

Visit us at [www.namigbcan.org](http://www.namigbcan.org)

## Greater Boston Consumer Advocacy Network (GBCAN)

NAMI Greater Boston Consumer Advocacy Network (GB-CAN) is a grass roots organization of people with lived experience of mental health conditions. We are an affiliate of NAMI-Mass. 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. NAMI is known as the "Nation's Voice on Mental Illness," and we at GB-Can believe that voice must be recovery-oriented and value the lived experiences of consumers. NAMI-GBCAN, affiliate meetings are held on the third Thursday of each month from 6:30- 8:30 p.m at Center Club, 31 Bowker Street in the Haymarket area of downtown Boston (MBTA accessible). We discuss current business, social activities, advocacy on legislation, and issues regarding new peer roles in the transformation of the mental health care system.

**"Hand in Hand we support each other"**



Join our Yahoo mail group to stay connected and updated. Send us an email request to join to [info@namigbcan.org](mailto:info@namigbcan.org)  
For more information, please contact our office: at 617-305-9975 or contact us at our direct extensions.

## What We Do

**Advocacy** with agencies, legislatures, and policy makers is an important part of our work. We aim to:

- Promote the very real possibility of recovery from mental illness for everyone.
- Reduce the stigma of mental illness.
- Improve quality & access to health care
- Eliminate the use of restraint & seclusion of patients and uphold patient rights. For more information, please visit: [www.RestraintFreeWorld.org](http://www.RestraintFreeWorld.org)
- Support veteran's recovery.

**In Our Own Voice (IOOV)** is a speaker's bureau for trained consumers who speak to audiences of peers, providers, human services students, and others about their experiences with mental illness and recovery. Could you share your recovery story to help others? Call Julie at (781) 938-4048.

**NAMI Connection** is a peer support group that meets Mondays 2-3:00 pm at the Boston Resource Center (617) 305-9975 and Mondays 1-2:30pm at Cambridge Somerville Learning Recovery Center (617)-863-5388, and Tuesdays 1-2pm at the Hope Center, (617) 626-8687.

**Two Hats** is a networking dinner for people who are now working or are interested in working in peer support. Two Hats meets every second Thursday at 6pm at the Royal East Restaurant, 792 Main Street, Cambridge, MA. [www.TwoHats.org](http://www.TwoHats.org)

**Opening Doors to the Arts** We get free and reduced priced tickets to theatre and concerts. Please see [www.openingdoorstothearts.org](http://www.openingdoorstothearts.org)

## NAMI-GBCAN

Contact us at 617-305-9975  
or contact us at our direct extensions.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City, Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

I'd like to volunteer

I'd like to participate in the NAMI/  
WALK !

Enclosed is my donation of \$ \_\_\_\_\_

I am a Veteran

**Enclosed are my membership dues:**

\$3 Open Door – Low Income

\$35 Regular Membership

Please make checks payable to:

**NAMI-Massachusetts, memo: NAMI-GBCAN**  
and mail to: NAMI-GBCAN  
C/o Solomon Carter Fuller Building.  
DMH Ground Floor,  
85 East Newton Street,  
Boston, MA 02118

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**Come Join Us!**

NAMI/GBCAN-organizes many activities throughout the summer months, including an outing to Revere Beach, going to the movies, and other fun stuff. Please visit our website at [www.namigbcn.org](http://www.namigbcn.org) for a schedule of activities.

**Greater Boston  
Consumer Advocacy Network**

**Howard Trachtman, Co-Founder, Director.**  
**Office Phone: (617) 626-8694**  
**Email: [hdt@nami.org](mailto:hdt@nami.org)**

**Suzanne Small, Community Relations  
Coordinator and Volunteer Coordinator**  
**Office Phone: (617) 626-8691**  
**Email: [suzanne@namigbcn.org](mailto:suzanne@namigbcn.org)**

**The GB-CAN office is located at the  
Department of Mental Health,  
Erich Lindemann Building. Plaza Level  
25 Staniford Street,  
Boston, MA 02114**

**Mission Statement**

NAMI GB-CAN is an affiliate of NAMI Mass. NAMI GB-CAN has as its mission to represent the voices of those living with mental illness in the areas of advocacy and the development or peer run supports and services. The affiliate seeks to educate the public, including the legislature and The Department of Mental Health, to the needs of persons living with mental illness and the importance of a recovery-focused model.

**Recovery**

What does recovery mean? Recovery might mean that you get relief from all of your symptoms, but in any case, 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 anyone'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.



**The Hope Center  
[www.hopeRLC.org](http://www.hopeRLC.org)**

a peer-run program serving people in recovery from mental illness and/or substance abuse and their friends and families  
The center is located at the Erich Lindemann Building, plaza level. Open Schedule:

Tuesday 11a.m - 3 p.m  
Wednesday 2p.m - 6 p.m.  
Thursday 2p.m - 6 p.m

**GB-CAN  
Greater Boston  
Consumer Advocacy  
Network**



**Support**

**Education**

**Advocacy**

**...by and for people with  
Mental illness**

***"Recovery is Real"***