

Wellness Connection

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	31			

January 2018

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 Let's make something! – **Weekly Instructor**
- 3:00 - 4:00 Games and/or Computer Time/ Socializing – **Weekly**

Tuesday

- 10:00 – 11:00 How to clean anything - cleaning tips from Nathan - **Weekly**
- 11:00 - 12:00 "What do YOU want to do with your life?" – **Weekly**
- 12:00 - 1:00 You Pick It - Mental Health Topic/Video and discussion - **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

- 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 Open discussion/topic - **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 DON'T Get stuck and stay there!!– **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

Adult Survivors of Child Abuse – **Suspended until further notice.
If interested in attending, **please** call office with contact information.

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