

Wellness Center MARCH 2009

Mon	Tue	Wed	Thu	Fri
<p>2 Life Skills 11a Meditation 12:30p WRAP Smoking Cessation 1-3p Journaling Class 3p Magic the Gathering 4p WRAP for Vets 4-5:30p</p>	<p>3 Meditation 12:30p Weight Loss Group 1p Peer Team Mtg. 2p Visit 2West 3p Recovery Int. 7:30p (see below) <u>NAMI Mtg. 7p HERE</u></p>	<p>4 <u>Mothers in Recovery 10a</u> Dual Recovery Anon 11a Meditation 1p Spirituality 2pm Addictions Recovery 3:30p <u>WRAP 5-7p</u></p>	<p>5 Meditation 1p Board Games/Euchre 1-4p Philosophy Group 4p <u>Suicide Survivors Support 6p</u> <u>WRAP and PSS Maquoketa</u></p>	<p>6 Meditation 12:30p <u>*Dan & Carolyn's Tea Party 1p</u> Art and/or Singing 3p Movie Night 4p</p>
<p>9 Life Skills 11a Meditation 12:30p <u>Culture & Recovery 1p</u> WRAP Smoking Cessation 1-3p Journaling Class 3p Magic the Gathering 4p WRAP for Vets 4-5:30p</p>	<p>10 Meditation 12:30p Weight Loss Group 1p Peer Team Mtg 2p Visit 2West 3p <u>Women's Support 5p</u> <u>Birthmother Support Group 6p</u> Recovery Int. 7:30p (see below)</p>	<p>11 <u>Mothers in Recovery 10a</u> Dual Recovery Anon 11a Meditation 1p Spirituality 2p Addictions Recovery 3:30p <u>WRAP 5-7p</u></p>	<p>12 Meditation 1p Board Games/Euchre 1-4p Philosophy Group 4p <u>WRAP and PSS Maquoketa</u></p>	<p>13 Meditation 1p Art and/or Singing 3p Movie Night 4p</p>
<p>16 Life Skills 11a Meditation 12:30p WRAP Smoking Cessation 1-3p Journaling Class 3p Magic the Gathering 4p WRAP for Vets 4-5:30p</p>	<p>17 Meditation 12:30p Weight Loss Group 1p Peer Team Mtg 2p Visit 2West 3p Recovery Int. 7:30p (see below) <u>NAMI 7pm HERE</u></p>	<p>18 <u>Mothers in Recovery 10a</u> Dual Recovery Anon 11a Workforce Wednesday 1-2p Fear of Working with Others Spirituality 2p Addictions Recovery 3:30p <u>WRAP 5-7p</u></p>	<p>19 Meditation 1p Board Games/Euchre 1-4p Philosophy Group 4p <u>Suicide Survivors Support 6p</u> <u>WRAP and PSS Maquoketa</u></p>	<p>20 Meditation 1p Art and/or Singing 3p Movie Night 4p</p>
<p>23 Life Skills 11a Meditation 12:30p <u>Culture & Recovery 1p</u> WRAP Smoking Cessation 1-3p Journaling Class 3p Magic the Gathering 4p WRAP for Vets 4-5:30p</p>	<p>24 Meditation 12:30p Weight Loss Group 1p Peer Team Mtg 2p Visit 2West 3p <u>Women's Support 5p</u> Recovery Int. 7:30p (see below)</p>	<p>25 <u>Mothers in Recovery 10a</u> Dual Recovery Anon 11a Spirituality 2p Addictions Recovery 3:30p <u>WRAP 5-7P</u></p>	<p>26 Meditation 1p Board Games/Euchre 1-4p Philosophy Group 4p <u>WRAP and PSS Maquoketa</u></p>	<p>27 Meditation 1p Art and/or Singing 3p Movie Night 4p</p>

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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

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....

Mothers in Recovery: Come and find support and new ideas for moving toward a positive future with your family.

Addictions Recovery: For anyone with an addiction or problem behavior they want to overcome or control. A variety of perspectives on recovery will be explored in a setting of mutual peer support. Bring your own wisdom or challenges to share.

Life Skills: Are there life skills you need to learn? Managing your money, cleaning your home, employment/volunteer related, making and keeping friends? Bring your needs and interests to this new group!

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.

Culture and Recovery Discussions: Join us in a discussion about the ways we feel “different” from others in our recovery community...age, ethnicity, religious beliefs/worldview, sexual orientation/gender, or other... How can we bridge those differences so we can support one another better as a recovery community?

Magic the Gathering: Join friends in an awesome fantasy-based card game!

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.**