

Peer Support Groups

Live Out Loud Youth Project: LOL Youth Project is a youth led, adult supported social group for ages 13-23, where members will meet other LGBTQ Youth and Allies in a safe & fun environment. *FREE*. Transportation assistance available. Meets every week on Thursday from 4PM – 5:30PM. Hosted by the Family Resource Center, 480 West St, Pittsfield. Call 413-442-5333 x272 or text 413-499-6819

Families with Pride Parent Support Group: Bringing parents and caregivers of LGBTQ+ youth together to share information and experiences to support their children. Facilitated by a licensed therapist and a parent with lived experience. Meets the 1st and 3rd Thursdays of every month from 5:30-6:30 p.m., Family Resource Center, 480 West St., Pittsfield. Drop-ins welcome. Light refreshments provided; child care and transportation available. Information: Lisa at 413-442-5333, ext. 262.

LGBTQ Support Group: For those in the LGBTQ community impacted by relationship violence or sexual assault. Support and resources around healthy relationships, healing from past trauma, gender identity, sexuality, respect and trust, and sex, love, and dating in small communities. Safe & confidential, supportive atmosphere, optional creative arts and meditation. For time & meeting place, contact Jenn at 413-499-2425.

Healing After Suicide Loss: Peer (survivor) facilitated. Meets the first Thursday of every month from 6 to 7:30 p.m., Berkshire Children & Families, Family Resource Center, 480 West St., Pittsfield. Sign up for monthly email newsletter. Information: Peggy Morse, 413-441-6316, peggyf@verizon.net

Alternatives to Suicide: There are many myths and fears around a peer-to-peer group and around suicide in general. However, as a community, we have found strength in coming together to talk about many 'taboo' topics and to support one another in our times of greatest distress. Our collective wisdom and individual stories have taught us that the space to come together in this way can be powerful and healing.

Contact: alan.sweetwater@gmail.com

Tuesdays, 4:00 PM to 5:30 PM at 150 North St Suite 28, Room 1, Pittsfield, MA

- *Second floor, glass door next to the elevator. (150 entrance) up the stairs to the left. (152 entrance, blue hallway) first elevator, floor 2, first glass door. Suite 28, Room 1 at the end of the yellow hallway.*

Grief support from HospiceCare in the Berkshires:

contact Bereavement Coordinator at 413-443-2994

- **Great Barrington:** Free drop-in monthly support group for those grieving the loss of a loved one, 4th Thursday of each month, 6 to 7:30 p.m. at Berkshire South Regional Community Center, 15 Crissey Road, Great Barrington
- **"Living with Loss":** a free eight-week support group for those who have lost a family member or friend, from 6 to 7 p.m. at HospiceCare in the Berkshires, 877 South St., Pittsfield, 413-443-2994. Call for 8-wk session.
- **Support group for those who have lost a loved one to substance abuse or addiction,** 6 to 7:30 p.m. Mondays, once a month at the Berkshire Medical Center Chapel, 725 North St., 1st Floor, Pittsfield. Please call to register with BMC Pastoral Care Department at 413-447-2251 or HCIB at 413-443-2994.

Northern Berkshire Loss Support Group: Tuesdays from 3 to 4pm. Harper Center, Williamstown MA
Contact for more information: Corinne Case, cell 413.242.4495 or czinnicase@gmail.com

Berkshire County Substance Use Recovery Resource Guide

Local services to start you, or someone you care about, on the road to recovery.

EMERGENCY NUMBER

Brien Center 24/7 Crisis Line
(800) 252-0227

DETOX CENTERS

Berkshire Medical Center, McGee Unit
(413) 442-1400 or (413) 445-9228
www.berkshirehealthsystems.org/mcgee

Clinical Stabilization Services (CSS) Unit
(413) 447-2927

Northern Hope Center/Franklin Recovery Center
298 Federal St. (Rt. 5), Greenfield, MA
(413) 733-1423 or (413) 737-2439

Adcare Hospital

107 Lincoln St., Worcester, MA 01605
(800) 345-3552 or (508) 799-9000
www.adcare.com/programs/adcare-hospital

Swift River

151 South St., Cummington, MA 01026
(888) 910-1164; www.swiftriver.com

HELPLINES

Substance Abuse Helpline

(800) 327-5050; www.helplinema.org

Institute for Health and Recovery

(866) 705-2807; www.healthrecovery.org
Central intake for youth and pregnant women

Tapestry

6 West Main St., North Adams MA
(413) 398-5603; Open 8:00 a.m. - 4:00 p.m.
www.tapestryhealth.org/north-adams/

New needles/syringes; referrals; testing for HIV/AIDS, hepatitis C and STIs; drug use and addiction counseling; overdose prevention education; naloxone; training & distribution; safer sex supplies; safe injection supplies; wound/vein care

Healthy Steps

510 North St., Pittsfield MA
(413) 447-2654; Open 8:00 am-4:30 pm, M-F
Hepatitis C, HIV and STI testing; naloxone; safe injection supplies

RESIDENTIAL LONG-TERM TREATMENT

Keenan House, Brien Center for Mental Health & Substance Abuse Services
202 Bradford St., Pittsfield, MA
(413) 499-2756; www.briencenter.org

Brien Center Women's Recovery Home
121-123 Seymour St., Pittsfield, MA
(413) 499-0412

SUPPORT GROUPS

D.O.P.E. (Discussing Our Personal Experiences)
Berkshire South Reg. Community Center
15 Crissey Road, Great Barrington, MA
(413) 528-2810 x14

2nd and 4th Tuesdays of the month, 7:00 pm

George B. Crane Memorial Center

81 Linden Street, Pittsfield, MA
(413) 464-7066; (413) 281-7407
www.thegbcmc.org

AA, NA, and Support Group Meetings

Learn to Cope

BMC Cancer Center/HEAL Community Room
165 Tor Court, Pittsfield MA
www.learn2cope.org

Support group meetings, Tuesdays 7:00-8:30 pm

Josh Bressette Commit to Save a Life

(413) 749-5007; www.commit2savealife.org
Financial assistance for recovery, education & peer support for recovery

Brien Center

333 East St. # 227, Pittsfield, MA
(413) 499-0412; www.briencenter.org

Spectrum Health Systems

390 Merrill Rd., Pittsfield, MA and
1274 Curran Highway, North Adams, MA
(800) 464-9555, ext. 1161
www.spectrumhealthsystems.org

Clean Slate

294 First St., Pittsfield, MA
(413) 341-1787; <http://cleanslatecenters.com>

Experience Wellness Center

42 Summer St., Suite 201, 2nd fl., Pittsfield, MA
(413) 236-9100
www.experiencewellnesscenters.com

OUTPATIENT PROGRAMS

Brien Center

333 East St. # 227, Pittsfield, MA
(413) 499-0412; www.briencenter.org

124 American Legion Dr., North Adams, MA
(413) 664-4541; www.briencenter.org
Crisis Line: (800) 252-0227 (24-hr)

60 Cottage St., Great Barrington, MA
(413) 528-9156; www.briencenter.org

Intensive outpatient program; Enhanced outpatient program (day treatment); individual and group therapy; suboxone and vivitrol

Adcare Outpatient Services

117 Park Ave., W. Springfield, MA 01089
(413) 209-3124
Email: wspringfield@adcare.com

WHERE TO FIND NALOXONE

Tapestry

100 Wendell Ave # 1, Pittsfield, MA
(appointment recommended)
(413) 387-8676

6 West Main St., North Adams MA
(413) 398-5603

CVS Pharmacy Locations

www.cvs.com/store-locator/landing

Rite Aid Pharmacy Locations

www.riteaid.com/store-locator

Big Y Pharmacy Locations

10 Pleasant St. Lee, MA
700 S Main St #2, Great Barrington, MA
200 West St #4, Pittsfield, MA
1 Myrtle St, Adams, MA

Berkshire Health Systems Pharmacy

725 North St., Pittsfield, MA
(413) 395-7610

Learn to Cope Meetings

HEAL Community Room; BMC Cancer Center
165 Tor Court, Pittsfield, MA
www.learn2cope.org

Healthy Steps (Berkshire Health Systems)

510 North St., Pittsfield (413) 447-2654

Sponsored by:



BOAPC

Northern Berkshire Community Coalition
(413) 663-7588

Berkshire Opioid Abuse Prevention Collaborative
(413) 442-1521 x37