



# 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
	<b>Please see page 2 for class descriptions</b>			<b>1</b> 10-11am Meditation Group <b>NEW 12-1pm Singing Group</b> 12:30-2:30pm Open Studio, Games 3 pm Transformations Group 3 pm YMCA **
<b>4</b> 11-Noon Transformation Group 2-3 pm SMART Recovery Group 2:15-3pm WHAM Support 3-4:15 pm WHAM Class	<b>5</b> 8:30am-9:30am SMART Recovery <b>1-2pm Fair-Planning Committee</b> 1-2pm Writers' Group 3-4pm Transformations Group 3-4pm SMART Group-Edison 3 pm YMCA **	<b>6</b> 10:00am Meditation 10:30am YMCA ** 11am-12 Smoke Less Class 2-3pm SMART Recovery Study	<b>7</b> 8:30am SMART Recovery Group 12:30 – 2pm Hearing Voices Support Group 3pm OCA Meeting	<b>8</b> 10-11am Meditation Group <b>NEW 12-1pm Singing Group</b> 12:30-2:30 Open Studio, Games 3 pm Transformations Group 3 pm YMCA **
<b>11</b> 11-Noon Transformation Group 2-3pm SMART Recovery Group 2:15-3pm WHAM Support 3-4:15 pm WHAM Class	<b>12</b> 8:30am-9:30am SMART Recovery 1-2 pm Writers' Group 3-4pm Transformations Group 3-4pm SMART Group-Edison 3 pm YMCA **	<b>13</b> 10:00am Meditation 10:30am YMCA ** 11am-Noon Smoke Less Class 2-3pm SMART Recovery Study	<b>14</b> 8:30am SMART Recovery Group <b>10:30–11:30am Volunteer Mtg</b> 12:30 – 2pm Hearing Voices Support Group 3pm OCA Meeting	<b>15</b> 10-11am Meditation Group <b>NEW 12-1pm Singing Group</b> 12:30-2:30 Open Studio, Games 3 pm Transformations Group 3 pm YMCA **
<b>18</b> 11-Noon Transformation Group <b>12:30pm-4pm ALLIGATOR SANCTUARY in Athens MI</b> 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 <b>11:30am Walking Group</b> 1-2pm Writers' Group 3-4pm Transformations Group 3-4pm SMART Group-Edison 3 pm YMCA **	<b>20</b> 10:00am Meditation 10:30am YMCA ** 11am-Noon Smoke Less Class <b>1-2pm Member Activity Meeting</b> 2-3 pm SMART Recovery Study	<b>21</b> 8:30am SMART Recovery Group <b>11:30am Walking Group</b> 12:30 – 2pm Hearing Voices Support Group 3 pm OCA Meeting	<b>22</b> 10-11am Meditation Group <b>NEW 12-1pm Singing Group</b> 12:30-2:30 Open Studio, Games 3 pm Transformations Group
<b>25</b> 11-Noon Transformation Group 2-3 pm SMART Recovery Group 2:15-3pm WHAM Support 3-4:15 pm WHAM Class	<b>26</b> 8:30am-9:30am SMART Recovery <b>11:30am Walking Group</b> 1-2 pm Writers' Group 3-4pm Transformations Group 3-4pm SMART Group-Edison	<b>27</b> 10:00am Meditation 11am-Noon Smoke Less Class 2-3 pm SMART Recovery Study	<b>28</b> 8:30am SMART Recovery Group <b>11:30am Walking Group</b> 12:30 – 2pm Hearing Voices Support Group 3 pm OCA Meeting	<b>29</b> 10-11am Meditation Group <b>NEW 12-1pm Singing Group</b> 12:30-2:30 Open Studio, Games 3 pm Transformations Group

### SPECIAL EVENTS

**NEW** Friday, June 1<sup>st</sup>, 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 18<sup>th</sup>, 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 19<sup>th</sup>: 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.

### 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: 2<sup>nd</sup> Tuesday each month, 1pm – 2pm.** Annual **Recovery & Wellness Fair** Planning!

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

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

