

June 2009 Programming and Descriptions

- **Wellness Recovery Class (Wednesdays noon—2pm)** - parents will gain insight into their own mental health challenges while focusing on the road to recovery. This is an 8 week closed on-going group. Now Enrolling!
- **Parenting Skills (Thursdays noon—2pm)** - Parents will better understand the effects mental illness has on parenting. They will be given the skills to improve their nurturing and bonding qualities of parenting. This is a 12 week open on-going group. Now Enrolling!
- **Freedom Self Advocacy Class—(Call for date/time info!)** - Participants will learn how to be a better self-advocate in their communities. Group participants will become more familiar with resources available to them, as well as their rights! This is an 8 week open on-going group. Wellness and Parenting are pre-requisites.
- **Empowerment Group (Thursdays 10-11:30am)** - MHA teams up with The Healing Center for a series of classes that cover topics meant to empower and inspire women. This class meets twice a month, on the 2nd and 4th Thursday of every month.
- **Drop-in (Wednesdays and Thursdays 10-2pm)** - Center is open for resources and referral, meet 1-1 with a peer support specialist, drop-in play times, lending library, free internet connection and more!
- **Parent Support Group (Wednesdays 10:30—11:45am)** - An open support group for people who are parents and whom also find themselves on a recovery journey to mental health and wellness.
- **Nutrition Class (Thursdays 10-11:30am)** - Participants will learn about Nutrition and its importance in every day living. Participants will also prepare healthy meals from recipes themselves. This class meets twice a month, on the 1st and 3rd Thursday of every month.
- **Arts Expression (Thursdays 10—noon)** - Youth and parents will have an opportunity to make arts or crafts. All will be able to keep their item OR save it for our Arts and Craft show in the fall!
- **Family Nights**— Families will have an opportunity to increase their social supports, interact with their own family and increase their knowledge of mental wellness as a family unit. Family Nights are open only to those families that are part of the Invisible Children's Program.

FREE Childcare is provided on Wednesdays and Thursdays from 10am—2pm while you visit the center.

FREE Transportation upon request!

Call Kristina to register, for more information, or to be put on the mailing list. 414-276-3122.

June 2009

Strong Families Healthy Homes

Invisible Children's Program (ICP) and Specialized Family Resource Center (SFRC)

Tuesday	Wednesday	Thursday
<p style="text-align: right;">2</p> <p>FAMILY NIGHT 5-7:30 MHA Family Ctr</p>	<p style="text-align: right;">3</p> <p>10-2pm- Drop-in 10:30 –11:45 Support Group 12-2pm -Wellness Recovery (1)</p>	<p style="text-align: right;">4</p> <p>10am-2pm -Drop-in 10am –12:00pm Art Expression 12-2pm -Parenting (12)</p>
<p style="text-align: right;">9</p>	<p style="text-align: right;">10</p> <p>10-2pm- Drop-in 10:30 –11:45 Support Group 12-2pm -Wellness Recovery (2)</p>	<p style="text-align: right;">11</p> <p>10am-2pm -Drop-in 10am –11:30am Empowerment Series 12-2pm -Parenting (1)</p>
<p style="text-align: right;">16</p> <p>FAMILY NIGHT 5-7:30 MHA Family Ctr</p>	<p style="text-align: right;">17</p> <p>10-2pm- Drop-in 10:30 –11:45 Support Group 12-2pm -Wellness Recovery (3)</p>	<p style="text-align: right;">18</p> <p>10am-2pm -Drop-in 10am – 11:30am Nutrition 12-2pm -Parenting (2)</p>
<p style="text-align: right;">23</p>	<p style="text-align: right;">24</p> <p>10-2pm- Drop-in 10:30 –11:45 Support Group 12-2pm -Wellness Recovery (4)</p>	<p style="text-align: right;">25</p> <p>10am-2pm -Drop-in 10am –11:30am Empowerment Series 12-2pm -Parenting (3)</p>
<p style="text-align: right;">30</p>		