



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.*

MAY, 2017

Monday	Tuesday	Wednesday	Thursday	Friday
1 10:30-11:30pm Rainbow Recovery 11-12pm Transformation Group 1pm Walking Group 2-3pm SMART Recovery Group 3-4:15pm WHAM Class	2 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 **	3 10:30am YMCA ** 11am-Noon Smoke Less Live More Class Noon-1pm YOGA 2-3pm SMART Recovery Study	4 8:30am SMART Recovery Group 10-11am Smoke Less Live More 12:30 – 2pm Hearing Voices Support Group 3pm OCA Meeting 3pm Board Meeting	5 10-11am Meditation Group 11:10-noon Exercise 12:30-2:30pm Open Studio, Games & Music 3 pm Transformations Group 3 pm YMCA **
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15 10:30-11:30pm Rainbow Recovery 11-12pm Transformation Group 1pm Walking Group 1-2:15 pm Asking for Help 2-3 pm SMART Recovery Group 3-4:15 pm WHAM Class	16 8:30am-9:30am SMART Recovery 10am-10:45am WHAM Support 10:45am-12pm WHAM Class 1-2 pm Writers' Group 3 pm Transformations Group 3 pm YMCA **	17 8:30am Mental Health Breakfast @ Radisson 10:30am YMCA ** 11am-Noon Smoke Less Class Noon-1pm YOGA 1-2pm Activities Advisory Mtg. 2-3pm SMART Recovery Study	18 8am-5pm Unite to Face Addiction Rally-Lansing 8:30am SMART Recovery Group 10-11am Smoke Less Live More 12:30 – 2pm Hearing Voices Support Group 3pm OCA Meeting	19 10-11am Meditation Group 11:10-noon Exercise 12:30-2:30pm Open Studio, Games & Music 3 pm Transformations Group 3 pm YMCA **
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29 MEMORIAL DAY CLOSED	30 8:30 am-9:30am SMART Recovery 10 am-10:45am WHAM Support Group 10:45am-12pm WHAM Class 1-2 pm Writers' Group 3 pm Transformations Group 3 pm YMCA **	31 10:30am YMCA ** 11am-Noon Smoke Less Live More Class Noon-1pm YOGA 2-3 pm SMART Recovery Study	Annual Peer Conference in Lansing	

**** Must reserve day before for YMCA. Call 269-343-6725.**

Wed. May 10th, 8am-5pm Annual Walk-A-Mile In My Shoes @ state Capitol. Please sign up with staff and reserve a seat if you are interested

Wed. May 17th, 8:30am Annual Mental Health Awareness Breakfast @ The Radisson. Please sign up with staff if you need transportation downtown.

Thurs. May 18th, 8am-5pm 2nd Annual Unite to Face Addiction Rally in Lansing with Sharee`. Seating is limited. Please sign up with staff if you would like to join us!

Wed.-Fri, May 31-June 2: Annual Peer Conference in Lansing. See staff if you have questions or are interested in attending one of the days. Limited participation.

SPECIAL EVENTS

Friday, May 12th, **12:00-2:00pm. Movie: Great & Powerful Oz** & popcorn. Melissa, hosting. *(Movies will resume in September!)*
Monday, May 15th **1-2pm. Workshop: Asking for Help.** Being aware of when we need help and asking appropriately is often a challenge for many.
Saturday, June 3rd. Join **Recovery Institute in Kalamazoo Doo Dah** parade downtown! **See Bill for details or come to May 2nd Collaborative** at noon.
Wednesday, June 14th **2-3:30 pm.** Join recovery walk at **Asylum Lake**. Leave RI at 2pm or meet in Drake Road parking lot @ 2:15pm. **Bring water bottle.**
Monday, June 19th **1-2 pm.** Workshop: **Taking Good Care of Yourself.** Self-care is a means of treating ourselves with respect.
Friday, June 23rd, **12 Noon-1:30pm. Member Appreciation & Lunch** – Welcome our newer members and celebrate commitments towards recovery.
One Hour WORKSHOPS in May & June utilize **Seeking Safety** curriculum - Pat, Bill, Torri, & Sharee`.

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, Torri or Patricia.
Transformations Group: Mon. 11am-Noon. Tuesday & Friday, 3-4pm. Group support for mental illness &/or substance use recovery. Torri, Amanda, Lori.
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 Debbie; 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 Terri, Jamor & Sharee`. **Tue. 10-10:45am:** Plan & 8 week support follows 4 week class completion ONLY.
SMOKE LESS LIVE MORE-Ongoing **WED. 11am-Noon** & **THUR. 10-11am.** Tobacco Reduction – No Shame No Blame! Debbie, Alana, & Lori.
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.
Movement – Friday, 11:10am-Noon with Shay! Variety of low-impact moves, including walking when weather permits!
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, May 4th, 3-5pm. Members are welcomed! There will not be a board meeting in June.

Community Collaborative: Tues. May 2nd & June 6th at RI. NEW Time-Noon to 1pm. Info re: community peer support, recovery fair.

Activities Advisory Council: 3rd Wed. each month. May 17th and June 21st, 1-2pm. All peers invited to attend and share ideas!



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JUNE, 2017

Monday	Tuesday	Wednesday	Thursday	Friday
Please see descriptions of classes, groups and events on Page 2!			1 Annual Peer Conference 8:30am SMART Recovery Group 10-11am Smoke Less Live More 12:30 – 2pm Hearing Voices Support Group 3 pm OCA Meeting	2 Annual Peer Conference 10-11am Mindful Meditation 11:10-noon Exercise 12:30-2:30pm Open Studio, Games, & Music 3 pm Transformations Grp. 3 pm YMCA **
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Wed. June 21st 3-4:15pm: Join us for our very own **PoWeR** Group presentation! Hear inspirational recovery experiences firsthand! Snacks provided.

Fri. June 23rd 12Noon-1:30: Member Appreciation & Recognition Cookout! Please join us to celebrate recovery commitments and accomplishments!