Heather’s Highlights

Dear Readers,

September saw our first NQCC forum of the year! We had a dynamic presentation by Alec McLeod, Executive Director of LaunchSpace (http://www.launchspace-orange.com). LaunchSpace is a new project located at the Orange Innovation Center and will soon expand to the Pleasant Street School building in Athol. The project is still in formation and is looking for a December/January opening. LaunchSpace is a direct result of a shared vision among Alec and others to create space for talented individuals to share their skills and knowledge with others in a collaborative and creative environment.

The forum allowed for open dialogue with an opportunity to support the project and to become a part of it. We look forward to more information about the opening and applaud the amazing innovation always happening in the North Quabbin Region!

Thank you again for all that you do!

Heather Bialecki-Canning
Executive Director

“LaunchSpace is a non-profit, member-based community workshop in the Orange Innovation Center providing tools, equipment, education, and support to people who want to make and repair things, but don’t have space, money, or time to build a shop of their own. It offers an environment to share creative energy, a classroom for personal learning for all ages, and workforce training for re-entry into the job market.” — www.launchspace-orange.com

Next Coalition Forum:
October 19, 2018
9:00—10:30 am
Topic: TBA
Orange American Legion, 40 Daniel Shays Hwy, Orange

November Newsletter DEADLINE:
October 23, 2018
Email details to admin@nqcc.org
Visit our comprehensive North Quabbin Area Community Calendar at nqcc.org/events.html

Like us on Facebook for regular updates!

NQCC
251 Exchange Street
Athol, MA 01331
978-249-3703
www.nqcc.org
info@nqcc.org

PayPal donate now.
Our FY19 Donors

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- Athol Orange Rotary Club
- Community Action
- Heywood Charitable Foundation

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**OTHER SUPPORT**
- Bill Burton
- Opioid Task Force of Franklin County and North Quabbin
- Pete's Tire Barn
- David Runyan
- SMallet Photography

Donations can be made via PayPal with the link on the cover of this publication, at www.nqcc.org, or by check to the address at left.

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**ARE YOU READY TO BUY A HOME?**

**FRANKLIN COUNTY REGIONAL HOUSING AND REDEVELOPMENT AUTHORITY**

**PRESENTS:**
**First Time Homebuyer Workshop**

**Saturdays**
October 13th and 20th
9am-2:00pm

**Topics Include:**
- Roadmap to Home Ownership
- Goal Setting and Budgeting
- Credit
- Meet the Professionals:
  - Lender, Realtor, Home Inspector, Insurance Agent and Attorney
- And so much more!

**Cost:** $50/Household

**Workshop Location:**
**Greenfield Community College, Room C208**
One College Drive Greenfield,

Pre-Registration Required
For more info, contact Melanie Gaier at (413) 223-5217 or mgaier@frhra.org
North Quabbin Community Coalition’s
P.A.R.T Task Force Presents

TUESDAY
OCTOBER 2
2018
6 - 8 pm

ATHOL ~ ORANGE ~ PETERSHAM

Masonic Lodge
336 Main Street

Butterfield Park
82 East River Street

On the Common
Main Street / Route 32

A free event for the whole family!
Hotdogs, lemonade, music, games,
K-9s, information and
much more!

Find us on Facebook ~ www.nqcc.org ~ #nqcc
Matter of Balance
Living Well with Long-Term Health Conditions

Wednesdays, October 3 – November 21, 2018 | 1–3 PM
Orange Senior Center, 135 East Main Street, Orange

Matter of Balance emphasizes practical coping strategies to manage our fall concerns

These strategies include...

• Promoting a view of falls and fear of falling as controllable
• Setting realistic goals for increasing activity
• Changing the environment to reduce fall risk factors
• Promoting and practicing exercise to increase strength and balance

For more information or to register for a workshop, call 413-773-5555 x2297 or 978-544-2259 x2297, or email awaisman@lifepathma.org. For a complete list and more details about upcoming workshops, visit LifePathMA.org.
Come to the Winter Gathering!

Friday, December 7th, 2018
Orange Innovation Center
131 West Main Street, Orange, MA

Schedule of the Day
8:30am—Coffee & snacks, sign-in, and networking
9:00am — Welcome, Lightning Talks, and working groups break out
12:00pm—Local lunch from the Petersham Country Store
(Suggested donation: $10)

Network and Learn with the community
The Greater Quabbin Food Alliance meets twice a year to connect, network, and work together on issues impacting local farmers, health, food access, and economic development.

Food Alliance “Local Makers Market”
We encourage attendees to bring local, non-perishable, handmade food and farm products to sell at the gathering. Some examples of local food and farm products include honey, dried herbs, soap, maple syrup products, wool products, and candles. Please contact AmeriCorps member Kat Kowalski with any questions about the market at kowalski@mountgrace.org.

The Greater Quabbin Food Alliance is a volunteer network facilitated and fiscally sponsored by Mount Grace Land Conservation Trust with the support of TerraCorps, an AmeriCorps program.

REGISTER NOW:
www.quabbinfoodalliance.wordpress.com/events/

For more info, please contact Kat Kowalski at kowalski@mountgrace.org or 978-248-2053 ext. 29
Now Offering SOCIAL FABRIC Group Counseling
Every Friday 10-12pm
Starting October 2018
@ Our Orange MA Office Location

**SOCIAL FABRIC GROUP COUNSELING**

**OCTOBER CALENDAR**
10/5: Affirmations and Empowerment
10/12: Power and Control
10/19: Healthy Relationships
10/26: Trauma and the Brain

Please Call Ginevra @ 413-406-3139 to do a brief intake and join us in our discussions about Domestic Violence, Sexual Assault, Trauma, Healing, and Healthy Relationships.

**HAPPY FALL SEASON EVERYONE!**

Sincerely,
The NELCWIT Team
Greenfield MA & Orange MA
Employment Opportunities

Youth and Family Engagement Specialist — North Quabbin Community Coalition
The NQCC seeks to hire a dynamic individual to implement the Action Plan for the Drug Free Communities Project Grant by building and maintaining community collaborations, supporting Youth Leaders in DFC activities, collecting and reporting data, creating a strategic plan including a community needs/assets assessment, and conducting environmental strategies to address substance abuse in the North Quabbin community. Basic requirements include a BS/BA in Health, Social Work, Human Services, or a related field. Candidate must have a valid driver’s license, a vehicle, and automobile insurance. Candidate must be able to pass a criminal background check and must have a commitment to the goals and mission of the NQCC. *See info below for application instructions.

Drug Free Communities Coordinator — North Quabbin Community Coalition
The NQCC seeks to hire an individual to administer the Drug Free Communities Project Grant by building and maintaining community collaborations, working with the project evaluator, collecting and reporting data, creating and implementing a strategic action plan including a community needs/assets assessment, conducting environmental strategies to address substance misuse in the North Quabbin community by meeting all requirements of the funding and ensuring quality programming and service delivery. Basic requirements include a BS/BA in Health, Social Work, Human Services, or a related field. Candidate must have a valid driver’s license, a vehicle, and automobile insurance. Candidate must be able to pass a criminal background check and must have a commitment to the goals and mission of the North Quabbin Community Coalition.

*Send resume to the North Quabbin Community Coalition, Attention Heather Bialecki-Canning, 251 Exchange Street, Athol, MA 01331 or to heather@nqcc.org. Screening will begin immediately and continue until the positions are filled. EOE/ADA.

Victim Advocate — Northwestern District Attorney’s Office
Primarily responsible for the provision of information, support, and advocacy services for victims, witnesses, and survivors throughout the criminal justice process by ensuring the delivery of mandated rights enumerated in M.G.L Chapter 258B. Applicants must submit a cover letter, resume, and NWDA Employment Application Form. Visit https://www.northwesternda.org/employment-opportunities for full description and application form.

Program Director — RECOVER Project
An exciting leadership opportunity at the RECOVER Project, a well-established peer-to-peer recovery support program with a strong community presence. Lead a dynamic team in realizing a vision of a recovery informed community, one which supports recovery for all. Primary responsibilities include creating conditions for meaningful community engagement through a peer participatory process, program development, networking with local and state providers, coalition building, staff supervision, and budget management. A full description and application information can be found at http://wmtcinfo.org/jobs/recover-project-program-director.

Human Rights Committee Legal Advisor Volunteer — The United Arc
The United Arc, a leading provider of services for individuals with intellectual and developmental disabilities and their families in Franklin, Hampshire and Hampden counties and the North Quabbin region of Massachusetts, is seeking a Legal Advisor (attorney, law student, or paralegal with relevant expertise) to serve on the Human Rights Committee. For full description and information, email hr@unitedarc.org or call 413-774-5558 X1057.
You **CAN** stop using...and we **WILL** help.

If you are someone motivated to stop using or new to recovery, our Intensive Outpatient Program (IOP) is available in Athol

**How to Join IOP**
- Call the Athol Clinic to schedule an IOP intake appointment at **978-249-9490**
- Visit the Athol Clinic during Open Access hours to complete an intake
- Speak to your CSO Clinician and let them know you are ready

**Athol IOP Hours**
**New times beginning September 2018!**
- Mon-Fri
- **9:30AM-1:00 PM**

**Who is Eligible for IOP**
- Adults 18 and older
- Those in early recovery within the past 30 days
- Those able to commit to attending 3-5 days/week
- Those who have been discharged from a higher level of care

CSO Athol Clinic is located at 491 Main St.
**978-249-9490**

*Other IOP locations in Greenfield and Northampton*
Growing Strong Programs Begin in October

Clinical & Support Options (CSO) has announced new Growing Strong programs for youth and parents beginning in October. The Boy and Girl groups help youth who have experienced trauma learn healthy ways to deal with stress by building skills and strategies to use in their daily life. The Parents group is a weekly psychoeducation and support group for parents whose children experienced trauma. Parents will learn to better understand their child’s experiences, increase their skills that help their child feel safe, build coping skills, and continue to grow and feel joy and pleasure again. All groups meet at CSO’s third floor conference room at 491 Main Street in Athol.

Growing Strong—Parents
Conducted weekly on Mondays from 12:30 to 1:30 pm by Cornelia Salone, MA, CAGS, beginning October 1. Registration required by calling Connie at 978-249-9490 ext. 4027.

Growing Strong—Girls
Conducted weekly on Wednesdays from 5:00 to 6:00 pm by Bethany Whitney, MA, beginning October 2. Registration required by calling Bethany at 978-249-9490 ext. 4026.

Growing Strong—Boys
Conducted weekly on Mondays from 5:00 to 6:00 pm by Bethany Whitney, MA, beginning October 1. Registration required by calling Bethany at 978-249-9490 ext. 4026.

Clinical and Support Options

Presents

Coping with Loss of a Loved One

Conducted by

Scott Chastain MS
978-249-9490 Ext. 4050

This group will focus on The Five Phases of Grief, determining which phase of grief you are in, understanding the grieving process, managing the life after the loss (including holidays, celebrations and birthdays), understanding your emotions, gaining coping skills, finding hope and encouragement, receiving support, moving forward and continuing on.

Tuesdays starting on October 2 through November 20th
At 2PM

491 Main Street – 3rd Floor, Athol, MA 01331
Park in rear lot. Elevator to 3rd floor. Check in by 1:30 pm – Conference Room

Spaghetti Dinner Fundraiser

When: Wednesday, October 3, 2018
Where: Moose Lodge, 20 School Street, Greenfield, MA
Time: 5-7pm
Tickets: $10 Adults; $5 children; Children under 3 = FREE
Tickets available at the door or for advanced purchase at:
Green River House: 37 Franklin Street, Greenfield, MA 413-772-2181
Quabbin House: 25 W. Main Street, Orange, MA 978-544-1859

Raffles, entertainment & More!!

Join us as we celebrate Mental Health Awareness Week!

Menu
- Spaghetti with sauce
- Tossed salad
- Garlic bread
- Cupcakes
- Coffee/Beverages

All proceeds to benefit the Clinical & Support Options Clubhouse Programs.
You’re Invited:
LENDING TO RURAL AMERICA FORUM


This event is free and open to the public however seats will be limited to the first 75 registrants due to room capacity.

When: Thursday, October 18th from 8:30am –11:45am

Where: Orange Innovation Center
131 West Main Street
Orange, MA 01364

Discussion Topics:

- Building rural prosperity by increasing access to capital in rural areas
- Resources available to help improve the reduce risks associated with lending to rural small businesses
- Local Success Story
  - Honest Weight Artisan Brewery

Any questions concerning the forum, please contact lll.spahiu@sba.gov or (617) 565-5569

This forum is brought to you by the following agencies. All programs and services are extended to the public on a nondiscriminatory basis. This event is fully accessible. Reasonable accommodations will be made if requested at least two weeks in advance. Please contact lli Spahiu at lll.spahiu@sba.gov or dial
Community Network for Children Free Weekly Playgroups

Come and enjoy stories, songs, and craft activities with your child(ren) (ages 0-5 years of age) and other families and caregivers from your community at one of three Community Network for Children (CNC) weekly playgroups. These playgroups are not held during school closures. For more information on any of these playgroups, please contact Gillian Budine at 978-544-5157 or email budine@erving.com.

Erving
Meeting at the Erving Elementary School gym, 28 Northfield Road, on Wednesdays from 10:00-11:30 am. This playgroup is facilitated by Emily Joseph, and is sponsored by the Erving Elementary School and Union #28 Community Network for Children.

New Salem
Meeting at the Swift River School, 201 Wendell Road, on Tuesdays, from 8:45-10:15 am. This playgroup is facilitated by Emily Joseph and is sponsored by the Swift River School and Union #28 Community Network for Children.

Wendell
Meeting at the Wendell Free Library, 7 Wendell Depot Road, on Wednesdays from 10:00-11:30 am. This playgroup is facilitated by Sylvia Wetherby and is sponsored by the Friends of the Wendell Free Library and Union #28 Community Network for Children.
Athol Bird & Nature Club

Events take place at the Millers River Environmental Center, 100 Main Street, Athol, unless otherwise noted. www.atholbirdclub.org

Oct 5 @ 7:30 am: Fall Migration Friday’s “Early Bird” Birding with Jeff—Join Jeff at the Center before heading out to explore the North Quabbin area for fall migrant birds. Come for as long as your schedule allows. Severe weather cancels. Info: Jeff Johnstone at 978-249-9052.

Oct 10 @ 7:00 pm: ABNC Regular Meeting - Fossils of the Connecticut River Valley—Dr. Harry Shabuoth returns to ABNC for this hands-on look at this fascinating history frozen in stone. A look at our valley 190 million years ago, the environment and life as told through fossils and rocks. A slide presentation of markings and fossils in Connecticut Valley rocks, a brief history of Dino tracks (Ed Gregory, upper valley historian), and hands-on time with actual specimens.

Oct 14 @ 6:00 am: Birding Massachusetts South Shore—Join Ernie LeBlanc for this fall birding adventure to the Massachusetts South Shore’s ocean and inland areas, including Cumberland Farm fields. Meet at the Center to carpool. Please call ahead to let us know you are attending. Bring snacks and dress for the weather. Info: Ernie 978-249-4064 or lebroyal@aol.com.

Oct 18 @ 7:00 pm: NQ Garden Club Member Photo Presentation—Club member Deborah Kent will share photographs from two trips to Montreal, Canada, featuring the Montreal Botanical Garden with its extensive collection of more than 21,000 plant species and cultivars, 10 exhibition greenhouses, a tree house, and some 30 thematic gardens.
COBATA
5K RUN/WALK
CROSSING OVER BRINGING AWARENESS TO ADDICTION

TIME
Check In Starts at 8:30am
Race Starts at 10:00am

WHERE
Coolidge Park
198 Townsend Street
Fitchburg, MA 01420

WHY
Bringing Awareness To Addiction

CONTACT
Vendor Tables Welcome
Contact Tara at
taramrivera@yahoo.com

SATURDAY
October 13th

Register at:
http://crossingoversoberhouse.com/5k
5krace@crossingoversoberhouse.com

Adult- -- $25.00  $30.00 (after Oct. 12)
Ages 5-18 -- $10.00
Kids 5 & under-- Free!
Cost for families not to exceed $60
Mission Statement: The North Quabbin Community Coalition is a community-wide alliance committed to improving the quality of life for all those living and working in the North Quabbin since 1984.

NQRC Hours
The North Quabbin Recovery Center is open Wednesdays, Thursdays, and Fridays from 10:00 am to 2:00 pm. An All Recovery Meeting takes place from 11:00 to 11:45 am. All Recovery Meetings take place on Fridays at 7:30 pm. All are welcome.

Athol Woodbank
The deadline for applying to receive a free 1/2 cord of dry, cut, split wood is October 9 at 5:00 pm. Apply with Bridget, Assistant to the Town Manager, Athol Town Hall, 584 Main Street, Athol. Wood distribution will be in November.

The Woodbank also welcomes volunteers to split and stack wood. Dates are October 13 and November 16 from 9:00 am to 12:00 pm.

Congressman James P. McGovern’s Local Office Hours in Athol
Congressman James P. McGovern, serving the 2nd Congressional District, Massachusetts, has local office hours at the North Quabbin Community Coalition, 251 Exchange Street, Athol. Staff will be available on the third Friday of every month from 11:00 am to 2:00 pm to meet with you and provide assistance/advocacy with matters pertaining to federal government agencies and to discuss concerns, thoughts or opinions regarding matters pertaining to the federal government. To schedule an appointment or for additional information, please contact Eladia Romero, Regional Manager at 978-466-3552.