

Visit us at www.namigbcn.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@namigbcn.org
For more information, please contact our office: at 617-626-8694 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
- 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

Opening Doors to the Arts We get free and reduced priced tickets to theatre and concerts. Please see 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.namigbcan.org for a schedule of activities.

**Greater Boston
Consumer Advocacy
Network**

**Howard Trachtman, Co-Founder,
Director.**
Office Phone: (617) 626-8691
Email: hdt@nami.org

GBCAN Office: (617)- 626-8694

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**

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"