

We're not crazy, the system is!

Freedom Center

**Alternatives for Madness and Mental Health
Support, Advocacy, and Activism**

Free Acupuncture and Yoga

Freedom Center is a mutual support and activism network started in 2001 and run by volunteers with schizophrenia, bipolar, OCD, borderline, depression, and other labels. We work for empowerment, choice and humane treatment of people in extreme states of consciousness.

We have limited resources but help each other as best we can. Isolation is the problem: community is the solution. Join us. *People taking psychiatric drugs and people looking for other options are welcome.*



Weekly drop-in peer support group, Thursdays 7pm, Quaker space 43 Center St. side entrance. Resource referrals and sharing experiences in a non-judgemental atmosphere.

Weekly free yoga class Mondays 7pm, for recovery and relaxation, beginners welcome, 1st Churches 129 Center St. upstairs

Weekly free acupuncture clinic, Mondays 430pm, very effective for stress, drug withdrawal, grounding, and wellness, 43 Center St. side entrance. Ear acupuncture with thin, painless needles

Weekly live radio show, Wednesdays 6pm, 103.3 FM www.valleyfreeradio.org/vfrstream.html

We also offer a writing group, benzodiazepine support group, public events, protests, trainings for providers, literature, info referrals, and a website. Contact us for details.

Staff, allies, and volunteers are welcome, call first.

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