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ADDICTION/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: mdoherty@wmtyinfo.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@spectrumsys.org
Website: www.everydaymiraclesprsc.org or https://www.facebook.com/EDMPeers/

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

The Recovery Connection
Contact: Angela Dalessio, BA, Program Director
31 Main Street
Marlborough, MA 01752
Phone: (508) 485-0298
Fax: (508) 485-0312
Email: angela.dalessio@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@spectrumsys.org
Website: http://www.newbeginningsprc.org/ or
https://www.facebook.com/NewBeginningsPeerRecoveryCenter/

Devine Recovery Center
Contact: Roscoe Hurley, Program Director
70 Devine Way
South Boston, MA 02127
Phone: (857) 496-0052
Fax: (857) 496-0177
Email: devinerecoverycenter@gmail.com
Website: http://www.gavinfoundation.org/?s=devine or
https://www.facebook.com/DevineRecoveryCenter

Stairway to Recovery
Contact: Efrain Baez, Program Director
142 Crescent Street
Brockton, MA 02302
Phone: (774) 257-5660, Ext. 532
Email: ebaez@gandaracenter.org
Website: https://www.facebook.com/Stairway2Recovery or
https://gandaracenter.org/adult-services/#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

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/adult-services/ 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/adult-services/ 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
Mondays – Fridays, 9 a.m. – 5 p.m.
Morning Meetings: Mondays, 10 – 11:30, 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.

Contact: Joanne Peterson, Executive Director
4 Court Street, Suite 110
Taunton, MA 02780
Phone: (508) 738-5148
Website: learn2cope.org
Email: ltc@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 30 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
29 Winter Street, 2nd Floor
Boston, MA 02108
Phone: (617) 423-6627
Toll free: (877) 423-6627
Fax: (617) 423-6626
Website: http://www.moar-recovery.org
Email: maryanne@moar-recovery.org
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
TTY: (617) 606-7508
Toll-free: (877) 769-7693
Fax: (617) 442-4005
Website: www.transformation-center.org
Email: info@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
187 High Street, Suite 303
Holyoke, MA 01040
Phone: (413) 539-5941
Toll-Free: (866) 641-2853
Fax: (413) 536-5466
Website: www.westernmassrlc.org
Email: info@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: (866) 641-2853
  Fax: (413) 493-7810
  Website: http://www.westernmassrlc.org/holyoke

Springfield Center
  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
  Website: http://www.westernmassrlc.org/greenfield or
            http://facebook.com/groups/rlcgreenfield
  Email: emily@westernmassrlc.org

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

Central Massachusetts RLC Framingham Site
Contact: Lindsey Vezina, Program Co-Coordinator
Contact: Andre Silva, Program Co-Coordinator
855 Worcester Road, Suite 12
(Mailbox Lobby Entrance)
Framingham, MA 01701
Phone: (508) 626-2206
Open Tuesdays 10 a.m. to 4 p.m.
Open Thursdays 1 - 4 p.m. (at Southern Middlesex Opportunity Council (SMOC), 298 Howard St., Framingham, MA 01702)
Email: Lindsey.vezina@centralmassrlc.org
Email: Andrei.silva@centralmassrlc.org
Website: http://www.centralmassrlc.org/areas/framingham/

Metro-Suburban Recovery Learning Community
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) will continue as part of the South East RLC, and the Framingham Resource Connection Center (RCC) will continue as part of the Central Mass RLC. For further information, please contact those RLCs as locations, staffing, and hours of operation may have changed.

Quincy Resource Connection Center (RCC)
*Now part of the Southeast RLC. Current location subject to change. For more information, please contact the Southeast RLC.
Further information available under the Southeast RLC listing.

Framingham Resource Connection Center (RCC)
*Now part of the Central Mass. RLC. For more information, please contact the Central Mass RLC.
Further information available under the Central Mass. RLC listing.
Northeast Recovery Learning Community
Northeast Independent Living Program
Contact: Helina Fontes, NERLC Program Director
20 Ballard Rd
Lawrence, MA 01843
Telephone: (978) 687-4288 (V/TTY)
Fax: (978) 689-4488
Email: hfontes@nilp.org or help@nilp.org

Northeast RLC Hubs are located at:

Essex North Hub
Contact: Mike Berggren (Essex North/ Greater Lowell Hub Manager) or Lisa Rivard (Peer Specialist)
20 Ballard Rd.
Lawrence, MA 018430
Telephone: (978) 687-4288, Ext. 200 or Ext. 167
Email: mberggren@nilp.org or lrivard@nilp.org

North Shore Hub
Contact: Amanda Orfanos (North Shore/Lynn Hub Manager) or Joanne Wolf (Older Adult Peer Specialist)
43 Gloucester Ave., 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 (Essex North/ Greater Lowell Hub Manager) or David Carignan (Peer Specialist)
45 Merrimack Street, Suite 407
Lowell, MA 01852
Telephone: (978) 687-4288, Ext. 200
Email: mberggren@nilp.org or dcarignan@nilp.org

Metro North Hub
Contact: Jacqueline Martinez (Metro North Hub Manager) or Eileen Lonergan (Peer Specialist)
11 Dartmouth Street, Suite 301
Malden, MA 01843
Telephone: (978) 687-4228, Ext. 201
Email: jmartinez@nilp.org or elonergan@nilp.org
Greater Lynn Hub  
   Contact: Amanda 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: Helina Fontes (Program Director)  
   Location: TBD  
   Telephone: (978) 687-4228, Ext. 149  
   Email: hfontes@nilp.org

Metro-Boston Recovery Learning Community  
   Metro Boston RLC Recovery Centers are located at:

   **Boston Resource Center (BRC)**  
   Contact: Paul Styczko, Director  
   85 East Newton Street, Ground Floor  
   Boston, MA 02118  
   Phone: (617) 305-9991  
   Fax: (617) 305-9992  
   Email: paul.styczko@bmc.org  
   Website: [http://www.metrobostonrlc.org/brc.html](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](http://www.metrobostonrlc.org/csrlc.html)

   **MBRLC/Peer Education Resource Center (PERC)**  
   *new location as of August 26*  
   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](http://www.metrobostonrlc.org/perc.html) or [http://www.metrobostonrlc.org](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: psncambridge@gmail.com  
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: Benjamin Coffin, Director  
The DMH Erich Lindemann Mental Health Center  
25 Staniford Street (plaza level)  
Boston, MA 02114  
Phone: (617) 626-8692  
Fax: (617) 626-8695  
Email: Bcoffin@northsuffolk.org  
Website: [http://www.metrobostonrlc.org/hope.html](http://www.metrobostonrlc.org/hope.html)

**South East Recovery Learning Community**  
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/)

*South East RLC Recovery Centers are located at:*

**Fall River Empowering Resilience RCC**  
Contact: Don Lonergan, Program Director  
292 North Main Street  
Fall River, MA 02720  
Phone: (508) 675-3137  
Email: don.lonergan.rcc@gmail.com  
Website: [http://www.southeastrlc.org/fallriver_index.html](http://www.southeastrlc.org/fallriver_index.html)

**New Bedford Sailing into Recovery RCC** (*site to be announced*)  
Contact: Shaylynn Almeida, Site Coordinator  
Phone: (774) 488-5031  
Email: shaylynn.almeida.rcc@gmail.com
Hyannis Waves of Wellness RCC
   Contact: Don Lonergan, Program Director
   45 Plant Road
   Hyannis, MA 02601
   Telephone: (508) 815-5219
   Email: don.lonergan.rcc@gmail.com
   Website: http://www.southeastrlc.org/hyannis_index.html

Brockton Hope is Here RCC
   Contact: Janet Ransom, Director
   730 Belmont Street
   Brockton, MA 02302
   Phone: (508) 857-0316
   Email: janet.ransom.rcc@gmail.com
   Website: http://www.southeastrlc.org/brockton_index.html

Taunton Pride in Recovery RCC
   Contact: Elizabeth D’Uva, Program Coordinator
   71 Main Street
   deMello Bldg., Suite 1200
   Taunton, MA 02780
   Phone: (508) 386-3009
   Email: elizabeth.duva.rcc@gmail.com
   Website: http://www.southeastrlc.org/taunton_index.html

Quincy RCC
   Contact: Paul Morriss, Area Program Director
   1458 Hancock Street
   Quincy, MA 02169
   Phone: (508) 857-0316
   Email: morrissp@vinfen.org
   Website: http://www.southeastrlc.org/quincy_index.html
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**
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.

417 Liberty Street
Springfield, MA 01104
(413) 310-3312

Peer-Run Warm Lines

**Metro Boston Recovery Learning Communities Peer Support Line**
Phone: 877-PEER-LNE (733-7563)
Local crisis number: 1-800-981-4357
4 p.m. to 8 p.m., Monday through Sunday
Website: [http://www.metrobostonrlc.org/warm-line.html](http://www.metrobostonrlc.org/warm-line.html)

**Western Massachusetts Recovery Learning Communities Peer Support Line**
Toll-free: 1-888-407-4515
8 p.m. to 12 a.m. Friday through Monday
Website: [http://www.westernmassrlc.org/peer-support-line](http://www.westernmassrlc.org/peer-support-line)
Cross-Connection Warm-Line
Phone: (978) 629-8485
*After three beeps, enter your phone number, and a volunteer will call you back shortly.*
4 p.m. to 7 p.m. and 10 p.m. to 12 a.m., 365 days a year
Website: [http://www.warmline.org](http://www.warmline.org)

SMOC Warm-Line
This Warm-Line does not take incoming calls; calls are made by appointment only. To schedule a 15-minute appointment, call Mark Knowlton at (508) 879-2250, Ext. 168. Must reside in the Metro-West area.
Monday to Friday: 5:30 p.m. – 9:30 p.m.
Saturday and Sunday: 1 p.m. – 4 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: [http://www.lifelinesupport.org/](http://www.lifelinesupport.org/)

Young Adult Resources

**STEPS Young Adult Resource Center**
STEPS offers services and supports for all individuals ages 18—25, with no referrals needed. STEPS is peer-driven and provides a wide variety of social, creative, and supportive groups and activities within 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
Email: steps@waysideyouth.org
Website:[http://www.waysideyouth.org/OurServices/WaysideYoungAdultServices/STEPSSYoungAdultResourceCenter.aspx](http://www.waysideyouth.org/OurServices/WaysideYoungAdultServices/STEPSSYoungAdultResourceCenter.aspx) or [https://www.facebook.com/pg/STEPSyoungadultresourcecenter/about/?ref=page_intern](https://www.facebook.com/pg/STEPSyoungadultresourcecenter/about/?ref=page_intern)
Hours: Mondays through Thursdays: 1 p.m. to 8 p.m. and Fridays: 1 p.m. – 5 p.m.
**Tempo Young Adult Resource Center**
Tempo Young Adult Resource Center offers services for individuals ages 17—24, with no referrals needed. In addition to its peer mentors who can provide peer support, Tempo Young Adult Resource 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 01701
Phone: (508) 879-1424
Fax: (508) 879-1460
Website: [http://www.tempoyoungadults.org](http://www.tempoyoungadults.org)

**Hours:**
- Mondays: 8 a.m. to 1 p.m.
- Tuesdays: 8 a.m. to 4 p.m.
- Wednesdays: 8 a.m. to 8 p.m.
- Thursdays: 8 a.m. to 6 p.m.
- Fridays: 10 a.m. to 4 p.m.

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**Speaking of Hope**
Online resources for young adults promoting recovery, resilience, and wellness, supported by The Transformation Center and the Massachusetts Department of Mental Health

Phone: (617) 626-8174
Email: Admin@hearvoices.org
Website: [www.speakingofhope.org](http://www.speakingofhope.org) or
[https://www.facebook.com/pg/speakingofhopeproject/about/?ref=page_internal](https://www.facebook.com/pg/speakingofhopeproject/about/?ref=page_internal)

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**BAGLY, Inc. (Boston Alliance of Gay, Lesbian, Bisexual, Transgender 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 aged 22 and under across Massachusetts providing leadership development, health promotion and services, social support, events, and the statewide GLBT Youth Group Network.

14 Beacon Street, Suite 301
Boston, MA 02108
Phone: (617) 227-4313
Fax: (617) 227-3266
Email: info@bagly.org
Website: [http://bagly.org](http://bagly.org)

**Hours:** Mondays through Fridays 9 a.m. – 8 p.m.

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**AGLY (Alliance of Gay, Lesbian, Bisexual, Transgender Youth) Network—Massachusetts locations**
[https://www.bagly.org/the-agly-network/](https://www.bagly.org/the-agly-network/)
Gay-Straight Alliance Network - Massachusetts *Updates coming soon*
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, 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
Fax: (617) 661-2805
Email: yof@aac.org
Website: [http://www.aac.org/youth-on-fire/](http://www.aac.org/youth-on-fire/) or [https://www.facebook.com/YouthOnFireMA/](https://www.facebook.com/YouthOnFireMA/)
Drop-in Hours: Monday, Wednesday, and Friday 11 a.m. – 5:45 p.m.
Appointments can be made: Tuesday and Thursday 11 a.m. – 5:45 p.m.

Youth Move 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 YOU Youth Group and the HOPE Youth Group are for teens ages 13 and up. The YAYA Young Adult group is a support and advocacy group for young adults ages 17 and older. 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
Website: [https://sites.google.com/a/ppal.net/youth-move-massachusetts/](https://sites.google.com/a/ppal.net/youth-move-massachusetts/)
Facebook Page: [https://www.facebook.com/youthmovemassachusetts?ref=stream](https://www.facebook.com/youthmovemassachusetts?ref=stream)
Lead Peer Specialists Madeline can be emailed at msanatana@ppal.net.
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 Mental Health Recovery and the Wellness Recovery Action Plan (the full name of the program) is much more and facilitates a process where the person becomes familiar with personal triggers and warning signs, and increases 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, 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 one is supported to create 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 in order 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.
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](http://www.integration.samhsa.gov/health-wellness/wham)

**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 support around the country, as well as have support groups in local neighborhoods.  
Email: info@hearingvoicesusa.org  
Website: [http://www.hearingvoicesusa.org/](http://www.hearingvoicesusa.org/)

**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](http://www.massclubs.org) and on the International Center for Clubhouse Development (ICCD) website: [http://www.iccd.org](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: [www.centerclubboston.org](http://www.centerclubboston.org) or [https://www.facebook.com/pages/Center-Club-Boston/105513792815005](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 Curran-Sheehan
Phone: (781) 449-1212
Fax: (781) 449-4064
Org: Riverside Community Care
Email: asheehan@riversidecc.org
Website: http://elliothouse.org/index.php

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: 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: [www.employmentoptions.org](http://www.employmentoptions.org) or [https://www.facebook.com/EmploymentOptions/](https://www.facebook.com/EmploymentOptions/)

**Charles Webster Potter Place**
15 Vernon Street  
Waltham, MA 02453  
Acting Director: Seema Saul  
Phone: (781) 894-5302  
Org: Edinburg  
Email: ssaul@potterplace.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: [www.crossroadsclubhouse.org](http://www.crossroadsclubhouse.org)

**Elm Brook Place**
4 A Street, 1st Floor  
Burlington, MA 01803  
Director: Carrie Endicott  
Phone: (781) 202-3478  
Fax: (781) 202-3482  
Org: Eliot Community Human Services  
Email: cendicott@eliotchs.org  
Website: [www.elmbrookplace.org](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, ruth@genesisclub.org
Website: www.genesisclub.org or
https://www.facebook.com/genesisclubinc/?ref=aymt_homepage_panel

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/pg/clubhousehru.tradewinds/about/?ref=page_internal

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: 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

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
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/renclub.lowell/?hc_ref=SEARCH&fref=nf

Southeast
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) 431-4100 or (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: Jennifer DosSantos
Phone: (508) 432-7774
Org: Vinfen
Email: Dossantosj@vinfen.org
Website: www.coveclubhouse.org

Fairwinds
155 Katherine Lee Bates Rd.
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

FHR 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

Plymouth Bay House
340 Court Street
Plymouth, MA 02360
Director: Jaimee Provan
Phone: (508) 747-1115
Org: Vinfen
Email: provanj@vinfen.org
Website: www.plymouthbayhouse.org
**Towne House**  
1706 President Ave  
Fall River, MA 02720  
Director: Paul Baker  
Phone: (508) 672-2023  
Fax: (508) 672-2051  
Org: Fellowship Health Services  
Email: pbaker@fhr.net  
Website: [http://www.fhr.net/our-services/clubhouses/townehouse](http://www.fhr.net/our-services/clubhouses/townehouse)

**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  
Website: [https://www.facebook.com/ForumHouse-Westfield-1645719352331285/](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  

**Lighthouse**  
1401 State Street  
Springfield, MA 01109  
Acting Director: Kathy Garron  
Phone: (413) 736-8974  
Fax: (413) 785-5030  
Org: Viability  
Email: kgarron@viability.org
**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

**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  
Website: https://www.facebook.com/pg/Odyssey-Clubhouse-644025472417561/about/?ref=page_internal

**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: http://www.csoinc.org/?page_id=160

**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/pg/BerkshirePathways/posts/?ref=page_internal
CROSS-DISABILITY/MISCELLANEOUS RESOURCES FOR PEERS

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: 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 or https://www.facebook.com/pg/stavros413/about/?ref=page_internal
Center for Living and Working, Inc. – Worcester
Tara O'Connor, Executive Director
484 Main St., Suite 345
Worcester, MA 01608
Phone: (508) 798-0350
TTY: (508) 755-1003
Toll-free: (800) 570-4020
Fax: (508) 797-4015
Email: toconnor@CenterLW.org or opsearch@centerlw.org
Website: 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: www.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
Email: cordinfo@cilcapecod.org
Website: http://www.cilcapecod.org or https://www.facebook.com/pages/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: 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: (978) 741-0077
Email: lorgettas@ilcnsca.org or information@ilcnsca.org
Website: www.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: www.mwcil.org or https://www.facebook.com/MWCIL/

Multi-Cultural Independent Living Center of Boston – Dorchester
329 Centre Street
Jamaica Plain, MA 02130
Phone: (617) 942-8060
Fax: (617) 942-8630
Email: info@milcb.org
Website: www.milcb.org

Northeast Independent Living Center – Lawrence
June Sauvageau, Executive Director
20 Ballard Road
Lawrence, MA 01843
Phone: (978) 687-4288
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: www.secil.org or https://www.facebook.com/SCILinc/
MISCELLANEOUS RESOURCES

Massachusetts Advocacy and Legal Resources:

- **M-POWER**: [http://www.m-power.org/](http://www.m-power.org/)
- **Disability Law Center of Massachusetts**: [www.dlc-ma.org/](http://www.dlc-ma.org/)
- **Mental Health Legal Advisors Committee (MHLAC)**: [http://www.mhlac.org/](http://www.mhlac.org/)

Other Local Peer Resources:

**Jonathan O. Cole Resource Center**
Contact: Evie Barkin, Executive Director
Cole Mental Health Resource Center
deMarneffe Building
McLean Hospital
115 Mill Street
Belmont, MA 02478
Phone: (617) 855-3298
Fax: (617) 855-3666
Email: coleresourcecenter@yahoo.com
Website: [http://www.coleresourcecenter.org/](http://www.coleresourcecenter.org/)

**DBSA** (National Depression Bipolar Support Alliance)
Contact: Anita Deely, Office Manager
55 E. Jackson Blvd, Suite 490
Chicago, Illinois 60604
Toll-free Phone: 1-800-826-3632
Fax: (312) 642-7243
Email: info@dbsalliance.org or adeely@dbsalliance.org
Website: [http://www.dbsalliance.org/site/PageServer?pagename=home](http://www.dbsalliance.org/site/PageServer?pagename=home)

**DBSA-Boston** (Depression 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/](http://www.dbsaboston.org/) or [https://www.facebook.com/BostonDBSA/](https://www.facebook.com/BostonDBSA/)
NAMI Greater Boston Consumer Advocacy Network
Contact: Howard D. Trachtman
Erich Lindemann Building Plaza Level
25 Staniford Street
Boston, MA 02114
Phone: (617) 626-8694 and (781) 642-0368
Email: info@namigbcan.org or hdt@namigbcan.org
Website: http://namigbcan.org/

Hearing Voices Network
Email: info@hearingvoicesusa.org
Find Voice Hearers Support Meetings in Massachusetts at:
http://www.hearingvoicesusa.org/hvn-usa-groups-list/list/1

Deaf Recovery
Contact: Marnie Fougere
Phone: (617) 606-7508
Email: info@transformation-center.org or marnief@transformation-center.org
Website:

Black Voices United in Recovery
Contact: Valeria Chambers
Phone: (617) 442-4111, Ext. 322
Email: ValeriaC@transformation-center.org or info@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/

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):  
  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)