

Location:

Erich Lindemann Building, Plaza Level
25 Staniford Street
Boston, MA 02114

Contact:

Howard D. Trachtman, BS, CPRP, CPS
Co-Founder and President Emeritus
Direct Phone: 781-642-0368
Email: hdt@namigbcn.org

Visit us at:

www.namigbcn.org

www.namiboston.org

www.facebook.com/GONAMIGBCAN

**Supporting each other,
we can recover**

NAMIWalks:

Once a year, members and friends participate in this walk along the Charles River. This is a major fundraising event for NAMI GB CAN and NAMI Massachusetts.

It is possible to just come along for fun and support without fundraising. Next walk:

May 2018
at Artesani Park in Brighton
Come join us!

You can support NAMI GB CAN
all year long at:

https://namiboston.org/donate_now/

NAMI GB CAN Membership Form:

Name: _____

Organization: _____

Address: _____

City, ZIP: _____

Phone: _____

Email: _____

- I would like to volunteer
- I would like to participate in the annual NAMIWalks

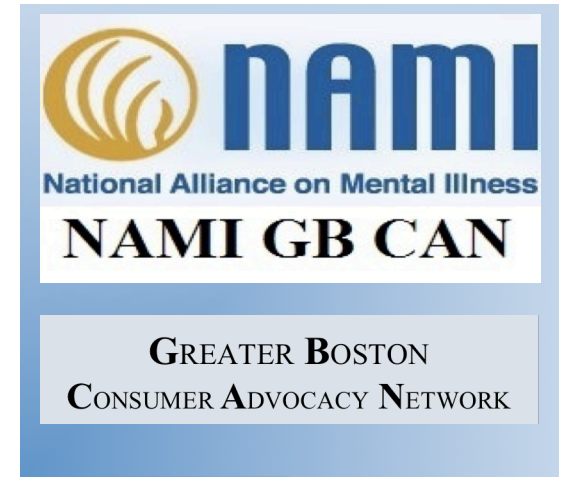
Enclosed are my membership dues:

- \$40 Regular Membership \$ _____
- \$5 Open Door Membership (for low income members – same benefits as Regular Membership) \$ _____
- \$60 Family Membership \$ _____
- Renewal (\$5, \$40, \$60) \$ _____
- Total \$ _____

**Please make check or money order
payable to: NAMI Massachusetts**
(Write NAMI GB CAN on the memo line)

Marilyn DeSantis, CFO
NAMI Massachusetts
The Schrafft's Center
529 Main St., Suite 1M17
Boston, MA 02129

For payment over the phone with credit card
Call Marilyn DeSantis at NAMI Massachusetts
617-580-8541 Monday – Friday, 9am – 3pm



...by and for people with lived experience
of mental health challenges

Recovery is real



Support Education Advocacy

Greater Boston Consumer Advocacy Network

NAMI Greater Boston Consumer Advocacy Network (GB CAN) is a grass-roots organization of people with lived experience of mental health struggles. We are dedicated to eliminating suffering caused by mental illness and to ending the stigma and prejudice experienced by our peers. We provide support, education, and advocacy for and by people in recovery.

We are an affiliate of NAMI Massachusetts. NAMI is known as the “Nation’s Voice on Mental Illness,” and we at GB CAN believe that our voice must be recovery-oriented and that we must value the lived experiences of people in recovery.

Our Mission

We represent the voices of those living with mental health challenges. We focus on the development of peer-run supports and services as well as advocacy. We seek to educate the public, including the legislature and the Department of Mental Health, about the needs of mental health communities and the importance of a recovery-focused model.

RECOVERY:

... Recovery means that you can manage your mental health in a way that allows you to direct your own life to reach your own goals. And the best news is that you don't have to be any kind of special person – recovery is within everyone's reach.

How do peers help in recovery? Peers are people who have been there and know that you, too, can recover. We won't judge. Knowing we are not alone and supporting one another are both crucial for recovery.

Come Join Us!

Some of the activities we offer

NAMI GB CAN Affiliate Meetings: **Third Thursday** of each month from **6:30PM to 8:30PM** at **Center Club, 31 Bowker Street Boston**. Typically, we have a guest speaker. We focus on issues pertaining to peer roles in the transformation of the mental health care system. Pizza and soda served. Contact Howard to attend at hdt@namigbcan.org or feel free to just show up.

NAMI GB CAN Peer Support Meetings: **Every Tuesday 11AM-12:30PM** Get involved in affiliate work. Erich Lindemann Mental Health Center, Boston Room, Plaza Level, 25 Staniford St. Boston 02114. Email Ewa Pytowska for more information on how to get involved at ewa.pytowska@gmail.com

In Our Own Voice (IOOV): Speaker's bureau for peers who have been trained in addressing diverse groups regarding mental illness and recovery. Would your organization like to host an IOOV presentation? Or, would you like to share your recovery story? Contact Eliza Williamson for more information at **(617) 580-8541**, Ewilliamson@namimass.org

Peer-to-Peer: A series of ten recovery-focused classes designed to help people in recovery establish and maintain wellness after facing the challenges of mental illness. Contact Judi Maguire **617-580-8541 x223**, jmaguire@namimass.org

NAMI Connection: Structured support group for people who identify as being in recovery. Groups are held in several locations on different days. Always inquire ahead to verify time and date. Call Judi Maguire **(617) 580-8541 x223**, jmaguire@namimass.org

COMPASS: Peer driven information/referral service that can answer a wide range of questions about navigating the mental health system, including referral to support and education programs as well as numerous community resources. Call **(617) 704-NAMI (6264)** or toll free, **(800) 370-9085, Monday-Friday 9am - 5pm** or send an email to COMPASS@namimass.org and a NAMI Mass Compass Navigator will email or call you .

Advocacy

We advocate for our peers by meeting with agencies, legislators, and policy makers. Through this, we aim to:

- Promote the very real possibility of recovery from mental illness for everyone.
- Reduce the stigma of mental illness.
- Improve quality of and access to health care.
- Eliminate the use of restraints and seclusion of patients and uphold patients' rights. For more information, visit:

www.RestraintFreeWorld.org

Nothing about us without us



NAMI GB CAN is part of the Metro Boston Recovery Learning Community (MBRLC) which supports five peer-run Recovery Learning Centers (RLC's) in the Metro Boston area. For information about MBRLC call **617-305-9900**, email info@metrobostonrlc.org or visit their website at www.MetroBostonRLC.org MBRLC operates a peer support line that can be accessed at 877-733-7563 (877 PEER LNE) Hours: Monday-Sunday, 4pm-8pm. Spanish/English operator is available on Sunday nights.

Opening Doors to the Arts: We provide free & reduced-price tickets to concerts, theatres and sporting events. Visit us at www.OpeningDoorsToTheArts.org Email Howard to be added to the email list.

NAMI Greater Boston Consumer Advocacy Network often sponsors social activities so you can meet your peers and make new friends. Such activities may include bowling, sailing, concerts, etc. For questions, please email Howard: hdt@namigbcan.org