



# February 2012



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<b>1</b> 10:30-11:45am-Support Group  12-2pm-Wellness Recovery #2	<b>2</b> 10:30-12:00 Eating Smart, Being Active  12pm-2pm-Parenting #2	<b>3</b>	<b>4</b>
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b> 10:30-11:45am-Support Group  12-2pm-Wellness Recovery #3	<b>9</b> 10:30-12:00 Eating Smart, Being Active  12pm-2pm-Parenting #3	<b>10</b>	<b>11</b>
<b>12</b>	<b>13</b>	<b>14</b>  Happy Valentine's Day!	<b>15</b> 10:30-11:45am-Support Group  12-2pm-Wellness Recovery #4	<b>16</b> 10:30-12:00 Eating Smart, Being Active  12pm-2pm-Parenting #4	<b>17</b>	<b>18</b>
<b>19</b>	<b>20</b>  Presidents' Day (MHA is closed)	<b>21</b>	<b>22</b> 10:30-11:45am-Support Group  12-2pm-Wellness Recovery #5	<b>23</b> 10:30-12:00 Eating Smart, Being Active  12pm-2pm-Parenting #5	<b>24</b>	<b>25</b>
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b> 10:30-11:45am-Support Group  12-2pm-Wellness Recovery #6	Mental Health America of Wisconsin is a United Way of Greater Milwaukee Agency. 		

**Drop-in (Wednesdays and Thursdays 10am-2pm)** - We're open for resources and referral, meetings 1-1 with a Peer Specialist, drop-in play times, lending library, free internet connection and more! *You're welcome to attend classes, use our services or just hang out and meet new people!*

**Wellness Recovery Class (Wednesdays 12—2pm)** - Gain insight into your own mental health challenges while focusing on the road to recovery.

This is an 8-week closed group that repeats. You must begin during classes 1 or 2.

**2/1-** Class #2- Substance Abuse Intro

**2/22-** Class #5- Early Warning Signs

**2/8-** Class #3- Recovery & Personal Wellness

**2/29-** Class #6- Wellness Plan

**2/15-** Class #4-Triggers

**Parenting Skills (Thursdays 12—2pm)** - You will better understand the effects mental illness has on parenting and learn skills to improve your nurturing and feel like a stronger parent. This is an open group that repeats, however you will be required to take the introduction class within 5 weeks of starting. It is offered on Thursday mornings periodically throughout the cycle.

**2/2-** Class #2-Growth & Dev

**2/16-** Class #4-Feelings

**2/9-** Class #3- Growth & Dev Cont'd

**2/23-** Class #5-Communication, Empathy

**Eating Healthy, Being Active! (a series ending March 15th)**- A group on healthy lifestyles facilitated by Kathryn, Nutrition Educator, from UW-Extension. Come learn how to make healthier choices for you and your family and end group by making cheap and easy recipes together for lunch!

**Support Group (Wednesdays 10:30—11:45am)** – Come and be heard! Share what is going on with you with a Peer Specialist and get help figuring out what to do.

*\*As a reminder, there are no planned **Family Nights** yet in 2012 for in-home participants due to budget cuts. All other programming will continue as scheduled. Thank you for your understanding!*

**FREE Childcare is provided on Wednesdays and Thursdays from 10:30am—2pm while you visit MHA.**

**Bus tickets may be available upon request!**

**Call Karissa (414-336-7964) to register, get more information or be put on the mailing list.**