





WELLNESS & RECOVERY ROOM (WRR)

Peer Support Services Program Schedule

September 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
3 CMHSAS-SJC CLOSED IN OBSERVANCE OF LABOR DAY	4 Lunch Break 12:00-12:30 PM (WRR) BE FIT 12:30-1:30 PM (WRR)	5 Lunch Break 12:00-12:30 PM (WRR) BACK FROM THE BLUEZ 12:30-1:30 PM (WRR)	6 Lunch Break 12:00-12:30 PM (WRR) WELLNESS & RELAXATION 12:30-1:30 PM (WRR)
10 WELLNESS TIP: Schedule Personal Time	11 Lunch Break 12:00-12:30 PM (WRR) BE FIT 12:30-1:30 PM (WRR)	12 Lunch Break 12:00-12:30 PM (WRR) BACK FROM THE BLUEZ 12:30-1:30 PM (WRR)	13 Lunch Break 12:00-12:30 PM (WRR) WELLNESS & RELAXATION 12:30-1:30 PM (WRR)
17 WELLNESS TIP: Take a Warm Shower	18 Lunch Break 12:00-12:30 PM (WRR) BE FIT 12:30-1:30 PM (WRR)	19 Lunch Break 12:00-12:30 PM (WRR) BACK FROM THE BLUEZ 12:30-1:30 PM (WRR)	20 Lunch Break 12:00-12:30 PM (WRR) WELLNESS & RELAXATION 12:30-1:30 PM (WRR)
24 WELLNESS TIP: Read A Good Book	25 Lunch Break 12:00-12:30 PM (WRR) BE FIT 12:30-1:30 PM (WRR)	26 Lunch Break 12:00-12:30 PM (WRR) BACK FROM THE BLUEZ 12:30-1:30 PM (WRR)	27 Lunch Break 12:00-12:30 PM (WRR) WELLNESS & RELAXATION 12:30-1:30 PM (WRR)
WELLNESS TIP: Be Kind to Someone	<div style="display: flex; justify-content: space-between; align-items: center;"> <div style="text-align: center;"> <p>JOIN THE VOICES FOR RECOVERY</p> <p>invest in health, home, purpose, and community</p> </div> <div style="text-align: right;"> <p>National <i>Recovery Month</i></p> <p><small>Prevention Works • Treatment is Effective • People Recover</small></p> <p>september 2018</p> </div> </div> <div style="display: flex; justify-content: center; gap: 20px; margin-top: 10px;">     </div>		

Brought to you by the Wellness & Recovery Team
Of Community Mental Health and Substance Abuse Services of St. Joseph
County

Wellness & Recovery Room (WRR)
307 W. Chicago Rd., Suite #260, Sturgis, MI, 49091

For more information contact,
The Wellness & Recovery Team, at (269) 467-1001, x.377,
Or visit our website at <http://www.stjoecmh.org/wellnessandrecovery>



WELCOME TO PEER SUPPORT SERVICES!



The Wellness & Recovery Team, part of the Peer Support Services program at Community Mental Health & Substance Abuse Services of St. Joseph County (CMHSAS), offers a variety of groups focused on enhancing the whole person through peer support, recovery education, and advocacy. Our groups are free of charge and open to all community members regardless of their eligibility for services at CMHSAS.

For more information contact The Wellness & Recovery Team, at (269) 467-1001, x.377, or visit the Wellness & Recovery website at <http://www.stjoecmh.org/wellnessandrecovery>

FEATURED PROGRAMS THIS MONTH!!!

BE FIT: A journey in being physically, emotionally, and mentally fit. Topics of discussion are nutrition, physical activity, sleep, and goal setting.

BACK FROM THE BLUEZ: This interactive group will increase our awareness of depression, how it can affect us, wellness and recovery tools that help, prevention, and action planning.

WELLNESS & REALXATION: Join us as we explore different pathways to be a promoter of personal wellness. Areas of exploration include relaxation exercises, meditation, changing negative thoughts to positive thoughts, yoga stretches, and deep breathing.

***ALL PEER SUPPORT WELLNESS & RECOVERY GROUPS/CONTENT ARE PEER TO PEER EVIDENCED BASED PRACTICES. THEY ARE NOT A SUBSTITUTE FOR PROFESSIONAL THERAPY, DIAGNOSIS, OR TREATMENT.**

NATIONAL WELLNESS INSTITUTES 2018 NATIONAL HEALTH AND WELLNESS OBSERVANCE CALENDAR DATES AND RESOURCES FOR THE MONTH OF SEPTEMBER

National Recovery Month www.recoverymonth.gov

Fruit & Veggies More Matters Month www.fruitsandveggiesmorematter.org

National Yoga Month www.yogamonth.org

My Strength Health Club for Your Mind www.mystrength.com

LOCATIONS: All programs are held in the Wellness & Recovery Room unless otherwise noted. Address information follows below.

- **Wellness & Recovery Room (WRR):** 307 W. Chicago Rd., Suite #260, Sturgis, MI, 49091 (Commonly known as "The Old Journal" building in downtown Sturgis on the corner of Chicago & Jefferson. We are on the second floor next to the DRC.)
- **Community Mental Health & Substance Abuse Services (CMHSAS):** 677 E. Main St., Suite A, Centreville, MI 49032
- **Adult Clubhouse:** 307 W Chicago Rd., Sturgis, MI 49091

**IF YOU ARE IN CRISIS AND NEED ASSISTANCE, PLEASE CALL OUR 24-HOUR CRISIS HOTLINE AT (800) 622-3967
IF YOU WOULD LIKE TO CONTACT CUSTOMER SERVICES, PLEASE CALL (855) 203-1730**