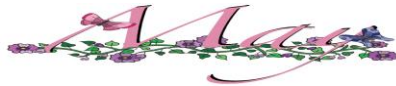


Wellness Connection 2019



Sun	Mon	Tues	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	closed	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

May is Mental Health Awareness Month

Tuesday

- 10:15 - 11:00 Cards, Games or Computers - **Weekly**
- 11:00 - 12:00 What are the 12 steps? - **Weekly**
- 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 Co-dependency – Who has it? What is it? - **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 5 Love Languages and their Biblical perspective - **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 **Closed the 9th for Peer Support Conference**

- 10:00 – 11:00 Just for fun/Tai Chi/Computers - **Weekly**
- 11:15 – 1:00 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**
- 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

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