

MONTHLY HAPPENINGS

Board of Directors Meetings Rm. 320 1st Tuesday of every month

As a peer run and peer delivered organizations it is our members who direct the Recovery Institute. Please come and find out what is going on with the administration of our organization and give your input.

Recipient Rights Rm. 311

Held the 2nd Monday of every month. A Certified Peer from the R.R Office lets us know what our rights are all about and how to go about problem solving rights issues.

RI Member Orientation Rm. 320

Learn about RI programs and classes in an interactive presentation. Meet staff and find out about what you can use to develop your own recovery journey.

Open to family friends and anyone who is interested!

ARTISTIC GROUPS

Open Studio: Wednesdays 1-4 Rm. 320

Peer artists share & develop skills in various art mediums. They have opportunity to exhibit art in the Sunrise Gallery to generate income while discovering deeper recovery through art. Call Paula for more information

Writers Workshop: Tuesdays 1:30-3 Rm. 316

Bring a recovery story, or just a pen, paper and anything you would like to share. We work on recovery stories, poetry, short stories, journal writing, novels and non-fiction. Creativity is like play and thrives in this non-judgmental environment.

Music Group: Fridays 2-4 Rm. 320

Bring your own instrument and join other musicians of various skill levels as we enjoy the community and creativity in a fun environment.

Cooking Class: 1st and 3rd Wednesday of the Month 8-12 Rm. 316

Come and garden and take the fresh produce and learn to make your own meals, be part of a community and eat great food!

WHAT'S NEW

New Hearing Voices Network!

Learn positive strategies which are helping thousands of people recover in over 22 countries world-wide. This support is for people who hear voices, have unusual beliefs, visual experiences or self-mutilate. Call Catie or Rosie for information.

BY APPOINTMENT ONLY - Call 343-6725

Computer Lab Rm. 312

Offers 1:1 learning to basic or intermediate computer skills. Call for an appointment

Graphic Arts Tutoring Rm. 316

Learn how to use GIMP (Image Manipulation Program) to do photo retouching, image composition, and authoring with a paint program. Call for an appointment.

YMCA- Maple Street

Work out for personal wellness on Tuesday and Friday. Pool also available on Tuesday. Limited space available, call the day prior to reserve your spot.



Recovery Institute of Southwest Michigan, Inc.

326 West Kalamazoo Ave. Suite 312
Kalamazoo, MI 49007 (269) 343-6725

MARCH CALENDAR EVENTS

Monday	5	PATH begins 9:30-11:30/Smart Recovery 2-3
Tuesday	6	Writers Group 1:30—3:00/Transformations 3-4/Board Meet. 3-5
Wed	7	H.V. 10-11:30/Graphic Arts 10-2/Videos 1-3:30/Open Studio 1-3:45
Thursday	8	Scrabble 12-2
Friday	9	Music Group 2-4
Monday	12	Smart Recovery 2-3
Tuesday	13	Writers Group 1:30—3 /Transformations 3-4
Wed	14	H.V.G 10-11:30/Graphic Arts 10-2/Bowl 1-3:30/Open Studio 1-3:45
Thurs	15	Scrabble 12-2/Cooking 8-12
Friday	16	Music Group 2-4
Monday	19	Smart Recovery 2-3
Tuesday	20	Writers Group 1:30—3:00/Transformations 3-4
Wed	21	H.V. 10-11:30/Graphic Arts 10-2/Crafts 1-3:30/Open Studio 1-3:45
Thurs	22	Scrabble 12-2
Friday	23	Music Group 2-4
Monday	26	Smart Recovery 2-3
Tuesday	27	Writers Group 1:30—3/Transformations 3-4
Wed	28	H.V. 10-11:30/Graphic Arts 10-2/ Card/Board Games 1-3:30/Open Studio 1-3:45
Thurs	29	Scrabble 12-2/Life Cycle Garden Meeting 10:30-12:30
Friday	30	Music 2-4/H.V Presentation 1-3:30/Transformations 3-4

Social Activities:

Video Group: 1st Wed. of every month 1-3:30pm.

Social Gathering: 2nd Wednesday of every month (see below for details)

Craft Group: 3rd Wednesday of every month 1-3:30pm.

Card & Board Games: 4th Wednesday of every month 1-3:30pm.

Nature Center—Wednesday April 11th 12:00-3:30: Come join us at the nature center. We will provide transportation for this activity. We will meet here at 12:00 for lunch and leave afterwards. RSVP by Friday April 6th. \$2.00 commitment fee. Call Mike for more information.

Putt-Putt Golf —Wednesday May 30th 12:00-3:30: Come join us at Putt-Putt Golf and Games on Westnedge. We will meet you there at 1:00 for lunch and fun. RSVP by Friday May 25th. \$2.00 commitment fee. Call Mike for more information.

Scrabble Group: Come play scrabble, improve your vocabulary and make new friends!

APRIL CALENDAR EVENTS	
Monday 2	Smart Recovery 2-3
Tuesday 3	Writers Group 1:30-3/Transformations 3-4/Board Meeting 3-5
Wed 4	H.V. 10-11:30/Graphic Arts 10-2/Videos 1-330/Open Studio 1-3:45
Thursday 5	Scrabble 12-2
Friday 6	Music Group 2-4
Monday 9	Smart Recovery 2-3
Tuesday 10	Writers Group 1:30-3/Transformations 3-4
Wed 11	H.V 10-11:30/Graphic Arts 10-2/N. Center 12-3:30/Open Studio1-3:45
Thurs 12	Scrabble 12-2/Cooking 8-12
Friday 13	Music Group 2-4
Monday 16	Smart Recovery 2-3
Tuesday 17	PW4U 9:30-11:30/Writers Group 1:30—3:00/Transformations 3-4
Wed 18	H.V 10-11:30/Graphic Arts 10-2/Crafts 1-3:30/Open Studio 1-3:45
Thurs 19	Scrabble 12-2
Friday 20	Member Orientation 10:30-12/Music Group 2-4
Monday 23	Smart Recovery 2-3
Tuesday 24	Writers Group 1:30—3/Transformations 3-4
Wed 25	H.V 10-11:30/Graphic Arts 10-2/ Videos 1-3:30/Open Studio 1-3:45
Thurs 26	Scrabble 12-2/Life Cycle Garden Meeting 10:30-12:30
Friday 27	Music 2-4/H.V Presentation 1-3:30/Transformations 3-4
Monday 30	Smart Recovery 2-3

RECOVERY SKILLS CLASSES:

PathWays 4 U 9:30-11:30 Tuesday Thursday : Individual 4 week workshops that provide interactive mutual support and a fun environment to help individual goal setting for Aspects of your life you are interested in changing and improving.

Module 2: Recovery Goal Setting: March 13th—April 3rd (call Mike or Jamor)

Module 3: Detours and Road Blocks: April 17th—May 8th (call Tina or Catie)

Module 4: Importance of Supports and Story Telling: May 22nd-June 12th (call Matt)

College Prep: This is an opportunity for integrating education with recovery. Classes are comparable to college in lecture, discussion, assignment, and computer instruction. This course simulates a 3-credit hour work load. Call Margo for more information

Budgeting 101— Day 1 May 21st and Day 2 May 25: An intensive workshop for all your budgeting questions! Call Tina or Marcia for more information

PATH (Personal Action Towards Health) March 5—April 9th : Monday 9-11:30am

A six week workshop that helps people with their long-term health conditions improve their health and manage their symptoms. Call Tina for more information

Life Cycle Gardening—Meeting March 29th 10:30-12:00: An avenue for teaching people how to build and grown their own gardens, prepare meals from fresh food, and preserve food for winter. Call Ferron for more information

MAY CALENDAR EVENTS	
Tuesday 1	Writers Group 1:30-3/Transformations 3-4/Board Meeting 3-5
Wed 2	H.V. 10-11:30/Graphic Arts 10-2/Videos 1-330/Open Studio 1-3:45
Thursday 3	Scrabble 12-2
Friday 4	Music Group 2-4
Monday 7	Smart Recovery 2-3
Tuesday 8	Writers Group 1:30—3:00/Transformations 3-4
Wed 9	H.V 10-11:30/Graphic Arts 10-2/Open Studio 1-3:45/ Walk-A-Mile
Thurs 10	Cooking 8-12/Scrabble 12-2
Friday 11	Music Group 2-4
Monday 14	Smart Recovery 2-3
Tuesday 15	PW4U 9:30-11:30/Writers Group 1:30-3/Transformations 3-4
Wed 16	H.V. 10-11:30/Graphic Arts 10-2/Crafts 1-330/Open Studio 1-3:45
Thurs 17	Scrabble 12-2
Friday 18	Member Orientation 10:30-12/Music Group 2-4
Monday 21	1-3/Smart Recovery 2-3
Tuesday 22	Budgeting 101 (Day 1) Writers Group 1:30-3/Transformations 3-
Wed 23	H.V. 10-11:30/Graphic Arts 10-2/ Card/Board Games 1-3:30/Open Studio 1-3:45
Thurs 24	Scrabble 12-2
Friday 25	Budgeting 101 (Day 2) 1-3/Music 2-4/Transformations 3-4
Monday 28	Smart Recovery 2-3
Tuesday 29	Writers Group 1:30—3:00/Transformations 3-4
Wed 30	H.V 10-11:30/Graphic Arts 10-2/ Putt-Putt Golf 1-3:30 /Open Studio 1-3:45

Current Events:

Walk-A-Mile: Thursday May 9th in Lansing: RI will be traveling in our van to Lansing. Spaces are limited! Sign up Soon! Call Marcia for more information

Weekly Support Groups—Open to the Community:

Hearing Voices: Wednesdays 10-11:30. For persons who have audio experiences, voice hearing, unusual beliefs, and/or self-mutilation.

SMART (Self Management and Recovery Training) Mondays 2-3. Cognitive based group about managing symptoms and overcoming addictive behaviors.

Transformations: Tuesdays and Fridays 3-4: A peer run support group for those in recovery who are suffering from mental illness and or substance abuse.

Starting Soon: Healing the Trauma of Abuse: A workgroup for women. Detailed information is pending. Please call Jodi or Rosie if you are interested.