

Wellness Connection 2019



JULY

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			

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 Who will speak for you when you can't? - **Weekly**
- 2:15 - 4:00 *MOVIE (snacks)* - **Weekly**
- 2:30 - 3:30 What is meant by Co-dependant behaviors? - **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**
- 11:15 – 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 *Anger, Resentment and Recovery* - **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 **CLOSED July 4th! Have Fun/Be safe!!**

- 10:00 – 11:00 Just for fun/Tai Chi/Computers - **Weekly**
- 11:15 – 1:00 The ***Daniel Plan*** **We cook and we talk!** - **Weekly**
Note: This is a class w/biblical quotes and references, open discussion about God and Christian Principals about making life changes.
- 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.)

Wellness Connection – 428 Center Street – Bowling Green, KY 42101 – 270-796-2600
www.namibg-wellnessconnection.com *Peer Counseling by appointment!*