

Collaborative Calendar June 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>8:00 am Men's Support at Ministry w/ Community</p> <p>10:00 am DRA –The Sanctuary</p> <p>10:00 am Recovery Movie-The Sanctuary</p> <p>10:30 am Women's Support at Ministry w/ Community</p> <p>11:00 Recovery International</p> <p>2:00 pm DRA – E.R.H.</p> <p>2:00 pm S.M.A.R.T. Recovery-RI</p> <p>5:00 pm PTSD Group-The Sanctuary</p> <p>7:00 pm Depression & Bipolar Support Group</p>	<p>8:00 am Men's Support at Ministry w/ Community</p> <p>10:00 am DRA –The Sanctuary</p> <p>10:00 am Recovery Movie-The Sanctuary</p> <p>10:30 am Wellness Group Douglass Comm. Assoc.</p> <p>11:00 Women w/ Disabilities Disability Network</p> <p>12:00 pm Computer Lab – RI Training by appointment.</p> <p>2:30 p.m. X-offender support group 1st Baptist Church</p> <p>3:00 pm Transformations Mtg. Recovery Institute</p> <p>5:00 pm DRA – Open Topic at Pathways</p> <p>5:00 pm SA Pathways</p> <p>5:00 pm PTSD Group-The Sanctuary</p> <p>6:00 pm PUSH – Housing Gp.</p> <p>6:00-7:00 pm Tai Chi/Yoga-The Sanctuary</p>	<p>8:00 am Men's Support at Ministry w/ Community</p> <p>9 am Collaborative Meeting at Keystone</p> <p>10:00 am DRA –The Sanctuary</p> <p>10:00 am Recovery Movie-The Sanctuary</p> <p>10:30 am Women's Support at Ministry w/ Community</p> <p>12:00 pm Solutions For Wellness KCMHSAS Conf. Rm. C</p> <p>1:00 pm Computer Lab – RI Training by appointment.</p> <p>1:00–4:00pm ARTWORKS – RI</p> <p>4:00 pm Recovery Anonymous Ministry w/ Community</p> <p>5:00 pm PTSD Group-The Sanctuary</p> <p>7:00 pm Recovery International</p>	<p>8:00 am Men's Support at Ministry w/ Community</p> <p>10:00 am DRA –The Sanctuary</p> <p>10:00 am Recovery Movie-The Sanctuary</p> <p>10:30 am Women's Support at Ministry w/ Community</p> <p>10:30 am Vet to Vet - RI</p> <p>1:00 pm Computer Lab – RI Training by appointment</p> <p>1:00 pm Brain Injury Support</p> <p>5:00 pm PTSD Group-The Sanctuary</p> <p>5:15 pm Recovery Stories-Pathways</p> <p>5:30 pm Grieving Together Support Group – Borgess Visiting Nurse & Hospice 384 N. Burdick St.</p> <p>5:30 DBSA Metro 212 S. Park St. United Methodist Church June 10th & 24th, 2010</p> <p>6:30 NAMI Meeting Pathways</p> <p>6:00-7:00 pm Tai Chi/Yoga-The Sanctuary</p>	<p>8:00 am Men's Support at Ministry w/ Community</p> <p>9:00 am Wellness Meeting for working community peers-RI</p> <p>10:00 am DRA –The Sanctuary</p> <p>10:00 am Recovery Movie-The Sanctuary</p> <p>10:30 am Women's Support at Ministry w/ Community</p> <p>12:00 pm Computer Lab – RI Training by appointment.</p> <p>1:00 pm Mental Health Court at Courthouse</p> <p>3:30 Power Branch</p> <p>5:00 pm PTSD Group-The Sanctuary</p> <p>6:00 pm Art Expressions Group - The Sanctuary</p>	<p>8:00 am Men's Support at Ministry w/ Community</p> <p>8:30 am Food Addicts in Recovery – First United Methodist Church</p> <hr/> <p>Events:</p> <p>Art Hop June 4, 2010</p> <p>Peer Support Specialist Conference June 21-23, 2010</p>

Special Announcements:

KCMHSAS Board Meeting – In basement of 418 Conf. Rm. A.

Questions? Contact Paula at the **Recovery Institute (RI)** at 343-6725

Collaborative Calendar June 2010

Brain Injury and Women w/Disabilities Support Groups – Disability Network, 517 E. Crosstown. Call 345-1516 for more information.

Computer Lab – Now available at the **Recovery Institute**. Computer training is available. Must sign up. Call 343-6725 for questions or to schedule an appointment. Training times are available Tuesday and Friday 12 – 3 pm and Wednesday and Thursday 1 – 4 pm.

Depression and Bipolar Support Alliance (DBSA) – is a peer support group for individuals with depression or bipolar disorder and their support people. It meets at First United Methodist Church 212 S. Park St. Call 599-2782 for more information.

Keystone – A drop in center for people with a mental illness. Peers call 344-5711. To reach the director, call Pete at 344-4922.

PUSH – a grassroots organization made up of homeless, formerly homeless and concerned people who are trying to find ways to end homelessness. We meet every Tuesday at the Catholic Diocese on Westnedge at 6:00 pm. Call Joe at 349-8714 for additional information.

Recovery Group - information available at Interact and East Wood Recovery House. Call 342-0173 for more information.

Recovery Institute of Southwest Michigan, Inc. – provides members the opportunity to revolutionize recovery and wellness services and to optimize choice, benefits and support by pooling our resources, skills and power together with one unified voice. Email is Lrienbold@recoverymi.org.

- **Artworks** –Wed. 1:00-4:00 pm at Recovery Institute for studio time & camaraderie. Materials provided. Gallery Display. Call Paula at 343-6725
- **Board Meetings** – Recovery Institute board meetings are held on the Mondays.
- **Peers for Wellness and Recovery (The PoWeR Group)** –individuals dedicated to educating people about mental illness in an effort to reduce stigma against persons living with a mental illness. Call Tricia Shaff at 343-6725. Strategy Meetings at Recovery Institute 1st and 3rd Fridays of the month
- **Supported Education** – Support group for peers attending college. Meets at KVCC's Arcadia location. Call 343-6725 for information.
- **Transformations Mtg.** – Group offering support to fellow peers through shared experiences helping to work toward recovery as an individual and as a group.
- **S.M.A.R.T. Recovery (Self Management & Recovery Training)** – Support and educational group to effectively manage life without use of substances.
- **Vet to Vet Peer Support Group** – Opportunity for empowerment and to develop natural supports through mutual self help. Call Paula 323-6725.

Recovery International – A self help group that meets weekly to learn and practice techniques for managing fears, anger, depression, obsessions, compulsion, and other unsettling thoughts and sensations. We meet 11:00 am Mondays and 7pm on Wednesday evenings at the **First Congregational Church on Park St.**

X-offenders Support Group First Baptist Church- Support for people with a felony charge or arrest Tuesdays at 2:30 pm 315 W. Michigan Ave., Kalamazoo

Ministry w/Community – offers support groups for men, women, and a Recovery Anonymous meeting.

Community Collaborative Meeting – Open meeting for peers discussing issues of recovery held at Keystone 9 am on Wednesday

Power Branch – 3:30 to 5:00 PM Every Friday at 418 W. Kalamazoo.