



Schedule of Classes, Events & Activities

Recovery Institute of Southwest Michigan, Inc.

1020 South Westnedge Ave

Kalamazoo, MI 49008

www.recoverymi.org (269) 343-6725

We are a
community of
peers embracing
recovery.

JANUARY, 2017

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>CLOSED FOR HOLIDAY</p>	<p>3 8:30am-9:30am SMART Recovery 10am-10:45am WHAM Support 10:45am-12pm WHAM Class 1-3pm Writers' Group 3pm Transformations Group 3pm YMCA ** 6-7:30pm Vet-to-Vet Support Group</p>	<p>4 10:30am YMCA ** 11am-Noon Smoke Less Live More Class Noon-1pm YOGA 2-3pm SMART Recovery Grp</p>	<p>5 8:30 SMART Recovery 12:30-2pm Hearing Voices Support Group 3pm OCA Meeting</p>	<p>6 10-11am Meditation Group 12:30-2:30pm Open Studio, Games & Music 3pm Transformations Group 3pm YMCA **</p>
<p>9 10:30-11:30pm Rainbow Recovery Group 1pm Walking Group 2-3pm SMART Recovery Group 3-4:15pm WHAM Class</p>	<p>10 8:30am-9:30am SMART Recovery 10am-10:45am WHAM Support 10:45am-12pm WHAM Class 12-1pm Collaborative Meeting 1-3pm Writers' Group 3pm Transformations Group 3pm YMCA ** 6-7:30pm Vet-to-Vet Support Group</p>	<p>11 10:30am YMCA ** 11am-Noon Smoke Less Live More Class Noon-1pm YOGA 2-3pm SMART Recovery Grp</p>	<p>12 8:30am SMART Recovery Group 12:30 – 2pm Hearing Voices Support Group 3pm OCA Meeting 3pm Board Meeting</p>	<p>13 10-11am Meditation Group 1200PM-2:00pm Movie & Popcorn: Grumpier Old Men 12:30-2:30pm Games & Music 3pm Transformations Group 3pm YMCA **</p>
<p>16</p> <p>CLOSED Martin Luther King, Jr. Day</p>	<p>17 8:30am-9:30am SMART Recovery 10am-10:45am WHAM Support 10:45am-12pm WHAM Class 1-3pm Writers' Group 3pm Transformations Group 3pm YMCA ** 6-7:30pm Vet-to-Vet Support Group</p>	<p>18 10:30am YMCA ** 11am-Noon Smoke Less Class Noon-1pm YOGA 1-2pm Activities Advisory Council 2-3pm SMART Recovery Grp</p>	<p>19 8:30am SMART Recovery Group 12:30 – 2pm Hearing Voices Support Group 3pm OCA Meeting 3-4pm Safety Part I</p>	<p>20 10-11am Meditation Group 12:30-2:30pm Open Studio, Games & Music 3pm Transformations Group 3pm YMCA **</p>
<p>23 10:30-11:30pm Rainbow Recovery Group 11-12pm Transformation Group 1pm Walking Group 1-2pm Smoke Less Live More Class 2-3pm SMART Recovery Group 3-4:15pm WHAM Class</p>	<p>24 8:30am-9:30am SMART Recovery 10am-10:45am WHAM Support 10:45am-12pm WHAM Class 1-3pm Writers' Group 3pm Transformations Group 3pm YMCA ** 6-7:30pm Vet-to-Vet Support Group</p>	<p>25 10:30am YMCA ** 11am-Noon Smoke Less Class Noon-1pm YOGA 1-3:30PM Bowling Outing 2-3pm SMART Recovery Grp</p>	<p>26 8:30am SMART Recovery Group 12:30 – 2pm Hearing Voices Support Group 3pm OCA Meeting 3-4pm Safety Part II</p>	<p>27 10-11am Meditation Group 12-2:30pm Valentine Printmaking with Bailey 3pm Transformations Group 3pm YMCA **</p>
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SPECIAL EVENTS

Friday, Jan. 13th, **12:00-2:00pm. Movie: Grumpier Old Men** & popcorn. Sandy, hosting.

Thur. Jan 19th & 26th, **3-4pm: Workshop – Safety**. Explore what safety means to you & 1st stages of healing from PTSD & substance abuse.

Wed. Jan. 25th, **1pm -3:30pm · Bowling** at Airway Lanes – please reserve by noon on Monday, Jan. 23rd!

Friday, Jan. 27th, **12-2:30pm: Open Studio - Printmaking** with **Bailey!** One of a kind **Valentine cards/designs**. Enjoyment & creativity for all!

Friday, Feb. 10th, **12-2pm: Movie-Wild Parrots of Telegraph Hill** & popcorn. Julie, hosting.

Tues. Feb. 14th, **1-2:30pm: Valentine's Day Informal Gathering**. Hosted by Activities Advisory Committee.

Thur. Feb. 16th & 23rd, **3-4pm: Workshop – Taking Back Your Power**. What is PTSD? Link between PTSD/Substance Use; Using Compassion.

Wed. Feb. 22nd, **1-3pm: Kalamazoo Institute of Arts** – Sculpture and Ceramic Exhibitions. Leave RI at 1pm.

One Hour WORKSHOPS in January & February utilize **Seeking Safety** curriculum.

Weekly Peer Support Groups - Open to the Public:

Rainbow Recovery Group – Monday, 10:30-11:30am. Supporting recovery in the LGBTQ Community. Bill & Amanda, Facilitators.

SMART Recovery Group (Self-Management and Recovery Training): **Monday 2-3pm & Thursday 8:30-9:30am are discussion meetings.**

Tuesday 8:30-9:30am & Wednesday 2-3pm are book study groups. A cognitive approach to manage addictive behaviors. Bill, Sylvia, Torri or Patricia.

Transformations Group: Monday, 11am-Noon. Tuesday & Friday, 3-4pm. Group support for mental illness and/or substance use recovery. Torri & Sylvia.

Vet-to-Vet Support Group: Tuesday 6pm-7:30pm. Weekly networking, support and resources for all Kalamazoo area veterans. Call Bill; Kate C., Facilitator.

Hearing Voices Network (HVN) Support: Thursday, 12:30-2pm. Share support & recovery for anyone hearing voices; having visual experiences, unusual beliefs or self-injury. Terri & Quiana, Facilitators.

Obsessive Compulsive Anonymous (OCA) Support Group: Thursday, 3-4pm. 12-Step Recovery. Call Sylvia; Ryan J., Co-Facilitator.

ONGOING CLASSES & ACTIVITIES:

WHAM (Whole Health Action Management) Class – Monday, 3pm-4:15pm & Tuesday, 10:45am-12pm: Skills for mind-body resiliency, have fun & increase overall wellness - 4 weeks. Facilitators, Amy, Terri & Sharee'. **Tue. 10-10:45am:** Action plan & 8 week support follows 4 week class completion ONLY.

SMOKE LESS LIVE MORE – Ongoing Mon. 1-2pm and Wed. 11am-Noon. Tobacco Reduction – No Shame No Blame! Debbie, Alana, Sylvia & Jamor.

Writer's Group - Tuesday 1-3pm. Write about recovery, life in an open and constructive format. Carol & Monica, Facilitators.

Mindful Meditation, 10-11am: Learn & practice techniques to stay present in the now, increase focus, reduce worry. Judy S. & Chris R., Facilitators.

YOGA – Wednesday, Noon-1pm with Melissa. Beginner YOGA stretches & poses.

Open Studio, Board Games & Music Group – Most Fridays (See Calendar) 12:30-2:30pm. Peer artists share skills with various mediums. Others play games, bring an instrument & enjoy music. Quiana, Facilitator. Fellowship & creativity - a great way to relax and start the weekend!

Individual Peer Support & Recovery Coaching Available

Monday-Tuesday, Thursday-Friday 8am-4:30pm., Wednesday 10am-4:30pm.

Activities & Tutoring By Appointment Only:

YMCA - Maple Street. Tuesday & Friday 3-4:30pm; Wednesday, 10:30am - Noon. Enjoy personal work out. Pool is available on Tuesday.

Must call earlier than 4:30pm the day before to reserve for the YMCA. Limited participation.

Computer Lab – Call for appointment. Basic or intermediate skill assistance from Judy.

Reading and Writing – Call for appointment. Tutoring with Monica.

ONCE A MONTH ACTIVITIES:

Board of Director's Meeting: Thursday, January 12th and February 2nd: 3-5pm. Members are welcomed!

Community Collaborative: Tues. Jan. 10th & Feb. 7th at RI. NEW Time-Noon to 1pm. Current info re: community peer support, recovery.

Activities Advisory Council: 3rd Wed. each month. Jan.21st and Feb.15th, 1-2pm. All peers invited to attend and share ideas!



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