

Wellness Connection 2018

Sun	Mon	Tues	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

APRIL

Monday

- 10:15 – 11:00 Coffee and Discussion/Computer time - **Weekly**
- 11:00 – 12:00 DBT/Coping Skills – **Weekly**
- 12:00 – 1:00 Emotions Anonymous (Eat and Meet) – Weekly**
- 1:30 - 2:30 TBA – **Weekly** (To Be Announced)
- 3:00 - 4:00 Games and/or Computer Time/ Socializing – **Weekly**

Tuesday

- 10:15 - 11:00 Music Therapy - **Weekly**
- 11:00 - 12:00 “Walking for your health” – **Weekly**
- 12:00 - 1:00 Managing Anxiety, Stress and Worry - **Weekly**
- 1:30 - 2:30 What are “Boundaries” - **Weekly**
- 3:00 - 4:00 Games and/or Computer Time/ Socializing - **Weekly**
- 5:30 - 7:00 NAMI-BG Family and Consumer Support Group Meetings (First and Third Tuesdays)**

Wednesday

- 10:15 – 11:00 Tai Chi and Stretching for Beginners - **Weekly**
- 11:00 – 12:00 “Making the most of your time” - **Weekly**
- 12:30 – 1:30 DTR (Double Trouble in Recovery) Eat and Meet – 12 step program for those with mental illness and an Addiction (co-occurring disorders, dual-diagnosis) – Weekly**
- 2:00 – 3:00 Step study (Breaking down each of the 12 steps) - **Weekly**
- 3:00 – 4:00 Games/Socializing/Computer – **Weekly**
- Adult Coloring – **Weekly** (We supply everything)

Thursday

- 10:00 – 11:00 Socializing/ Computer time - **Weekly**
- 11:15 – 1:00 **Love Hunger** (Recovery from Food Addiction) – **Weekly**
- 1:00 – 2:00 Book Club – Read and discuss selected book together – **Weekly**
- 1:00 – 2:00 You Pick It - Mental Health Topic/Video and discussion - **Weekly**
- 2:00 – 3:30 KYStars Recovery Support Group – Weekly .. You can recover from Mental Illness/Addiction!**
- Adult Coloring – **Weekly** (We supply everything!)
- 3:30 – 4:00 Free Time

NAMI Membership: Free Music CD to anyone signing up for the first time!! Ask someone!