

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	29	30	

NOVEMBER SCHEDULE

Tuesday

- 10:15 - 11:00 Music for Therapy - **Weekly**
- 11:00 - 12:00 Step by Step to Recovery - **Weekly**
- 12:00 - 1:00 **EA (Emotions Anonymous) - Weekly**
- 1:00 - 2:00 Trauma: "How struggle can lead to growth" - **Weekly**
- 2:00 - 4:00 MOVIE and snacks - **Weekly**

5:30 - 7:00 NAMI-BG Family and Consumer Support Group Meetings (First and Third Tuesdays)

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

Wednesday

- 10:15 - 11:00 Games/Cards - **Weekly**
- 11:00 - 12:00 "NINE things you simply must do." - **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** (We supply everything)

Thursday **Closed Thanksgiving**

- 10:00 - 11:00 Just for fun - **Weekly**
- 11:15 - 1:00 ~~How to~~ Change your brain - change YOUR life! - **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

Now providing snacks or light lunch items. Bring your own drink.