



# 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.

## SEPTEMBER, 2017

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>Please see descriptions of classes, groups and events on Page 2!</b>			<b>1</b> 10-11am Meditation Group 12:30-2:30pm Open Studio, Games & Music 3 pm Transformations Group <b>NO YMCA</b>
<b>4</b> <b>CLOSED LABOR DAY</b>	<b>5</b> 8:30am-9:30am SMART Recovery 1-2pm Writers' Group 3pm Transformations Group 3pm YMCA **	<b>6</b> 10:30am YMCA ** 10:30am Meditation 11a m-12 Smoke Less Class <b>12:45-2pm Men's Healing Class *</b> 2-3pm SMART Recovery Study	<b>7</b> 8:30am SMART Recovery Group <b>11-12pm Wellness Fair Planning</b> 12:30 – 2pm HearingVoices Support Group 3 pm OCA Meeting <b>3-5pm BOARD MEETING</b>	<b>8</b> 10-11am Meditation Group 12:30-2:30pm Open Studio, Games & Music 3 pm Transformations Group 3 pm YMCA **
<b>11</b> 10:30-11:30am Rainbow Recovery 11-Noon Transformation Group 1pm Walking Group 2-3 pm SMART Recovery Group 2:15-3pm WHAM Support 3-4:15 pm WHAM Class	<b>12</b> 8:30am-9:30am SMART Recovery <b>10-11:30am Women's Healing Class*</b> 1-2 pm Writers' Group 3 pm Transformations Group 3 pm YMCA **	<b>13</b> 10:30am YMCA ** 10:30am Meditation 11a m-Noon Smoke Less Class <b>12:45-2pm Men's Healing Class *</b> 2-3pm SMART Recovery Study	<b>14</b> 8:30am SMART Recovery Group <b>11-12pm Wellness Fair Planning</b> 12:30 – 2pm HearingVoices Support Group 3pm OCA Meeting	<b>15</b> 10-11am Meditation Group 12:30-2:30pm Open Studio, Games & Music 3 pm Transformations Group 3 pm YMCA **
<b>18</b> 10:30-11:30am Rainbow Recovery 11-Noon Transformation Group 1pm Walking Group 2-3pm SMART Recovery Group 2:15-3pm WHAM Support 3-4:15 pm WHAM Class	<b>19</b> 8:30am-9:30am SMART Recovery 10-11:30am Women's Healing Class* 1-2pm Writers' Group 3 pm Transformations Group 3 pm YMCA **	<b>20</b> 10:30am YMCA ** 10:30am Meditation 11a m-Noon Smoke Less Class <b>12:45-2pm Men's Healing Class *</b> <b>1-2pm Member Activity Meeting</b> 2-3 pm SMART Recovery Study	<b>21</b> 8:30am SMART Recovery Group <b>11am-3pm Wellness &amp; Recovery Fair at Bronson Park</b> 12:30 – 2pm HearingVoices Support Group 3 pm OCA Meeting	<b>22</b> 10-11am Meditation Group 12:30-2:30pm Open Studio, Games & Music 3 pm Transformations Group 3 pm YMCA **
<b>25</b> <b>CLOSED FOR STAFF RETREAT</b>	<b>26</b> 8:30am-9:30am SMART Recovery 10-11:30am Women's Healing Class* 1-2 pm Writers' Group 3 pm Transformations Group 3 pm YMCA **	<b>27</b> 10:30am YMCA ** 10:30am Meditation 11a m-Noon Smoke Less Class <b>12:45-2pm Men's Healing Class *</b> 2-3 pm SMART Recovery Study	<b>28</b> 8:30am SMART Recovery Group 12:30-2PM HVN Support Grp 3pm OCA Meeting	<b>29</b> 10-11am Meditation Group <b>12:00-1:30 pm MEMBER APPRECIATION</b> 3 pm Transformations Group 3 pm YMCA **

\*\* Must reserve day before for YMCA and meet requirements with written goal and signed releases. Call 269-343-6725.

### SPECIAL EVENTS

**Classes you've been waiting for - Wednesday, September 6<sup>th</sup> through Jan. 3, 2018. 12:45pm – 2pm. Men's Healing** with Bill & Jamor.

**Tuesday, September 12<sup>th</sup> through Jan. 9, 2018, 10am – 11:30am. Women's Healing** with Amanda & Patricia. Empowering men's and women' classes cover concerns many struggle with, including alcohol/drugs. Topics in both classes include **Self, Relationships, Sexuality** and **Spirituality**.

**Sign up, first session attendance and commitment to class are necessary – limited seats.**

Thursday, September 21<sup>st</sup>, **11am-3pm: 3<sup>d</sup> Annual Wellness & Recovery Fair at Bronson Park**. Celebrate recovery in Kalamazoo and connect with wellness resources! **Want to help? Contact Bill at 269-343-6725 to volunteer or for more information!**

## SPECIAL EVENTS

**Wellness & Recovery Fair Planning:** September 7<sup>th</sup> & September 14<sup>th</sup>, 11am-Noon. **Fair scheduled September 21<sup>st</sup> in Bronson Park.** Contact Bill.  
**Member Appreciation Lunch:** Friday, September 29<sup>th</sup>, **12:00–1:30pm.** Recognize & celebrate new members, volunteer commitments, accomplishments!

Thursday, October 12<sup>th</sup>, 3-4PM: **Recovery Thinking Part I.** Identify harmful thoughts and learn new tools to create positive self-talk and thinking.  
Thursday, October 19<sup>th</sup>, 3-4PM: **Recovery Thinking Part II.** Continuation of Part I. Torri, Sharee, Amanda, Pat, Bill. **Recovery Thinking I & II** workshops follow *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, Torri, Amanda, Patricia.  
**Transformations Group:** **Mon. 11am-Noon. Tuesday & Friday, 3-4pm.** Group support for individual recovery. Torri, Quiana.  
**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. Debbie & Ryan J., Co-Facilitators.

### ONGOING CLASSES & ACTIVITIES:

**Walking Group** – Monday at 1pm. Judy.  
**WHAM (Whole Health Action Management) Class & Support Group held on Monday afternoon.** Skills for mind-body resiliency, have fun AND wellness! 4 week class-start any time. **Support Group:** Plans & 8 week support follows 4 week class completion ONLY. Facilitators Alana, Terri, & Sharee.  
**SMOKE LESS LIVE MORE-Ongoing Wednesday, 11am-Noon.** Tobacco Reduction – No Shame No Blame! Debbie, Alana, Patricia.  
**Writer's Group - Tuesday 1-2pm.** Write about recovery, life in an open and constructive format. Quiana & Monica, Facilitators.  
**Meditation, Wednesday, 10:30am & Friday, 10am:** Learn & practice techniques to stay present in the now, increase focus, reduce worry. Judy & Chris.  
**Open Studio, Board Games & Music Group – Most Fridays (See Calendar) 12:30-2:30pm.** Peer artists share skills with various mediums. Others play games, or 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:

**Computer Lab – Call for appointment.** Basic or intermediate skill assistance from Judy.  
**Reading and Writing – Call for appointment.** Tutoring with Monica.

**YMCA - Maple Street.** Tuesday & Friday 3-4:30pm; Wednesday, 10:30am - Noon. Enjoy personal work out. Pool is available on Tuesday only.  
**MUST HAVE SIGNED GOALS AND RELEASES ON FILE WITH RECOVERY INSTITUTE PRIOR TO ATTENDING. Limited Participation.**

### ONCE A MONTH ACTIVITIES:

**Board of Director's Meeting:** Thursday, September 7<sup>th</sup> and October 5<sup>th</sup>, 3-5pm. Members are welcomed!  
**Community Collaborative:** Tuesday, October 3<sup>rd</sup> at RI. Noon to 1pm. Info re: community peer support.  
**Activities Advisory Council:** 3<sup>rd</sup> Wed. each month. September 20<sup>th</sup> and October 18<sup>th</sup>, 1-2pm. **All peers invited** to attend and share ideas!



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## OCTOBER, 2017

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> 10:30-11:30am Rainbow Recovery 11-Noon Transformation Group 2-3 pm SMART Recovery Group 2:15-3pm WHAM Support 3-4:15 pm WHAM Class	<b>3</b> 8:30am-9:30am SMART Recovery 10-11:30am Women's Healing Class* <b>12-1pm Collaborative Meeting</b> 1-2 pm Writers' Group 3 pm Transformations Group 3 pm YMCA **	<b>4</b> 10:30am YMCA ** 10:30am Meditation 11am-Noon Smoke Less Class 12:45-2pm Men's Healing Class * 2-3pm SMART Recovery Study	<b>5</b> 8:30am SMART Recovery Group 12:30 – 2pm Hearing Voices Support Group 3 pm OCA Meeting <b>3-5pm BOARD MEETING</b>	<b>6</b> 10-11am Mindful Meditation 12:30-2:30pm Open Studio, Games & Music 3 pm Transformations Grp. 3 pm YMCA **
<b>9</b> 10:30-11:30am Rainbow Recovery 11-Noon Transformation Group 2-3 pm SMART Recovery Group 2:15-3pm WHAM Support 3-4:15 pm WHAM Class	<b>10</b> 8:30am-9:30am SMART Recovery 10-11:30am Women's Healing Class* 1-2 pm Writers' Group 3 pm Transformations Group 3 pm YMCA **	<b>11</b> 10:30am YMCA ** 10:30am Meditation 11am-12pm Smoke Less Class 12:45-2pm Men's Healing Class * 2-3 pm SMART Recovery Study	<b>12</b> 8:30am SMART Recovery Group 12:30 – 2pm Hearing Voices Support Group <b>3-4pm Recovery Thinking Class I</b> 3 pm OCA Meeting	<b>13</b> 10-11am Mindful Meditation 12:00-2:00pm <b>MOVIE &amp; POPCORN</b> 3 pm Transformations Grp. 3 pm YMCA **
<b>16</b> 10:30-11:30am Rainbow Recovery 11-Noon Transformation Group <b>1-3:30pm NATURE CENTER</b> 2-3 pm SMART Recovery Group 2:15-3pm WHAM Support 3-4:15 pm WHAM Class	<b>17</b> 8:30am-9:30am SMART Recovery 10-11:30am Women's Healing Class* 1-2 pm Writers' Group 3 pm Transformations Group 3 pm YMCA **	<b>18</b> 10:30am YMCA ** 10:30am Meditation 11am-12pm Smoke Less Class 12:45-2pm Men's Healing Class * <b>1pm Member Activity Meeting</b> 2-3 pm SMART Recovery Study	<b>19</b> 8:30am SMART Recovery Group 12:30 – 2pm Hearing Voices Support Group <b>3-4pm Recovery Thinking Class II</b> 3 pm OCA Meeting	<b>20</b> 10-11am Mindful Meditation 12:30-2:30pm Open Studio, Games & Music 3 pm Transformations Grp. 3 pm YMCA **
<b>23</b> 10:30-11:30am Rainbow Recovery 11-Noon Transformation Group 2-3 pm SMART Recovery Group 2:15-3pm WHAM Support 3-4:15 pm WHAM Class	<b>24</b> 8:30am-9:30am SMART Recovery 10-11:30am Women's Healing Class* 1-2 pm Writers' Group 3 pm Transformations Group 3 pm YMCA **	<b>25</b> 10:30am YMCA ** 10:30am Meditation 11am-12pm Smoke Less Class 12:45-2pm Men's Healing Class * 2-3 pm SMART Recovery Study	<b>26</b> 8:30am SMART Recovery Group 12:30 – 2pm Hearing Voices Support Group 3 pm OCA Meeting	<b>27</b> 10-11am Mindful Meditation <b>12:30-2:30pm Halloween Party</b> 3pm Transformations Grp. 3 pm YMCA **
<b>30</b> 10:30-11:30am Rainbow Recovery 11-Noon Transformation Group 2-3 pm SMART Recovery Group 2:15-3pm WHAM Support 3-4:15 pm WHAM Class	<b>31</b> 8:30am-9:30am SMART Recovery 10-11:30am Women's Healing Class* 1-2 pm Writers' Group 3 pm Transformations Group 3 pm YMCA **			<b>Please see descriptions of classes, groups and events on Page 2!</b>

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### SPECIAL EVENTS

Friday, October 13<sup>th</sup>, 12 Noon-2PM: **Movie & Popcorn:** *Walk the Line*

Monday, October 16<sup>th</sup>, 1PM – 3:30PM: **Kalamazoo Nature Center** Visit. Please sign up for this enjoyable autumn outing.

Friday, October 27<sup>th</sup>, 12:30-2:30PM: **Halloween Party** – Costumes, games and food! Fun for all!