



# March 2012



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Mental Health America of Wisconsin is a United Way of Greater Milwaukee Agency. 				<b>1</b> 10:30-12:00 Eating Smart, Being Active 12pm-2pm-Parenting #6	<b>2</b>	<b>3</b>
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b> 10:30-11:45am-Support Group 12-2pm-Wellness Recovery #7	<b>8</b> 10:30-12:00 Eating Smart, Being Active 12pm-2pm-Parenting #7	<b>9</b>	<b>10</b>
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b> 10:30-11:45am-Support Group 12-2pm-Wellness Recovery #8	<b>15</b> 10:30-12:00 Eating Smart, Being Active 12pm-2pm-Parenting #8	<b>16</b>	<b>17</b> Happy St. Patrick's Day!
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b> 10:30-11:45am-Support Group 12-2pm-Wellness Recovery #1	<b>22</b> 10:30-12:00 Art Expression 12pm-2pm-Parenting #9	<b>23</b>	<b>24</b>
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b> 10:30-11:45am-Support Group 12-2pm-Wellness Recovery #2	<b>29</b> 10:30-12:00 Art Expression 12pm-2pm-Parenting #1	<b>30</b>	<b>31</b>

**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.

**3/7-** Class #7-Wellness Plan Cont'd

**3/21-** Class #1-Introduction

**3/14-** Class #8- Review & Jeopardy

**3/28-** Class #2- Substance Abuse Intro

**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.

**3/1-** Class #6- Self-Worth, Personal Power

**3/22-** Class #9- Rewarding Good Behavior

**3/8-** Class #7- Nurturing Routines

**3/29-** Class #1- Intro & Goals

**3/15-**Class #8- Alternatives to Spanking

**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!

**Art Expression (March 22<sup>nd</sup> and 29<sup>th</sup>)**- Youth and parents will have an opportunity to make arts or crafts. All will be able to keep their item or display it in the Family Center.

**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.**