions, often related to metabolic syndrome. Yet making healthy changes, that a person integrates consistently over time, is a challenge for people. These classes support participants to be realistic in goal setting, to establish peer support as a strategy for health, and to consider setting health goals that increase resiliency factors particularly relevant for people with mental health conditions.

Basic tenets of these trainings include utilizing a person-centered planning process to identify health goals, setting goals that are engaging and manageable, and utilizing the Relaxation Response to promote resiliency through stress reduction. One foundation of the class is the recognition that it is easier to create new habits than to change old habits, that it is more effective to focus on what individuals wish to create, rather than what they “need” to change.

Phone: (202) 684-7457
Website: http://www.integration.samhsa.gov/health-wellness/wham

Clubhouses

Although Clubhouses are not strictly based on peer-support, they offer an opportunity for peers to come together in recovery-promoting environments organized around work and the relationships created through clubhouse membership. As noted elsewhere in this resource guide, clubhouses are a primary source of peer support for persons in dual recovery through its sponsorship and promotion of Dual Recovery Anonymous (DRA) meetings.

More information on clubhouses can be found on the Massachusetts Clubhouse Coalition website (www.massclubs.org) and on the International Center for Clubhouse Development (ICCD) website (http://www.iccd.org).

Listing of Massachusetts Clubhouses by Region:

Boston

Center Club (and Casa Primavera)
31 Bowker Street
Boston, MA 02114
Director: Mary Gregorio
Phone: (617) 788-1003 or (617) 788-1000
Fax: (617) 788-1080
Org: Bay Cove Human Services
Email: info@centerclubboston.org
Website: http://www.centerclubboston.org/
or https://www.facebook.com/pages/Center-Club-Boston/105513792815005
Transitions of Boston
1500 Dorchester Avenue
Dorchester, MA 02122
Director: Vinnette McKay
Phone: (617) 379-5661
Fax: (617) 541–6817
Org: Bay Cove Human Services
Email: vmckay@baycove.org
Website: https://www.baycove.org/BCExternal/index.cfm?objectID=93EDF350-BE47-11E7-ADD20050569B465E

MetroBoston

Atlantic House
338 Washington Street
Quincy, MA 02169
Director: Janette Tibets
Phone: (617) 770-9660
Org: Vinfen
Email: Tibetsj@vinfen.org
Website: http://www.atlanticclubhouse.org/

Elliot House
255 Highland Ave.
Needham, MA 02494
Director: Alison Siersdale
Phone: (781) 449-1212
Fax: (781) 449-4064
Org: Riverside Community Care
Email: Asiersdale@riversidecc.org
Website: http://elliothouse.org

Neponset River House
595 Pleasant Street
Norwood, MA 02062
Director: Danielle Ford-Allen
Phone: (781) 762-7075
Org: Riverside Community Care
Email: dfallen@riversidecc.org
Website: http://www.neponsetriverhouse.org/
Central

Employment Options Clubhouse
82 Brigham Street
Marlborough, MA 01752
Director: Liz Gulachenski
Phone: (508) 485-5051
Fax: (508) 485-8807
Org: Employment Options
Email: newmember@employmentoptions.org or lgulachenski@employmentoptions.org
Website: http://www.employmentoptions.org/ or https://www.facebook.com/EmploymentOptions/

Charles Webster Potter Place
15 Vernon Street
Waltham, MA 02453
Director: Judith Kellam
Phone: (781) 894-5302
Org: Edinburg
Email: jkellam@potterplace.org
Website: http://www.edinburgcenter.org/charles-webster-potter-place/ or http://www.cwpotterplace.org

Crossroads Clubhouse
11 Williams Street
Hopedale, MA 01747
Program Director: Lauren Baxter
Phone: (508) 473-4715
Org: Riverside Community Care
Email: lbaxter@riversidecc.org
Website: http://www.crossroadsclubhouse.org/

Elm Brook Place
4 A Street, 1st Floor
Burlington, MA 01803
Director: Carrie Endicott
Phone: (781) 202-3478
Fax: (781) 202-3481
Org: Eliot Community Human Services
Email: cendicott@eliotchs.org
Website: http://www.elmbrookplace.org/
Genesis Club, Inc.
274 Lincoln Street
Worcester, MA 01605
Acting Director: Ruth Osterman
Phone: (508) 831-0100
Org: Genesis Club
Email: training@genesisclub.org or ruth@genesisclub.org
Website: http://www.genesisclub.org or https://www.facebook.com/genesisclubinc/

Tradewinds
309 Main Street
Southbridge, MA 01550
Director: Brittany Walker
Phone: (508) 765-9947
Org: Viability
Email: tradewinds@hru.org or BWalker@viability.org
Website: https://www.facebook.com/clubhousehru.tradewinds/

Westwinds
545 Westminster Street
Fitchburg, MA 01420
Director: John DiPaoli
Phone: (978) 345-1581
Org: Community Health Link
Email: jdipaoli@communityhealthlink.org or westwinds@communityhealthlink.org
Website: http://www.westwindsclubhouse.org/

Northeast

Haverhill Clubhouse
100 Locust Street
Haverhill, MA 01830
Director: Kerry Caraccio
Phone: (978) 521-6957
Org: Vinfen
Email: caracciok@vinfen.org
Website: http://www.haverhillclub.org/

Horizon House
78 Water Street
Wakefield, MA 01880
Director: Catherine Taatjes
Phone: (781) 245-4272
Fax: (781) 245-4276
Org: Riverside Community Care
Email: ctaatjes@riversidecc.org
Website: http://www.horizonhouseclubhouse.org/
Point After Club
15 Union Street, Suite #70 (lower level)
Lawrence, MA 01840
Director: Tom Coppinger
Phone: (978) 681-7753
Fax: (978) 681-5527
Org: Vinfen
Email: coppingerth@vinfen.org
Website: http://www.pointafterclub.org/

Renaissance Club
176 Walker Street, Second Floor
Lowell, MA 01854
Director: Elaine Walker
Phone: (978) 454-7944
Fax: (978) 937-7867
Org: Eliot Community Human Services
Email: Elaine@goodmentalhealth.net or renclublowell@gmail.com
Website: https://www.renaissanceclublowell.org/ or https://www.facebook.com/Renaissance-Club-106091496142394/

Southeast

Anchor House
2277 Purchase Street
New Bedford, MA 02746
Director: Paul Lavoie
Phone: (508) 984-4300
Fax: (508) 984-1453
Org: Fellowship Health Resources
Email: plavoie@fhr.net
Website: https://www.fhr.net/our-services/clubhouses/anchorhouse

Baybridge
278 Main Street
Hyannis, MA 02601
Director: Scott Conroy
Phone: (508) 778-4234
Org: Vinfen
Email: conroys@vinfen.org
Website: http://www.baybridgeclubhouse.org/
Corner Clubhouse
247 Maple Street
Attleboro, MA 02703
Director: Karen Therrien
Phone: (508) 222-9214
Fax: (508) 431-9919
Org: Fellowship Health Resources
Email: ktherrien@FHR.net
Website: https://www.fhr.net/our-services/clubhouses/cornerclubhouse

Cove Clubhouse
383 Route 28
Harwichport, MA 02646
Director: Sabrina Kreber
Phone: (508) 432-7774
Org: Vinfen
Email: Krebers@vinfen.org
Website: www.coveclubhouse.org

Fairwinds
155 Katherine Lee Bates Road
Falmouth, MA 02540
Director: Gerald McDowell
Phone: (508) 540-6011
Org: Fellowship Health Resources
Email: gmcdowell@fhr.net
Website: http://www.fhr.net/our-services/clubhouses/fairwinds

Plymouth Bay House
340 Court Street
Plymouth, MA 02360
Director: Jaimee Provan
Phone: (508) 747-1115
Org: Vinfen
Email: provanj@vinfen.org
Website: http://www.plymouthbayhouse.org/

Towne House
1706 President Avenue
Fall River, MA 02720
Director: Tom Couhig
Phone: (508) 672-2023
Fax: (508) 672-2051
Org: Fellowship Health Services
Email: Tcoubig@fellowshiphr.org
Website: https://www.fhr.net/our-services/fall-river
Western

Forum House
55 Broad Street
Westfield, MA 01085
Director: Sally English
Phone: (413) 562-5293
Fax: (413) 562-9163
Org: Viability
Email: senglish@viability.org or forumhouse2@viability.org
Website: http://www.hru.org/site/services/forum-house or https://www.facebook.com/ForumHouse-Westfield-1645719352331285/

Green River House
37 Franklin Street
Greenfield, MA 01301
Director: Kim Britt
Phone: (413) 772-2181
Fax: (413) 772-2032
Org: Clinical and Support Options
Email: Kbritt@csoinc.org or grh@csoinc.org
Website: https://www.csoinc.org/community-based-programs or https://www.facebook.com/Green-River-House-243007819087077/

Lighthouse
1401 State Street
Springfield, MA 01109
Director: Toni Bator
Phone: (413) 736-8974
Fax: (413) 785-5030
Org: Viability
Email: tbator@viability.org
Website: http://www.hru.org/site/services/lighthouse

Star Light Center
251 Nonotuck Street
Florence, MA 01062
Director: Evan Kerke
Phone: (413) 586-8255
Fax: (413) 586-8311
Org: Viability
Email: Ekerke@viability.org
Website: http://www.hru.org/site/services/358-2/
**Odyssey House**  
474 Appleton Street  
Holyoke, MA 01040  
Director: Jillian Cunningham  
Phone: (413) 538-4377  
Fax: (413) 538-4355  
Org: Viability  
Email: jcunningham@viability.org  

**Quabbin House**  
25 West Main Street  
Orange, MA 01364  
Director: Rich Stemm  
Phone: (978) 544-1859  
Fax: (978) 544-1860  
Org: Clinical Support Options  
Email: info@csoinc.org  
Website: [https://www.csoinc.org/community-based-programs](https://www.csoinc.org/community-based-programs)

**Berkshire Pathways**  
199 B South Street  
Pittsfield, MA 01201  
Director: David Brien  
Phone: (413) 464-7949  
Fax: (413) 464-7942  
Org: Viability  
Email: dbrien@viability.org  
Website: [https://www.facebook.com/BerkshirePathways/](https://www.facebook.com/BerkshirePathways/)
Independent Living Centers

Independent Living Centers have been providing their core services of information and referral, independent living skills training, peer counseling and individual and systems advocacy since the first center was started in Berkeley, California in 1972.

Independent Living Centers are run and controlled by persons with disabilities. A basic tenet of the Independent Living movement is that support and role modeling by someone who has faced similar situations and challenges are invaluable resources in assisting persons with disabilities gain control and independence over their lives.

Independent Living Centers offer services to persons across the disability spectrum, including psychiatric disabilities, and are located throughout the state of Massachusetts and the rest of the country. Locally, the Massachusetts Independent Living Centers receive significant funding through the Massachusetts Rehabilitation Commission and are located in the following communities:

**Ad-Lib, Inc. – Pittsfield**
Joseph Castellani, Jr., Executive Director
215 North Street
Pittsfield, MA 01201
Phone: (413) 442-7047
Fax: (413) 443-4338
Email: jcastellani@adlibcil.org or adlib@adlibcil.org
Website: [https://www.adlibcil.org/](https://www.adlibcil.org/)

**STAVROS – Amherst**
Jim Kruidenier, Executive Director
210 Old Farm Road
Amherst, MA 01002
Phone: (413) 256-0473
Toll-free: 1-800-804-1899
Email: jkruidenier@stavros.org or info@stavros.org or aramirez@stavros.org
Website: [www.stavros.org](http://www.stavros.org) or [https://www.facebook.com/stavros413/](https://www.facebook.com/stavros413/)
Center for Living and Working, Inc. – Worcester
Meg Coffin, Executive Director
484 Main Street, Suite 345
Worcester, MA 01608
Phone: (508) 798-0350
Video Phone: 508-762-1164
TTY: (508) 755-1003
Toll-free: (800) 570-4020
Fax: (508) 797-4015
Email: mcoffin@centerlw.org or opsearch@centerlw.org
Website: http://www.centerlw.org/ or https://www.facebook.com/CenterForLivingAndWorking/

Boston Center for Independent Living – Boston
Bill Henning, Executive Director
60 Temple Place, 5th Floor
Boston, MA 02111
Phone: (617) 338-6665
Toll-Free: 1-866-338-8085
TTY: (617) 338-6662
Fax: (617) 338-6661
Email: bhenning@bostoncil.org
Website: https://bostoncil.org/

Cape Organization for the Rights of the Disabled – Hyannis
Coreen Brinckerhoff, Chief Executive Officer
106 Bassett Lane
Hyannis, MA 02601
Phone: (508) 775-8300
Toll-free: 1-800-541-0282
Fax: (508) 775-7022
V/TTY (508) 775-8300
Email: cordinfo@cilcapecod.org
Website: http://www.cilcapecod.org or https://www.facebook.com/CORD-Cape-Organization-for-Rights-of-the-Disabled-324328718079/

Independence Associates, Inc. – East Bridgewater
Steve Higgins, Executive Director
100 Laurel Street, Suite 122
East Bridgewater, MA 02333
Phone: (508) 583-2166
Toll-free: 1-800-649-5568
Fax: (508) 583-2165
Email: shiggins@iacil.org or info@iacil.org
Website: https://www.iacil.org/
Independent Living Center of the North Shore and Cape Ann, Inc. – Salem
Lisa Orgettas, Executive Director
27 Congress Street, Suite 107
Salem, MA 01970
Phone: V/TTY: (978) 741-0077
Email: lorgettas@ilcnsca.org or information@ilcnsca.org
Website: https://ilcnsca.org/ or https://www.facebook.com/ILCNSCA/

MetroWest Center for Independent Living – Framingham
Paul Spooner, Executive Director
280 Irving Street
Framingham, MA 01702
Phone: (508) 875-7853
Fax: (508) 875-8359
Email: pspooner@mwcil.org or info@mwcil.org
Website: https://www.mwcil.org/ or https://www.facebook.com/MWCIL/

Northeast Independent Living Center – Lawrence
June Sauvageau, Chief Executive Officer
20 Ballard Road
Lawrence, MA 01843
Phone: V/TTY: (978) 687-4288
Video Phone: (978) 237-5699
Fax: (978) 689-4488
Email: jsauvageau@nilp.org or help@nilp.org
Website: www.nilp.org or
https://www.facebook.com/TheNortheastIndependentLivingProgramInc

Southeast Center for Independent Living – Fall River
Lisa Pitta, Executive Director
66 Troy Street, Suite #3
Fall River, MA 02720
Phone: (508) 679-9210
Fax: (508) 677-2377
Email: lpitta@secil.org or scil@secil.org
Website: http://www.secil.org/ or https://www.facebook.com/SCILInc/
MISCELLANEOUS RESOURCES

Massachusetts Advocacy and Legal Resources

- Disability Law Center of Massachusetts: https://www.dlc-ma.org/
- Mental Health Legal Advisors Committee (MHLAC): http://www.mhlac.org/

Other Local Peer Resources

Jonathan O. Cole Resource Center
Contact: Joanne Grady-Savard, Executive Director
Cole Resource Center
deMarneffe Building, Room 120A
115 Mill Street
Belmont, MA 02478
Phone: (617) 855-3298
Fax: (617) 855-3666
Email: info@coleresourcecenter.org
Website: http://www.coleresourcecenter.org

DBSA (National Depression and Bipolar Support Alliance)
55 E. Jackson Blvd, Suite 490
Chicago, Illinois 60604
Toll-free Phone: 1-800-826-3632
Fax: (312) 642-7243
Email: info@dbsalliance.org
Website: http://www.dbsalliance.org

DBSA-Boston (Depression and Bipolar Support Alliance of Boston)
Contact: Lillian Cravotta-Crouch, President
P.O. Box 102
115 Mill Street
Belmont, Mass 02478
Phone: (617) 855-2795
Fax: (617) 855-3666
Email: info@dbsaboston.org or lillianc@dbsaboston.org
Website: http://www.dbsaboston.org/ or https://www.facebook.com/BostonDBSA
NAMI Greater Boston Consumer Advocacy Network
NAMI provides a weekly volunteer staff meeting open to all peers and a monthly business meeting with speakers and food. NAMI mentors people to work in human services, does advocacy work, and implements NAMI peer run programs: NAMI Connection support groups, In Our Own Voice speakers, and PEER to PEER educational classes.
Contact: Howard D. Trachtman, BS, CPS, CPRP
Erich Lindemann Building, Plaza Level
25 Staniford Street
Boston, MA 02114
Phone: (781) 642-0368
Email: info@namigbcan.org
Website: http://namigbcan.org/

Hearing Voices Network USA
Hearing Voices Peer Services is an organization that connects those who are living with seeing visions, hearing voices, and other unusual experiences. They help provide resources and nationally, and have support groups in local neighborhoods.
Email: info@hearingvoicesusa.org
Website: http://www.hearingvoicesusa.org/

Deaf and Hard of Hearing Recovery Project
Contact: Marnie Fougere
Video Phone: (617) 606-7508
Email: info@transformation-center.org or marnief@transformation-center.org
Website: http://transformation-center.org/home/community/deaf-and-hard-of-hearing-recovery-project/

Black Voices United in Recovery
Contact: Valeria Chambers
Phone: (617) 442-4111, Ext. 322
Email: valeriac@transformation-center.org
Website: http://transformation-center.org/home/community/consumers-of-color-peer-networking-project/

Latinos en Acción
Contact: Catherine Quinerly
Phone: (617) 442-4111
Email: catherineq@transformation-center.org
Website: http://transformation-center.org/latino/

Opening Doors to the Arts (ODA)
Opening Doors to the Arts obtains free and reduced price tickets and access to concerts, theater, and the occasional sporting events through the connection it maintains with over 20 venues. Typically, several different events are available every week.
Contact: Howard D. Trachtman, BS, CPS, CPRP or Norma Heath
Phone: (781) 642-0368
Email: howard@openingdoorstothearts.org or norma@openingdoorstothearts.org
Website: http://www.openingdoorstothearts.org
Two Hats Networking Dinners (Twohats)
This dinner was established as a support network for people with mental health challenges who were working in human services and were afraid of coming out to their employer. Today, many people considering working or volunteering in peer support come as well. All peers are welcome to attend.
Contact: Howard D. Trachtman, BS, CPS, CPRP
Phone: (781) 642-0368
Email: hdt@mit.edu
Website: www.twohats.org

Other National Peer Resources

Crisis Text Line
The Crisis Text Line is a free texting service run by DoSomething.org, to help those experiencing a crisis. The line is available 24 hours a day, seven days a week. If you text HOME to 741741, a trained volunteer counselor will receive the message and assist immediately.
Phone: Text HOME to 741741
Website: https://www.crisistextline.org/

Peer-run National Technical Assistance Centers

- The National Empowerment Center:
  http://www.power2u.org/

- STAR Center (Support, Technical Assistance and Resources):
  http://www.consumerstar.org

- Peerlink Technical Assistance Center, a project of MHA of Oregon:
  http://www.peerlinktac.org/

- Consumer Supporter Technical Assistance Center - The Family Café:
  http://cafetacenter.net/

- Doors to Wellbeing National Technical Assistance Center, established by The Copeland Center for Wellness and Recovery:
  http://www.doorstowellbeing.org/

- The National Mental Health Consumers' Self-Help Clearinghouse:
  http://www.mhselfhelp.org/ (*Still in operation although no longer funded by SAMHSA)