

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		

Monthly Schedule

Tuesday

- 10:15 - 11:00 Cards, Games or Computers - **Weekly**
- 11:00 - 12:00 UK Extension Nutrition Class - **Weekly (Food and gifts)**
- 12:00 - 1:00 **EA (Emotions Anonymous) - Weekly**
- 1:00 - 2:00 NAMI's Navigating Crisis - **Weekly**
- 2:00 - 3:45 MOVIE (free snacks) - **Weekly**
- 2:15 - 3:45 The ***Daniel Plan*** **Note:** This is a class w/biblical quotes and references, open discussion about God and Christian Principals about making life changes. – **Weekly**

- 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**
- 11:00 – 12:00 What **Personality Disorders** are and how to treat them - **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**
- 2:00 – 3:00 “How to deal with people.” - **Weekly**
- 3:00 – 4:00 Art/Craft or Drama therapy - **Weekly** (Generally, we supply everything)
Free Time/Computer time - **Weekly**

Thursday **Something Special on Valentines Day**

- 10:00 – 11:00 Just for fun/Tai Chi/Computers - **Weekly**
- 11:15 – 1:00 Childhood/Trauma/Addiction and Mental Illness – **Weekly**
- 1:00 – 2:00 Book Club – Read and discuss selected book together – **Weekly**
Mental Health Topic/Video and discussion - **Weekly**
- 2:00 – 3:00 **KYStars Recovery Support Group – Weekly** .. You can recover from Mental Illness/Addiction!
Adult Coloring – **Weekly** (We supply everything!)
- 3:00 – 4:00 Game time/Free Time/Computer time

- 5:30 – 7:00 **“Wounded Souls” support Group Meetings (Second and Fourth Thursdays)**

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