



# 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.

## August 2018

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>Please see page 2 for class descriptions.</b>	<b>1</b> 10:00am Meditation Group 11am-Noon Smoke Less Class 2-3pm SMART Recovery Study	<b>2</b> 8:30am SMART Recovery Group 11:30am Walking Group 12:30 – 2pm Hearing Voices Support Group 3pm OCA Meeting <b>3-5pm BOARD MEETING</b>	<b>3</b> 10:00am Meditation Group 12-1pm Singing Group 12:30-2:30pm Open Studio, Games 3 pm Transformations Group
<b>6</b> 11-Noon Transformations Group <b>NEW 12:30 – 2pm Hearing Voices Support Group</b> 2-3 pm SMART Recovery Group 2:15-3pm WHAM Support 3-4:15 pm WHAM Class	<b>7</b> 8:30am-9:30am SMART Recovery 11:30am Walking Group <b>1-2pm Fair-Planning Committee</b> 1-2pm Writers' Group 3-4pm Transformations Group 3-4pm SMART Group-Edison	<b>8</b> 10:00am Meditation Group 11am-Noon Smoke Less Class 2-3pm SMART Recovery Study	<b>9</b> 8:30am SMART Recovery Group <b>10:30–11:30am Volunteer Mtg.</b> 11:30am Walking Group 12:30 – 2pm Hearing Voices Support Group 3pm OCA Meeting	<b>10</b> 10:00am Meditation Group 12-1pm Singing Group 12:30-2:30pm Open Studio, Games 3 pm Transformations Group
<b>13</b> 11-Noon Transformations Group <b>12:30 – 2pm Hearing Voices Support Group</b> 2-3pm SMART Recovery Group 2:15-3pm WHAM Support 3-4:15 pm WHAM Class	<b>14</b> 8:30am-9:30am SMART Recovery 11:30am Walking Group <b>1-2pm Fair-Planning Committee</b> 1-2pm Writers' Group 3-4pm Transformations Group 3-4pm SMART Group-Edison	<b>15</b> <b>8AM-4:30PM Recovery Coach Conference</b> 10:00am Meditation Group 11am-Noon Smoke Less Class <del>2-3pm SMART Recovery Study</del> (Canceled for the RC Conference)	<b>16</b> 8:30am SMART Recovery Group 11:30am Walking Group 12:30 – 2pm Hearing Voices Support Group 3pm OCA Meeting	<b>17</b> 10:00am Meditation Group 12-1pm Singing Group 12:30-2:30pm Open Studio, Games 3 pm Transformations Group
<b>20</b> <b>9:30-11:30 Self-Compassion WORKSHOP</b> 11-Noon Transformations Group <b>12:30 – 2pm Hearing Voices Support Group</b> 2-3pm SMART Recovery Group 2:15-3pm WHAM Support 3-4:15 pm WHAM Class	<b>21</b> 8:30am-9:30am SMART Recovery 11:30am Walking Group <b>1-2pm Fair-Planning Committee</b> 1-2pm Writers' Group 3-4pm Transformations Group 3-4pm SMART Group-Edison	<b>22</b> 10:00am Meditation Group 11am-Noon Smoke Less Class <b>1-2pm Member Activity Meeting</b> 2-3 pm SMART Recovery Study	<b>23</b> 8:30am SMART Recovery Group 11:30am Walking Group 12:30 – 2pm Hearing Voices Support Group 3 pm OCA Meeting	<b>24</b> 10:00am Meditation Group 12-1pm Singing Group 12:30-2:30pm Open Studio, Games 3 pm Transformations Group
<b>27</b> 11-Noon Transformations Group <b>12:30 – 2pm Hearing Voices Support Group</b> 2-3 pm SMART Recovery Group 2:15-3pm WHAM Support 3-4:15 pm WHAM Class	<b>28</b> 8:30am-9:30am SMART Recovery 11:30am Walking Group <b>1-2pm Fair-Planning Committee</b> 1-2pm Writers' Group 3-4pm Transformations Group 3-4pm SMART Group-Edison	<b>29</b> 10:00am Meditation Group 11am-Noon Smoke Less Class 2-3 pm SMART Recovery Study <b>1:30-3:15PM Henderson Castle Tour</b>	<b>30</b> 8:30am SMART Recovery Group 11:30am Walking Group 12:30 – 2pm Hearing Voices Support Group 3 pm OCA Meeting	<b>31</b> 10:00am Meditation Group 12-1pm Singing Group 12:30-2:30pm Open Studio, Games 3 pm Transformations Group

### SPECIAL EVENTS

Wednesday, August 15<sup>th</sup>: **RECOVERY COACH CONFERENCE** – Join your Recovery Coaches and community for an all-day conference on Recovery Coaching in action.

Monday, August 20<sup>th</sup>: **“Self-Compassion” WORKSHOP** – Let’s dive into our most important relationship- the one we have with ourselves. *Facilitators: Nick & Terri.*

Wednesday, August 29<sup>th</sup>: **Henderson Castle Tour** - One hour to explore castle and grounds. (2<sup>nd</sup>/3<sup>rd</sup> floors stair access only) Limited and must sign up.



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### **\*\*JOIN RI ON SUNDAY, SEPTEMBER 23<sup>RD</sup> FOR THE HEROES 6K IN SPRING VALLEY PARK!\*\***

The 2018 Kalamazoo Heroes 6K charity will be benefitting Recovery Institute of Southwest Michigan! Join the movement in beautiful Spring Valley park where all are invited to run/walk 6 kilometers- not 5!- in recognition of the extra distance those in recovery go to achieve a healthier lifestyle. This recovery month event is focused on breaking the stigma once and for all against substance use and mental health issues! Register today!!

<https://heroesinrecovery.com/heroes6k/michigan-6k-race/>

### **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: Now on Monday & 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 ANYTIME. **Support Group:** Wellness plans & 8-week support follows the 4-week class completion. *Facilitators: Alana, Terri, & Jamor.*

**Walking Group – Tuesday and Thursday, 11:30am – Noon.** Enjoy the summer, fellowship and move! *Facilitator: Shay.*

**SMOKE LESS LIVE MORE** (Ongoing) **Wednesday, 11am-Noon.** Tobacco Reduction – No Shame, No Blame! *Facilitators: Debbie & Alana.*

**Writer's Group - Tuesday 1-2pm.** Write about recovery, life, humor, etc. in an open and supportive group. *Facilitators: CC & Tony.*

**Meditation - Wednesday & Friday, 10am-11am:** Learn & practice techniques to stay in the now, increase focus, reduce worry. *Co-Facilitators: CC, Judy & Sarah.*

**Singing Group – Friday, 12-1pm:** Share your favorite song and learn new ones in harmony! *Volunteer Facilitator: 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. Fellowship & creativity - a great way to relax and start the weekend! *Facilitator: Quiana.*

### **Individual Peer Support & Recovery Coaching Available**

Stop by at your convenience during the following times:

**Monday-Tuesday: 8:00 AM - 4:30 PM**

**Wednesday: 10:00 AM – 4:30 PM**

**Thursday-Friday 8:00 AM – 4:30 PM**

**Activities & Tutoring (By Appointment Only):**

**Reading and Writing** – Tutoring with Monica. Call for appointment.

### **ONCE-A-MONTH ACTIVITIES:**

**Board of Directors Meeting:** (1<sup>st</sup> Thursday of every month.) August 2<sup>nd</sup> & September 6<sup>th</sup>. Members are welcome to attend.

**Volunteer Meeting:** (2<sup>nd</sup> Thursday of every month.) August 9<sup>th</sup> & September 13<sup>th</sup>. RI volunteer get-together. Peers interested in volunteering are also welcome!

**Member Activity Meeting:** (3<sup>rd</sup> Wednesday every month.) August 22<sup>nd</sup> due to Recovery Coach Conference and September 19<sup>th</sup>, 1-2pm. **ALL PEERS INVITED** to attend and share ideas. Join us!

**Fair-Planning Committee:** (NOW MEETING WEEKLY UNTIL THE FAIR!) Tuesdays, 1pm – 2pm. Annual **Wellness & Recovery Fair** planning.




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## September 2018

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<b>3</b>  <b>CLOSED            FOR            LABOR DAY</b>	<b>4</b> 8:30am-9:30am SMART Recovery 11:30am Walking Group <b>1-2pm Fair-Planning Committee</b> 1-2pm Writers' Group 3-4pm Transformations Group 3-4pm SMART Group-Edison	<b>5</b> 10:00am Meditation 11am-Noon Smoke Less Class 2-3 pm SMART Recovery Study	<b>6</b> 8:30am SMART Recovery Group 11:30am Walking Group 12:30 – 2pm Hearing Voices Support Group 3 pm OCA Meeting <b>3-5pm BOARD MEETING</b>	<b>7</b> 10-11am Meditation Group 12-1pm Singing Group 12:30-2:30pm Open Studio, Games & Music 3 pm Transformations Group
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<b>24</b> 11-Noon Transformations Group 12:30 – 2pm Hearing Voices Support Group 2-3 pm SMART Recovery Group 2:15-3pm WHAM Support 3-4:15 pm WHAM Class	<b>25</b> 8:30am-9:30am SMART Recovery 11:30am Walking Group <b>1-2pm Fair-Planning Committee (Follow-Up Meeting)</b> 1-2pm Writers' Group 3-4pm Transformations Group 3-4pm SMART Group-Edison	<b>26</b> <b>10am-Noon "Finding Our Purpose with Passion" WORKSHOP</b> 10:00am Meditation 11am-Noon Smoke Less Class 2-3 pm SMART Recovery Study	<b>27</b> 8:30am SMART Recovery Group 11:30am Walking Group 12:30 – 2pm Hearing Voices Support Group 3 pm OCA Meeting	<b>28</b> 10-11am Meditation Group 12-1pm Singing Group 1:30-2:30 Games & Music 3 pm Transformations Group

### SPECIAL EVENTS

Wednesday, September 12<sup>th</sup>: **Binder Park Zoo OUTING**– Spend the day with us at the zoo! Depart at 11am, return by 4pm. SIGN UP at the Greeter Station or call. Packed lunches and rides provided.

Thursday, September 20<sup>th</sup>: **2018 WELLNESS & RECOVERY FAIR** – Join us in Bronson Park for Kalamazoo's annual Recovery Community Celebration!!!

Monday, September 24<sup>th</sup>: **"Finding Our Purpose with Passion" WORKSHOP** – Let's go together on a journey of self-exploration to discover our individual truths. *Facilitators: Sharee` & Tony.*