



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.*

NOVEMBER, 2017

Monday	Tuesday	Wednesday	Thursday	Friday	
<p>Please see descriptions of classes, groups and events on Page 2!</p>		<p>1 10:30am YMCA ** 10:30am Meditation 11am-12 Smoke Less Class 12:45-2pm Men's Healing Class * 2-3pm SMART Recovery Study</p>	<p>2 8:30am SMART Recovery Group 12:30 – 2pm Hearing Voices Support Group 3 pm OCA Meeting 3-5pm BOARD MEETING</p>	<p>3 10-11am Meditation Group 12:30-2:30pm Open Studio, Games & Music 3 pm Transformations Group 3 pm YMCA **</p>	
	<p>6 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</p>	<p>7 8:30am-9:30am SMART Recovery 10-11:30am Women's Healing Class 1-2pm Writers' Group 1-2pm Collaborative Meeting 3pm Transformations Group 3pm YMCA **</p>	<p>8 10:30am YMCA ** 10:30am Meditation 11am-12 Smoke Less Class 12:45-2pm Men's Healing Class 2-3pm SMART Recovery Study</p>	<p>9 8:30am SMART Recovery Group 10-11:30am Integrate Split Self Workshop 12:30 – 2pm Hearing Voices Support Group 3 pm OCA Meeting</p>	<p>10 10-11am Meditation Group 12:30-1:30 Popcorn & Movie 1:30-2:30 Games & Music 3 pm Transformations Group 3 pm YMCA **</p>
	<p>13 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</p>	<p>14 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 **</p>	<p>15 10:30am YMCA ** 10:30am Meditation 11am-Noon Smoke Less Class 12:45-2pm Men's Healing Class 1-2pm Member Activity Meeting 2-3pm SMART Recovery Study</p>	<p>16 8:30am SMART Recovery Group 12:30 – 2pm Hearing Voices Support Group 3pm OCA Meeting 3-4pm RI Volunteer Meeting</p>	<p>17 10-11am Meditation Group 12:30-2:30pm Open Studio, Games & Music 3 pm Transformations Group 3 pm YMCA **</p>
	<p>20 10:30-11:30am Rainbow Recovery 11-Noon Transformation Group 2-3pm SMART Recovery Group 2:15-3pm WHAM Support 3-4:15 pm WHAM Class</p>	<p>21 8:30am-9:30am SMART Recovery 10-11:30am Women's Healing Class 1-2pm Writers' Group 3 pm Transformations Group 3 pm YMCA **</p>	<p>22 10:30am YMCA ** 10:30am Meditation 11am-Noon Smoke Less Class 12:45-2pm Men's Healing Class 2-3 pm SMART Recovery Study</p>	<p>23 THANKSGIVING HOLIDAY CLOSED</p>	<p>24 HOLIDAY CLOSED</p>
	<p>27 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</p>	<p>28 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 **</p>	<p>29 10:30am YMCA ** 10:30am Meditation 11am-Noon Smoke Less Class 12:45-2pm Men's Healing Class 1-3pm Art Bayou *** 2-3 pm SMART Recovery Study</p>	<p>30 8:30am SMART Recovery Group 12:30-2PM HVN Support Grp 3pm OCA Meeting</p>	

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

SPECIAL EVENTS

Friday, November 10th, 12:30pm to 1:30pm: **Movie & Popcorn *Too Sane For This World***. Inspiration from 12 individuals' life experiences.
 Wednesday, November 29th, 1pm to 3pm: **Art Bayou**. Create your own personal mug. Limited to 10 participants and reservations required!

SPECIAL EVENTS

Friday, December 22nd, Noon – 3:00pm Holiday Celebration and Member Appreciation Lunch will be held at C.O.A.P. (**Community Outreach and Prevention Network**), located at **2705 Virginia Avenue, Kalamazoo MI**. Celebrate holidays and recognize new members, volunteer commitments, accomplishments! If you need transportation, please arrive at Recovery Institute before 11:30am. Please RSVP for food planning!

Thurs., Nov. 9th, 10-11:30am: ***Integrating the Split Self***. Identify splits which occur from PTSD & substance abuse; explore ways to integrate them in recovery.
Thurs., Dec 7th Part 1 and December 14th, Part 2, 10-11am: ***Commitment***. Explore the role of commitment in life & learn strategies to honor & meet them.
Torri, Sharee, Amanda, Pat, Bill. These 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 & Laura.

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 or Laura & Ryan J., Co-Facilitators.

ONGOING CLASSES & ACTIVITIES:

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, & Jamor.

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. Laura & 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 Directors Meeting: Thursday, November 2nd and December 7th, 3-5pm. Members are welcomed!

Community Collaborative: Tuesday, November 7th and December 5th at RI. 1pm – 2pm. Info re: community peer support. All interested in peer support are invited.

Member Activities Council: 3rd Wed. each month. November 15th and December 20th, 1-2pm. All peers invited to attend and share ideas!

Volunteer Meeting: 3rd Thurs. each month. November 16th and December 21st, 3-4pm. Support and appreciation for our regular volunteers.



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.*

December, 2017

Monday	Tuesday	Wednesday	Thursday	Friday
	Please see descriptions of classes, groups and events on Page 2!			1 10-11am Mindful Meditation 12:30-2:30pm Open Studio, Games & Music 3 pm Transformations Grp. 3 pm YMCA **
4 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	5 8:30am-9:30am SMART Recovery 10-11:30am Women's Healing Class 1-2 pm Writers' Group 1-2pm Collaborative Meeting 3 pm Transformations Group 3 pm YMCA **	6 10:30am YMCA ** 10:30am Meditation 11am-12pm Smoke Less Class 12:45-2pm Men's Healing Class 2-3 pm SMART Recovery Study	7 8:30am SMART Recovery Group 10-11am Commitment Part 1 12:30 – 2pm Hearing Voices Support Group 3 pm OCA Meeting 3-5pm BOARD MEETING	8 10-11am Mindful Meditation 12:00-2:00pm MOVIE & POPCORN 3 pm Transformations Grp. 3 pm YMCA **
11 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	12 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 **	13 10:30am YMCA ** 10:30am Meditation 11am-12pm Smoke Less Class 12:45-2pm Men's Healing Class 2-3 pm SMART Recovery Study	14 8:30am SMART Recovery Group 10-11am Commitment Part 2 12:30 – 2pm Hearing Voices Support Group 3 pm OCA Meeting	15 10-11am Mindful Meditation 12-3pm Holiday & Member Appreciation Luncheon 3 pm Transformations Grp. 3 pm YMCA **
18 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	19 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 **	20 10:30am YMCA ** 10:30am Meditation 11am-12pm Smoke Less Class 12:45-2pm Men's Healing Class 1pm Member Activity Meeting 2-3 pm SMART Recovery Study	21 8:30am SMART Recovery Group 12:30 – 2pm Hearing Voices Support Group 3 pm OCA Meeting 3-4pm RI Volunteer Meeting	22 Holiday Closed
25 Holiday Closed	26 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 **	27 10:30am YMCA ** 10:30am Meditation 11am-12pm Smoke Less Class 12:45-2pm Men's Healing Class 2-3 pm SMART Recovery Study	28 8:30am SMART Recovery Group 12:30 – 2pm Hearing Voices Support Group 3 pm OCA Meeting	29 10-11am Mindful Meditation 12:30-2:30pm Open Studio, Games & Music 3 pm Transformations Grp. 3 pm YMCA **

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

SPECIAL EVENTS

12 Noon-2pm, Friday, December 8th: **Movie & Popcorn:** *Sleepless in Seattle*. Romantic comedy with Tom Hanks & Meg Ryan.
 Noon–3pm, **Holiday Party & Member Appreciation Lunch** will be held at **C.O.A.P.** (Community Outreach & Prevention Network) **located at 2705 Virginia Ave, Kalamazoo. Please RSVP for food planning.** If you need transportation, please arrive at Recovery Institute before 11:30am.