



Transforming 'crises' into opportunities to learn, heal and grow
(413) 570-2990

AFIYA is a part of the Western Mass Recovery Learning Community (RLC). The RLC strives to create healing and learning opportunities for individuals and community as a whole.

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Thursday, 07 March 2019

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Our Community

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Our Spaces

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Calls to Action

- The Murphy Bills and Beyond

Trainings & Highlights

- Film Series
- RLC Film Productions
- Alternatives to Suicide
- Hearing Voices
- Hearing Voices Facilitator Training May 2019
- Alternatives to Suicide Facilitator's Training April



Afiya



Afiya is the first peer-run respite in Massachusetts and one of only 13 in the country.

Afiya (A-FEE-yah) is a Swahili word that means 'physical, emotional and spiritual health and wholeness.'

Afiya's Mission: Afiya strives to provide a safe space in which each person can find the balance and support needed to turn what is so often referred to as a 'crisis' into a learning and growth opportunity.



Afiya is located in a residential neighborhood in Northampton, Massachusetts and is central to a variety of community resources. It is available to anyone ages 18 and older who is experiencing distress and feels they would benefit from being in a short-term, 24-hour peer-supported environment with others who have 'been there.' Typical stays at Afiya range from one to seven days.



Resources

- Community Resources
- WM Peer Network
- Helpful Links
- Glossary of Terms
- Film & Reading List

The majority of people you will meet (including in leadership roles) at Afiya identify as having lived experience that may include extreme emotional or altered states, psychiatric diagnoses, trauma histories, living without a home, navigating the mental health and other public systems, addictions and more. They have come together because they believe that the wisdom they have gained from their lived experience is invaluable and sharing their story has great potential to create connection and support for others on their own journeys.



Donate



- About Afiya
- How to access Afiya
- Frequently asked questions about Afiya
- Donations for Afiya
- Volunteers and Afiya
- Other Peer Respite in the United States



And be sure to check out our new Afiya film available above!

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RLC TEAM E-MAIL

Registration & Login for Website Users

