

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	31			

OCTOBER SCHEDULE

Tuesday

- 10:15 - 11:00 "It's a walk in the park!" - **Weekly**
- 11:00 - 12:00 Step by Step to Recovery - **Weekly**
- 12:00 - 1:00 **EA (Emotions Anonymous) - Weekly**
- 1:00 - 2:00 "Who are the **Safe People** to be around." - **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 "What does food have to do with anything?" - **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 "Getting and staying motivated." - **Weekly**
- 3:00 – 4:00 Art/Craft or Drama therapy - **Weekly** (We supply everything)

Thursday

- 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** *Coming Soon: "Extreme Ownership"*
- 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.