

Wednesday, May 5th to June 9th, 9:45 a.m. to 12:15 p.m.

Recovery Institute of SW MI, Suite 316

PATH WORKSHOP

(Personal Action Toward Health)

■ This **6 week workshop** is for people seeking recovery from mental illness and experiencing a long term health condition. This is facilitated by Peer Support Specialists also *certified as PATH trainers* with chronic health conditions. Sessions are fun, interactive, successes and supports are shared. Learn to deal with challenges of feeling ill, increase energy, reduce stress, stay independent and adopt skills that promote mental health and reduce symptoms of chronic illness. Call Bill Jones or Rosie Corliss with questions and **reserve your seat no later than Monday, May 3rd.**

If you can't make this class, we will be holding another workshop beginning Tuesday, July 6th from 1:15 p.m. to 3:45 p.m. Reserve seat by June 29th.

Thursday, May 20th, through Thursday, July 1, from 1:15 to 3:30 p.m.

Recovery Institute of SW MI, Suite 311

Pathways 4 U

■ Join this accelerated class and learn more about recovery! The 12 week sessions are being condensed to 6 weeks by meeting 2 afternoons a week. This is a great way to explore new ideas and possibilities for the recovery journey. Class includes a workbook filled with recovery and self discovery exercises. You'll learn to develop a better understanding of yourself and increase opportunities in leading a more meaningful and rewarding life!

This class is highly recommended for peers new to recovery **and** those well on their way! Call Sean Jennings or Rosie Corliss for details. Limited seating, **call by Monday, May 17th to reserve!**

Thursday, July 1st to August 19th, from 10 a.m. to 12 Noon.

Recovery Institute of SW MI, Suite 316

WRAP

(Wellness Recovery Action Plan)

■ Enroll in an 8 week workshop taught by *Certified Wrap Facilitators*. Focus is on recovery through hope, personal responsibility, education, self-advocacy and community. Proactive life decisions are promoted and supported. Call Steven Goodyke or Rosie Corliss for more information. **Reservations** must be received **by June 28th.**

Thursday, July 8th, through Thurs, August 26th, from 1:15 to 4:15 p.m.

Recovery Institute of SW MI, Suite 311

College or Trade School Preparatory Course

■ This course provides an excellent opportunity for peers to prepare for advancement through mutually integrating education with recovery goals in a supportive environment. Sessions are comparable to a college class through use of lecture, class discussion, and assignments. Recovery information is the primary theme. ***The schedule this summer parallels an accelerated 3 credit hour class, meeting on Monday and Thursday afternoons.*** The focus is on strengths and abilities plus - it's just in time to prepare for fall classes!! Call Sean Jennings or Rosie Corliss with questions; reservations must be made no later than **Wednesday, June 30th.**

ONGOING RECOVERY OPPORTUNITIES:

PALS (People of Affinity, Laughter & Support)

■ Breakfast Groups, Movie Groups, Animal & Nature Lovers, Crafts, Cooking, Lunch Bunch, YMCA Exercise/Swimming. Some groups are offered monthly and may require a waiting period due to levels of interest.

Call Sean Jennings or Tricia Shaff for information or to sign up.

■ **PALS Video Group** – Come on in the **first Wednesday of every month at 1 p.m.** in Suite 316 of the Recovery Institute.

■ **PALS Card & Board Games** – Join us on the **third Wednesday of every month at 1 p.m.** in Suite 316 of the Recovery Institute.

COMPUTER LAB

■ Offers a one on one learning opportunity to learn basic or intermediate computer skills. Available by appointment only. **Please call to schedule.**

TRANSFORMATION GROUP: All are welcomed on TUESDAYS 3 - 4 P.M.

Recovery Institute Suite 311

■ This is a peer support group for those seeking recovery from mental illness/substance use. Call Steve Goodyke for info.

ARTWORKS: Join us weekly on WEDNESDAYS 1:30 – 4:30 p.m.

Recovery Institute Suite 311

■ Peer artists share and develop skills through various art mediums. They also have opportunity to exhibit art in Recovery Institute Gallery and generate income, while developing recovery skills and supports. Call Paula Chomis with questions.

PoWeR GROUP

■ Peers for Wellness and Recovery increase awareness and strive to reduce social stigma towards people with psychiatric disability. Group members share their personal recovery stories throughout southwest Michigan. **Presentations are available by request.** Call Tricia Shaff or Rosie Corliss for appointments.

NEW RECOVERY OPTIONS

Monday, Beginning May 10th 2:00 – 3:30 p.m. Ongoing

S.M.A.R.T. RECOVERY

(Self Management and Recovery Training)

- *A science based group which focuses upon managing life's problems in a sensible way without the use of substances.*
Call Matt Linihan for more information.

Thursday, Beginning May 6th 10:30 am - 12:00 Noon

Vet to Vet Peer Support

- *Vet to Vet has one central value: All people who attend peer support meetings have something to teach and share as well as something to learn. Participants receive or have received mental health services and are given opportunity to overcome any stigma or shame they have experienced. Emphasis is placed on the importance of developing natural supports through mutual help along with other empowering ideas.*
Call Paula Chomis or Sean Jennings for more information.

**Please call *RECOVERY INSTITUTE* with questions.
(269) 343-6725**

ADDITIONAL RECOVERY CLASSES ARE OFFERED PERIODICALLY AND ARE BEING CONTINUALLY DEVELOPED.

Recovery Institute of Southwest Michigan

326 W. Kalamazoo Ave., Suite 312

Kalamazoo MI. 49007

(269) 343-6725

We are a family – A family in recovery

SPRING & SUMMER

The 2010 CLASS AND EVENT SCHEDULE

**Offering innovative recovery opportunities for peers
in the greater Kalamazoo area.**

Spend your summer in cool recovery!

