



JULY 2010

Wellness Center



Mon	Tue	Wed	Thu	Fri
<p>5 Coffee Hour! 11a NA 1p Lunch Bunch Planning Mtg 3p WRAP 4p</p>	<p>6 POSSE! Progress Notes! Consumer Advisory Board 12p Peer Team Mtg. 2p Visit 2West 3p Emotions Anonymous 4:30p * Meetings in Community!</p>	<p>7 Dual Recovery Anon 11a Lunch Bunch 12p Meditation 2p Weight Loss Support 2:30p</p>	<p>8 POSSE! Self Harm Support 11:30a Meditation 12p Seize the Day 1p Board Games/Euchre 1-4p Suicide Survivors Support 5p</p>	<p>9 Coffee Hour 12p Film & Discussion 1p Art/Singing/Dance 3p GLBTQ Support 4p</p>
<p>12 Coffee Hour! 11a NA 1p DBT Skills Training 2p <u>Yoga with Jan 4p</u> WRAP 4p</p>	<p>13 POSSE! Peer Team Mtg 2p Visit 2West 3p Emotions Anonymous 4:30p * Meetings in Community!</p>	<p>14 Dual Recovery Anon 11a Lunch Bunch 12:30p Meditation 2p Journaling 2:30p</p>	<p>15 POSSE! Self Harm Support 11:30a Meditation 12p Seize the Day 1p Board Games/Euchre 1-4p Yugioh! With Corrina 2p</p>	<p>16 Coffee Hour 12p Film & Discussion 1p Art/Singing/Dance 3p GLBTQ Support 4p</p>
<p>19 Coffee Hour! 11a NA 1p Crisis Update! 2:30p WRAP 4p</p>	<p>20 POSSE! Peer Team Mtg 2p Visit 2West 3p Emotions Anonymous 4:30p * Meetings in Community!</p>	<p>21 Dual Recovery Anon 11a Lunch Bunch 12:30p Meditation 2p Weight Loss Support 2:30p</p>	<p>22 POSSE! Self Harm Support 11:30a Meditation 12p Seize the Day 1p Board Games/Euchre 1-4p Suicide Survivors Support 5p</p>	<p>23 Coffee Hour 12p Film & Discussion 1p Art/Singing/Dance 3p GLBTQ Support 4p</p>
<p>26 Coffee Hour! 11a NA 1p <u>Yoga with Jan 4p</u> WRAP 4p</p>	<p>27 POSSE! Peer Team Mtg 2p Visit 2West 3p Emotions Anonymous 4:30p * Meetings in Community!</p>	<p>28 Dual Recovery Anon 11a Lunch Bunch 12:30p Meditation 2p Journaling 2:30p</p>	<p>29 POSSE! Self Harm Support 11:30a Meditation 12p Seize the Day 1p Board Games/Euchre 1-4p Yugioh! With Corrina 2p</p>	<p>30 VISITOR DAY! Coffee Hour 12p Film & Discussion 1p Art/Singing/Dance 3p GLBTQ Support 4p</p>

* Meetings in Community on Tuesdays Evenings include NAMI, Recovery International and ACOA. See other side for details.

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Wellness Center PHONE: 563-690-1239 HOURS: 11am to 5pm (unless otherwise indicated) Address 225 West 6th St.
Leave a Message for your Peer Support Specialist! Lorri: x259 Gary: x261 Jess: x258

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....

WRAP: Self care and support in one great group!

YOGA with Jan: A wonderful student from Body & Soul, Jan will help you to get in touch with body, mind and spirit through this wonderful, stress relieving practice.

Self-Harm Support: This group offers support for persons seeking to end self destructive and self-harming behaviors, led by social worker, John Meyer. Bring a brown bag lunch if you wish!

Yugioh!: Join Corrina in learning a cool card game!

Tuesday Evening Recovery in the Community!

NAMI Meetings at St. John's Parish House on the first & third Tuesday at 7pm, corner of 14th and Loras, Dubuque. Call Todd for info: 563-564-2933.

Recovery International Meetings, Tuesday nights in DBQ and Thursday nights in Platteville. Call Paul for info: 556-9078.

Adult Children of Alcoholics ACOA at the Source on Tuesdays from 6-8pm. ACOA is a 12 step, 12-tradition program of women and men who grew up in alcoholic or otherwise dysfunctional homes. We meet in a mutually respectful, safe environment and acknowledge our common experiences, finding freedom from the past and a way to improve our lives today. Call Nikki for information: 608-732-8811.