

Wellness Center FEBRUARY 2009

Mon	Tue	Wed	Thu	Fri
2 Meditation 1p Journaling Class 2-3p	3 Meditation 1p Peer Team Mtg. 2p <u>Visit 2West 3p</u> Recovery Int. 7:30p (see below) <u>NAMI Mtg. 7p HERE</u>	4 Dual Recovery Anon 11a Anger Management 12p Meditation 1p Spirituality 2pm Addictions Recovery 3:30p	5 Meditation 1p Board Games/Euchre 1-4p Philosophy Group 4p <u>Suicide Survivors Support 6p</u> <u>WRAP and PSS Maquoketa</u>	6 Meditation 1p Art 3p Movie Night 4p
9 Meditation 1p Journaling Class 2-3p	10 Weight Loss Group 1p Peer Team Mtg 2p <u>Visit 2West 3p</u> Women's Support 5p <u>Birthmother Support Group 6p</u> Recovery Int. 7:30p (see below)	11 Dual Recovery Anon 11a Meditation 1p Workforce Wednesday 1-2p Fear of Failure/Your Strengths Spirituality 2p Addictions Recovery 3:30p	13 Meditation 1p Board Games/Euchre 1-4p Philosophy Group 4p <u>WRAP and PSS Maquoketa</u>	14 Meditation 1p Art 3p Movie Night 4p
16 Meditation 12:30p <u>WRAP Smoking Cessation 1-3p</u> Journaling Class 3p	17 Weight Loss Group 1p Peer Team Mtg 2p <u>Visit 2West 3p</u> Recovery Int. 7:30p (see below) <u>NAMI 7pm HERE</u>	18 Dual Recovery Anon 11a Anger Management 12p Spirituality 2p Addictions Recovery 3:30p <u>WRAP 5-7p</u>	19 Meditation 1p Board Games/Euchre 1-4p Philosophy Group 4p <u>Suicide Survivors Support 6p</u> <u>WRAP and PSS Maquoketa</u>	20 Meditation 1p Art 3p Movie Night 4p
23 Meditation 12:30p <u>WRAP Smoking Cessation 1-3p</u> Journaling Class 3p	24 Weight Loss Group 1p Peer Team Mtg 2p <u>Visit 2West 3p</u> Women's Support 5p Recovery Int. 7:30p (see below)	25 Dual Recovery Anon 11a Anger Management 12p Spirituality 2p Addictions Recovery 3:30p <u>WRAP 5-7P</u>	26 Meditation 1p Board Games/Euchre 1-4p Philosophy Group 4p <u>WRAP and PSS Maquoketa</u>	27 Meditation 1p Art 3p Movie Night 4p

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Wellness Center PHONE: 563.690.1239 HOURS: noon to 5p (unless otherwise indicated)

Leave a Message for your Peer Support Specialist! Jess: x258 Lorri: x260 Gary: x259 Challane: 451.8635

NEWS FLASH! Our peer support specialists, Jess, Lorri, Gary and Challane are beginning to bill for peer support services this month. Please sign up and help us to keep our doors open. Peer support is a great way to build your support team and/or get more involved in the Wellness Center.

How our Groups Work... Our groups are often run by volunteers and sometimes, employees. Help is always needed because we also work with people in crisis. If fewer than 4 people show up for a group, the group facilitator may decide not to hold the group at the appointed time or on that day. We thank you for your flexibility, understanding and willingness to help make the Wellness Center a place and space for recovery.

New Groups....

Addictions Recovery: For anyone with an addiction or problem behavior they want to overcome or control...substances, gambling, compulsive behaviors like over eating or binge eating, spending, sex, etc... A variety of perspectives on addiction recovery will be explored in a setting of mutual peer support. Bring your own wisdom or challenges to share.

Birthmothers Support Group: For mothers who have chosen adoption, this group provides a place to share stories, pictures, letters – anything on your heart – with other birthmothers with the goal of finding comfort, support and healing through sharing.

Women's Group: Women joining together to share companionship and support in a nurturing environment.

NAMI Meetings held at the Wellness Center, 225 W. 6th Street, Dubuque.

Call Todd for information/transportation 563.564.2933.

Recovery International Meetings are available on Tuesday nights in DBQ and Thursday nights in Platteville.

Call Paul for information 556.9078.

*****Parking – Limited coin metered parking is available in the lot on the corner of 5th and Main. Maps of City parking options (free, ramps, and extended metered) are available near the Sign-in Sheet by the front door.**

*****Transportation – Rides home are offered after WRAP and NAMI meetings.**