



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.*

June 2018

Monday	Tuesday	Wednesday	Thursday	Friday
	Please see page 2 for class descriptions			1 10-11am Meditation Group NEW 12-1pm Singing Group 12:30-2:30pm Open Studio, Games 3 pm Transformations Group 3 pm YMCA **
4 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 1-2pm Fair-Planning Committee 1-2pm Writers' Group 3-4pm Transformations Group 3-4pm SMART Group-Edison 3 pm YMCA **	6 10:00am Meditation 10:30am YMCA ** 11am-12 Smoke Less Class 2-3pm SMART Recovery Study	7 8:30am SMART Recovery Group 12:30 – 2pm Hearing Voices Support Group 3pm OCA Meeting	8 10-11am Meditation Group NEW 12-1pm Singing Group 12:30-2:30 Open Studio, Games 3 pm Transformations Group 3 pm YMCA **
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18 11-Noon Transformation Group 12:30pm-4pm ALLIGATOR SANCTUARY in Athens MI 2-3pm SMART Recovery Group 2:15-3pm WHAM Support 3-4:15 pm WHAM Class	19 8:30am-9:30am SMART Recovery 11:30am Walking Group 1-2pm Writers' Group 3-4pm Transformations Group 3-4pm SMART Group-Edison 3 pm YMCA **	20 10:00am Meditation 10:30am YMCA ** 11am-Noon Smoke Less Class 1-2pm Member Activity Meeting 2-3 pm SMART Recovery Study	21 8:30am SMART Recovery Group 11:30am Walking Group 12:30 – 2pm Hearing Voices Support Group 3 pm OCA Meeting	22 10-11am Meditation Group NEW 12-1pm Singing Group 12:30-2:30 Open Studio, Games 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

NEW Friday, June 1st, 12-1pm: **SINGING GROUP** – Bring your favorite tunes & lyrics to raise your voices in song! Thomas C., Facilitator.

Saturday, June 2, **DO-DAH Parade - Participation is encouraged!** Sign up with Greeter; join in the fun and meet at 9am!! Ride on the float or walk.

Monday, June 18th, 12:30-4pm: **Alligator Sanctuary, Athens, MI.** Join us for a fascinating outing to reptile rescue sanctuary. Please eat your lunch before we leave. **Limited seating, please reserve** with greeter!!



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Weekly Peer Support Groups - Open to the Public:

SMART Recovery Group (Self-Management and Recovery Training): A cognitive approach to manage addictive behaviors.

Monday 2-3pm & Thursday 8:30-9:30am are discussion meetings. **Tuesday 8:30-9:30am & Wednesday 2-3pm** are book study groups. Facilitators: Amanda, Patricia & Tony. **Tuesday, 3-4pm** at **Edison Neighborhood Association, 816 Washington Ave.** Facilitators: Tony & Jamor.

Transformations Group: Mon. 11am-Noon. Tuesday & Friday, 3-4pm. Group support for individual recovery. Facilitators: Quiana, Terri & Tony.

Hearing Voices Network (HVN) Support: Thursday, 12:30-2pm. Share support & recovery for anyone hearing voices, having visual experiences, unusual beliefs or self-injury. Facilitators: Terri, Tony & Alana,

Obsessive Compulsive Anonymous (OCA) Support Group: Thursday, 3-4pm. 12-Step Recovery. Co-Facilitators: Tony & Ryan J.

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:** Wellness plans & 8 week support follows 4 week class completion. Alana, Terri, & Jamor, Facilitators.

Begins June 19th: Walking Group – Tuesday and Thursday, 11:30am – Noon. Enjoy the weather, fellowship and move! Shay, Facilitator.

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, humor, etc. in an open and supportive group. CC or Tony, Facilitators.

Meditation, Wednesday & Friday, 10am: Learn & practice techniques to stay in the now, increase focus, reduce worry. CC, Judy, Sarah.

Singing Group – Friday, 12-1pm: Share your favorite song and learn new ones in harmony! Tom C.

Open Studio & Board Games 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. Facilitator: Quiana. **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. Wednesday, 10:30am - Noon. **Beginning April 17th:** Tuesday & Friday 3-4:30pm: Enjoy personal work out. Pool available 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: NO MEETING IN JUNE; Thursday, July 19th, 3-5pm. Members are welcome to attend.

Community Collaborative is now the Fair-Planning Committee: 2nd Tuesday each month, 1pm – 2pm. Annual **Recovery & Wellness Fair** Planning!

Member Activity Meeting: 3rd Wednesday each month. June 20th and July 18th, 1-2pm. All peers invited to attend and share ideas. Please join us!

Volunteer Meeting: 2nd Thursday each month. Monthly meeting for RI volunteers to get together and discuss what we're doing. Peers interested in volunteering are also welcome!

