



The NAMI Walk 2010 is a 3 mile fundraising walk in Artesani Park, Brighton (Boston) on Saturday, May 15, 2010. This yearly event is the major source of our funding.

Please join our Walk team by going to: www.nami.org/namiwalks10/MAS/TeamKarl

Volunteer on walk day, donate, or help at the information table! Call or email our office for more information about how to participate!

info@NAMIgbcn.org 617-305-9975

The GB-CAN office is located at the **Boston Resource Center (BRC)**, a peer-run program serving people in recovery from mental illness and/or substance abuse and their friends and families. The center, located on the Boston Medical Center campus, is a place for people to participate in mutual peer support, recovery-oriented activities, and social activities. We're here for you!

www.bostonresourcecenter.org
Boston Resource Center
Solomon Carter Fuller MHC, Ground Floor
85 East Newton St., Boston, MA 02118
617-305-9900



GB-CAN and the Boston Resource Center are proud members of the Metro Boston Recovery Learning Community! Visit us: www.MBRLC.org

*This brochure was made possible by a generous grant from
The Boston Foundation.*

Contact us at 617-305-9975 Recovery Is Real!

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 everyone's reach.

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

We cultivate hope.



We recently lost a friend, Karl Ackerman, to cancer. As a champion of recovery and the immediate past president of GB-CAN, Karl worked tirelessly to reduce stigma, get veterans the support they need, and increase access to computer technology that helps peers succeed.

The Karl Ackerman "Recovery Is Real" Computer Lab



Karl, a Navy veteran, was the driving force behind the GB-CAN computer lab that hosts Project Success, a computer instruction course for peers. We've named the computer lab to honor Karl and his passion and dedication to full lives for peers.

Visit us at www.NAMIGBCAN.org



Greater Boston Consumer Advocacy Network

GB-CAN

Support

Advocacy

Education

... by and for people in
recovery
from mental illness.

***"Nothing about us
without us."***

Located at the Boston Resource Center

NAMI Greater Boston Consumer Advocacy

Network (GB-CAN) is a grassroots organization of people with lived experience of mental health conditions. We are an affiliate of NAMI-Mass (National Alliance on Mental Illness of Massachusetts). We are dedicated to eliminating the 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 GB-CAN's affiliate meetings are held on the third Thursday of each month from 6:30- 8:30pm 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.

REACH OUT!








Join our Yahoo! email 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: **617-305-9975**.

Visit us at www.NAMIGBCAN.org

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 & upholding patient rights.
-  Support veterans' 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 2-3:30pm at the Boston Resource Center 617-305-9975, and alternating Mondays 1-2:30pm at Cambridge Somerville Learning Recovery Center 617-863-5388.

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 7pm at the Mary Chung Restaurant, 460 Massachusetts Avenue, Cambridge. Go to www.TwoHats.org

Contact us at 617-305-9975

Greater Boston Consumer Advocacy Network

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 is my membership dues:

- \$3 Open Door – Low Income
- \$35 Regular Membership

Please make checks payable to NAMI GB-CAN and mail to:

NAMI GB-CAN
Solomon Carter Fuller Bldg, G09
85 E. Newton St, Ground Floor
Boston, MA 02118