

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			



Monday

- 10:00 – 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 - 3:00 TBA – **Weekly** (To Be Announced)
- 3:00 - 4:00 Games and/or Computer Time/ Socializing – **Weekly**

Tuesday

- 10:00 – 11:00 Music Therapy - **Weekly**
- 11:00 - 12:00 “What do YOU want to do with your life?” – **Weekly**
- 12:00 - 1:00 Gaslighting, Hoovering, Stonewalling and Manipulation - **Weekly**
- 1:30 - 3:00 Managing Worry/Stress – **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

14th @ Noon – Valentines Celebration



- 10:15 – 11:00 Tai Chi and Stretching for Beginners - **Weekly**
- 11:00 – 12:00 Anger Management - **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 How/Where do I get medication/therapy/psychiatrist? - **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 – 12:45 **Fear and Anxiety** (How to overcome) – **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!