



# 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.*

## February, 2018

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>1</b> 8:30am SMART Recovery Group 12:30 – 2pm Hearing Voices Support Group 3 pm OCA Meeting <b>3-5pm BOARD MEETING</b>	<b>2</b> 10-11am Meditation Group 12:30-2:30pm Open Studio, Games & Music 3 pm Transformations Group 3 pm YMCA **
<b>5</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>6</b> 8:30am-9:30am SMART Recovery 10-11:30am Women's Healing Class <b>1-2pm Collaborative Meeting</b> 1-2pm Writers' Group 3-4pm Transformations Group 3pm YMCA **	<b>7</b> 10:30am YMCA ** 10:30am Meditation 11am-12 Smoke Less Class 2-3pm SMART Recovery Study	<b>8</b> 8:30am SMART Recovery Group 12:30 – 2pm Hearing Voices Support Group 3 pm OCA Meeting	<b>9</b> 10-11am Meditation Group <b>12:30-1:30 Popcorn &amp; Movie</b> 1:30-2:30 Games & Music 3 pm Transformations Group 3 pm YMCA **
<b>12</b> 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	<b>13</b> 8:30am-9:30am SMART Recovery 1-2 pm Writers' Group 3-4pm Transformations Group 3 pm YMCA **	<b>14</b> 10:30am YMCA ** 10:30am Meditation 11am-Noon Smoke Less Class 2-3pm SMART Recovery Study	<b>15</b> 8:30am SMART Recovery Group 12:30 – 2pm Hearing Voices Support Group <b>1-3pm BEAD SHOP Outing</b> 3pm OCA Meeting	<b>16</b> 10-11am Meditation Group 12:30-2:30pm Open Studio, Games & Music 3 pm Transformations Group 3 pm YMCA **
<b>19</b> 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	<b>20</b> 8:30am-9:30am SMART Recovery 1-2pm Writers' Group 3-4pm Transformations Group <b>3-4pm SMART Group-Edison</b> 3 pm YMCA **	<b>21</b> 10:30am YMCA ** 10:30am Meditation 11am-Noon Smoke Less Class <b>1-2pm Member Activity Meeting</b> 2-3 pm SMART Recovery Study	<b>22</b> 8:30am SMART Recovery Group 12:30 – 2pm Hearing Voices Support Group 3 pm OCA Meeting	<b>23</b> 10-11am Meditation Group 12:30-2:30pm Open Studio: 3 pm Transformations Group 3 pm YMCA **
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**\*\* Must reserve day before for YMCA and meet requirements with written goal and signed releases. Call 269-343-6725.**

### SPECIAL EVENTS

Friday, February 9th, 12:00pm to 2:00pm: **Movie: Shrek & Popcorn.**

Thursday, February 15<sup>th</sup>, 1-3pm: **BEAD SHOP.** Join a social and creative afternoon, with opportunity to make a necklace! Reservation required, space limited!

**NEW** Tuesday, February 20<sup>th</sup>, 3-4pm: **SMART Recovery Meeting** at **Edison Neighborhood Association**, 816 Washington Ave., Kalamazoo with Torri.



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### SPECIAL EVENTS

#### 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.** Bill, Torri, Amanda, Patricia. **NEW Meeting!** Beginning February 20<sup>th</sup>:

**Tuesday, 3-4pm at Edison Neighborhood Association, 816 Washington Ave,** with Torri. A cognitive approach to manage addictive behaviors.

**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.

**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. Lisa, 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 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, February 1st and March 1st, 3-5pm.** Members are welcomed!

**Community Collaborative: Tuesday, February 6<sup>th</sup> and March 6<sup>th</sup> at RI. 1pm – 2pm. Info re: community peer support.** All individuals interested in peer support are invited.

**Member Activities Council: 3<sup>rd</sup> Wed. each month. February 21<sup>st</sup> and March 21<sup>st</sup>, 1-2pm. All peers invited to attend and share ideas!**



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## March, 2018

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	<b>Please see page 2 for class descriptions.</b>		<b>1</b> 8:30am SMART Recovery Group 12:30 – 2pm Hearing Voices Support Group 3 pm OCA Meeting <b>3-5pm BOARD MEETING</b>	<b>2</b> 10-11am Meditation Group 12:30-2:30pm Open Studio, Games & Music 3 pm Transformations Group 3 pm YMCA **
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### SPECIAL EVENTS

Monday, March 5, 2018, 1:30-3:30pm: **BOWLING at Air Way Lanes.** Afternoon of bowling recreation and socializing. Please sign up ahead.

Friday, March 9, 2018, 12:30-2:30pm: **Movie & Popcorn.**

Friday, March 23, 2017, 12:30-2pm: Member Appreciation Luncheon. Celebrate individual progress and recovery. More details will follow.