

Contact:

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Visit us at:

www.namigbcan.org

www.facebook.com/GONAMIGBCAN

NAMI Greater Boston Consumer Advocacy Network often puts together social activities so you can meet your peers and make new friends. Such activities may include picnics, beach outings, and concerts. For questions, please email us at info@namigbcan.org

Opening Doors to the Arts: Through this program, we receive free and reduced-price tickets to concerts, theatres and sporting events. Please visit us at: www.OpeningDoorsToTheArts.org Email Howard to be added to email list and learn of events.

Nothing about us without us.

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 date:

May 16, 2015

**at Artesani Park in Brighton
Come join us!**

To walks or donate to our team go to:

<http://namiwalks.nami.org/gbcan>
Supporting each other, we can recover.

NAMI GB CAN

**Contact us at: (617) 626-8691
info@namigbcan.org**

Membership Form:

Name: _____

Organization: _____

Address: _____

City, ZIP: _____

Phone: _____

Email: _____

- I would like to volunteer
- I would like to participate in the NAMI Annual Walk

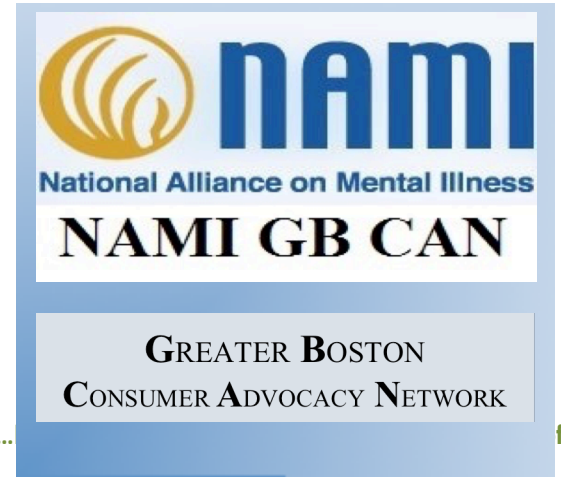
Enclosed are my membership dues:

- \$35 Regular Membership \$ _____
- \$3 Open Door Membership (for low income members – same benefits as Regular Membership) \$ _____
- Renewal (\$3 or \$35) \$ _____
- Enclosed is my donation of: \$ _____
- Total \$ _____

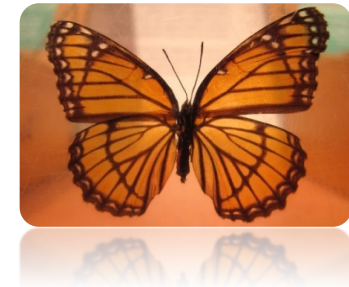
Please make check or money order payable to:

NAMI Massachusetts
(Write NAMI GB CAN on the memo line)

Mail to: NAMI GB CAN
776 Main Street #541481
Waltham, MA 02454-5448



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 conditions. 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 value the lived experiences of people in recovery.

Our Mission

We represent the voices of those living with mental health conditions in the areas of advocacy and the development of peer-run supports and services. We seek to educate the public, including the legislature and the Department of Mental Health, about the needs of persons living with mental illness and the importance of a recovery-focused model.

RECOVERY:

... Recovery means that you can manage your mental health issues 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 each other 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. We discuss current business, social activities, advocacy on legislation and issues regarding Peer roles in the transformation of the mental health care system. Pizza and soda served. Call Howard to attend or feel free to just show up.

NAMI GB CAN Volunteer Meetings: Every Tuesday 11AM-12:30PM Get involved in affiliate work. Eric Lindemann Mental Health Center - Boston Room Plaza Level 25 Staniford St. Boston 02114. Call Howard.

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? Call Julie Langbort at (617) 580-8541 or jlangbort@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 call ahead to verify time and date. State Coordinator: Judi Maguire (617) 580-8541 x223, jmaguire@namimass.org

Boston meetings: Mondays 10:30 – 11:30AM Boston Resource Center Solomon Carter Fuller Bldg. 85 E. Newton St., Rm. G05B Tuesdays 1:00 – 2:30PM Eric Lindemann Mental Health Center Plaza Level, The Hope Center 25 Staniford St. Boston 02114 Contact: Robyn at (781) 439-2297 or feel free to just drop in.

Somerville meetings: Wednesdays & Fridays 10:30 – noon. CSRLC 35 Medford St., Suite 111, Somerville, MA 02143. Contact: Janelle Tan at (617) 863-5388, tanj@vinfen.org or feel free to just drop in.

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

Advocacy

We advocate for our peers, meeting with agencies, legislatures and policy makers. This is an important part of our work. Through this, we aim to:

- Promote the very real possibility of recovery from mental illness for everyone.
- Reduce the stigma of mental illness.
- Improve the 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
- Support veteran's recovery.
- Welcome young adults into the recovery community. Enjoy being part of a community reflecting different languages, cultures and ages.



The Hope Center – NAMI GB CAN offices are located near the Hope Center in the Erich Lindemann, Plaza Level, 25 Staniford Street in Boston. NAMI GB CAN volunteers work along with the Hope Center by facilitating and participating in groups. We are part of the Hope Center community. The Hope Center is one of five peer-run Recovery Learning Centers (RLC's) in the Metro Boston area. For information, please contact the Hope Center at (617) 626-8694, info@hoperlc.org or visit their website at www.hoperlc.org

A partner of the Metro Boston Recovery Learning Community
www.MetroBostonRLC.org