



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.

MARCH, 2017

Monday	Tuesday	Wednesday	Thursday	Friday	
<u>SEE SPECIAL EVENTS & DESCRIPTIONS ON PAGE 2</u>		1 10:30am YMCA ** 11am-Noon Smoke Less Live More Class Noon-1pm YOGA 2-3pm SMART Recovery Study	2 8:30am SMART Recovery Group 10-11am Smoke Less Live More Class 12:30 – 2pm Hearing Voices Support Group 3pm OCA Meeting 3pm Board Meeting	3 10-11am Meditation Group 12:30-2:30pm Open Studio, Games & Music 3pm Transformations Group 3pm YMCA **	
	6 10:30-11:30pm Rainbow Recovery 11-12pm Transformation Group 1pm Walking Group 2-3pm SMART Recovery Group 3-4:15pm WHAM Class	7 8:30am-9:30am SMART Recovery 10am-10:45am WHAM Support 10:45am-12pm WHAM Class 12-1pm Collaborative Meeting 1-2pm Writers' Group 3pm Transformations Group 3pm YMCA **	8 10:00-11:30 Essential Oils With Kim D. 10:30am YMCA ** 11am-12 Smoke Less Class Noon-1pm YOGA 2-3pm SMART Recovery Study	9 8:30am SMART Recovery Group 10-11am Smoke Less Live More Class 12:30 – 2pm Hearing Voices Support Group 3pm OCA Meeting	10 10-11am Meditation Group 12pm-2:00pm Movie & Popcorn: Radio 3pm Transformations Group 3pm YMCA **
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	20 10:30-11:30pm Rainbow Recovery 11-12pm Transformation Group 1pm Walking Group 2-3pm SMART Recovery Group 3-4:15pm WHAM Class	21 8:30am-9:30am SMART Recovery 10am-10:45am WHAM Support 10:45am-12pm WHAM Class 1-2pm Writers' Group 3pm Transformations Group 3pm YMCA **	22 10:30am YMCA ** 11am-Noon Smoke Less Class Noon-1pm YOGA 1-3:00PM The Bead Shop * 2-3pm SMART Recovery Study	23 8:30am SMART Recovery Group 10-11am Smoke Less Live More Class 12:30 – 2pm Hearing Voices Support Group 3pm OCA Meeting	24 10-11am Meditation Group 12:30-2:30pm Open Studio, Games & Music 3pm Transformations Group 3pm YMCA **
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** Must reserve day before for YMCA. Call 269-343-6725.

Wed. March 8th, 10-11:30AM Essential Oils: Learn about different oils and their benefits with Kim D.

*Wed. March 22nd, 1-3:00PM *The Bead Shop*: Option of making one necklace or one bracelet. Bring \$5.00 if you want to make both. **Reserve by Mon. March 20th!**

SPECIAL EVENTS

Friday, March 10th, **12:00-2:00pm. Movie: Radio** & popcorn. Shay, hosting.

Friday, March 17th, **12 Noon-1:30pm. Member Appreciation & Lunch** – Welcome our newer members and celebrate commitments towards recovery.

Wed. March 15th, **3-4pm. Workshop: Detaching from Emotional Pain (Grounding)**. Discuss ways to shift attention away from negative feelings.

Wed. March 22nd, **1pm -3:30pm. Outing to The Bead Shop**: Choice of making a bracelet or a necklace; **must reserve by 4pm on Mon. March 20th!!**

Thur. April 13th, 20th and 27th, **2:30-3:30pm. Workshop: When Substances Control You**. Substance use can keep us stuck in our problems. Discuss & learn positive ways to make changes that can move us forward in recovery and life! Sharee`, Alana, Bill & Torri, Facilitators.

One Hour WORKSHOPS in March & April 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: **Mon. 11am-Noon. Tuesday & Friday, 3-4pm.** Group support for mental illness and/or substance use recovery. Torri & Amanda.

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 & Alana, Facilitators.

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

Vet to Vet Group is suspended for March and April.

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 Sylvia, Terri, Alana & Sharee`. **Tue. 10-10:45am:** Plan & 8 week support follows 4 week class completion ONLY.

NEW TIME!! SMOKE LESS LIVE MORE-Ongoing **WED. 11am-Noon & THUR. 10am-11am.** Tobacco Reduction – No Shame No Blame! Debbie, Alana, Sylvia.

Writer's Group - Tuesday 1-2pm. 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, March 2nd and April 6th: 3-5pm.** Members are welcomed!

Community Collaborative: **Tues. March 7th & April 4th at RI.** NEW Time-Noon to 1pm. Info re: community peer support, recovery fair.

Activities Advisory Council: **3rd Wed. each month. March 15th and April 12th, 1-2pm. All peers invited** to attend and share ideas!



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APRIL, 2017

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Friday, April 7th, **1:30pm-3:30pm. Outing to KVCC Planetarium – Spacepark 360** program. Leave RI at 1:30 or meet at planetarium at 1:45pm. *Spacepark 360* begins at 2pm!

Please see descriptions of classes, groups and events on Page 2!