



New Location!! 123 South Westnedge, Kalamazoo, MI 49007

In Person and Online Meeting Schedule

Call 269.343.6725, Monday - Friday from 9:00 AM - 4:30 PM

All classes are in person and online!

Monday	Tuesday	Wednesday	Thursday	Friday
			9:30AM SMART Recovery	
	11:00 AM Hearing Voices Network	11:00 AM Whole Health Action Management		
11:30am Stroll & Roll			11:30AM Pathways 4 U	11:30am Stroll & Roll
				12:00PM Meditation
12:30 PM Smoke Less				
		12:30 pm Wellness Wednesdays	1:00 PM Hearing Voices Network	1:00 PM Transformations
	1:30 PM Writers Group			
2:00 PM SMART Recovery		2pm – 4pm Open Studio		
				2:30 PM Open Studio
	3:00 PM Transformations			
3:30 PM Rainbow United				

Hearing Voices Network (HVN) Support: Share support & recovery for anyone hearing voices, having visual or tactile experiences, unusual beliefs or self-injury.

Meditation: Members come together for this 30 minute group to reduce stress, embrace wellness, and open our minds to the healing process that is meditation. This group focuses on a variety of meditation styles and techniques including, breathing techniques, guided meditation, positive affirmations, and many more.

Open Studio: Peer artists get together to create art, enjoy music, play games and have a good time. Share in fellowship and creativity.

Pathways to Recovery: Uses a strengths-based approach to develop your recovery in several domains of life: relationships, wellness, recreation and spirituality.

Rainbow United: Recovery support for the LGBTQ community.

SMART Recovery Group: (Self-Management and Recovery Training): A cognitive approach to managing addictive behaviors, including for example substance use and gambling.

Stroll and Roll: Peers gather together twice a week for 30 minutes of walking or rolling to improve health, relieve stress, and enjoy nature with a focus on overall wellness.

Transformations Group: Group support for individual recovery from mental health and substance use concerns.

Wellness Wednesdays: A fun group that gets active around healthy ideas chosen by members.

Whole Health Action Management (WHAM): offers opportunities for participants to create and work on goals for new healthy living strategies.

Writers' Group: A supportive peer writing environment for expressing your thoughts. Writing prompts and open topic.

Support Phone Lines

R I Warmline: Recovery Institute peer-operated phone service where you can get support and learn about available mental health and recovery resources.

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Michigan Certified Peer Support Specialist Warmline: A peer-run phone service providing peer support, resource referral and shared experience of recovery and hope.

Call 888.733.7753, 7 days a week from 10:00 AM - 2:00 AM.