

Wellness Connection 2019



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	

Tuesday

- 10:15 - 11:00 Cards, Games or Computers - **Weekly**
- 11:00 - 11:50 Why does your childhood matter? - **Weekly**
- 12:00 - 1:00 **EA (Emotions Anonymous) - Weekly**
- 1:15 - 2:15 Things Successful People *Do Not* say! - **Weekly**
- 2:15 - 4:00 *MOVIE (snacks) - Weekly*
- 2:30 - 3:30 What is Manipulation? – **Weekly beginning the 13th**

- 5:30 - 7:00 NAMI-BG Family and Consumer Support Group Meetings (First and Third Tuesdays)**

Wednesday

- 10:15 – 11:00 Games/Cards/Computers - **Weekly**
- 11:15 – 12:15 Gratitude and why is it Important? - **Weekly**
- 12:30 – 1:30 DTR (Double Trouble in Recovery) – 12 step program for those with mental illness and an Addiction (co-occurring disorders, dual-diagnosis) – Weekly**
- 1:35 – 2:35 *Gaslighting - What is it? Is it bad or good? Weekly*
- 2:35 – 4:00 Art/Craft or Drama therapy - **Weekly** (Generally, we supply everything)
- 3:00 – 4:00 Free Time/Computer/Game time - **Weekly**

Thursday

- 10:00 – 11:00 Just for fun Cards/Games/Computers - **Weekly**
- 11:15 – 1:00 The ***Brain Warriors Way* We cook and we talk!** - **Weekly**
Note: This is a class has biblical quotes and references, open discussion about making life changes for your Brain Health.
- 1:00 – 2:00 *Book Club – Read and discuss selected book together – Weekly*
- 1:00 – 2:00 *Mental Health Topic/Video and discussion - Weekly*
- 2:00 – 3:00 KYStars Recovery Support Group – Weekly .. You can recover from Mental Illness/Addiction!**
- 2:00 – 3:00 Adult Coloring – **Weekly** (We supply everything!)
- 3:00 – 4:00 Game time/Free Time/Computer time

We have snacks or light lunch items. (Bring your own drinks/or items for special diet.)