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# FREE YOGA

## WEEKLY - NORTHAMPTON

Mondays 7:00-8:30pm, 32 Masonic St. Somatics Institute, back entrance (by Woodstar cafe).

Led by certified teacher; beginners welcome; join anytime; open to community. Running weekly since 2002!

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# FREE ACUPUNCTURE

## WEEKLY - NORTHAMPTON

Mondays 4:30-5:30 43 Center St., downtown

## WEEKLY - SPRINGFIELD

Tuesdays 5:30-6:30, 1695 Main St 2nd flr (across from Hippodrome)

Group ear treatment by licensed acupuncturists. Excellent for stress, insomnia, cravings, anxiety, and detoxification.

Drop-in; no questions asked: open to the community.

Learn about your body's own healing energy

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# SUPPORT GROUPS

## WEEKLY - NORTHAMPTON

Thursdays 5:30pm: writing group

Thursdays 6-7pm: drug withdrawal support

Thursdays 7-9pm: general support and advocacy  
43 Center St., (side entrance), downtown

For alternatives to the mainstream mental health system. Open to anyone with mental health diagnoses, trauma survivors, or who experience extreme states of consciousness.

Drop-in; non-judgemental. Newcomers welcome. Free.

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*Sponsored by Freedom Center, an award-winning, survivor-run group working for human rights and holistic alternatives, 413) 582-9948. We also offer advocacy, activism, education, public events, a radio show, and more.*

*Created by volunteers with a shoestring budget and love.*

**[www.freedom-center.org](http://www.freedom-center.org)**

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