



**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	11:00AM Pathways 4 U	
11:30am Stroll & Roll				11:30am Stroll & Roll
				12:00PM Meditation
12:30 PM Smoke Less			12:30 PM Hearing Voices Network	
		12:30 pm Wellness Wednesdays		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.

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

**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.*