

## **Key to Community Activities**

**Depression and Bipolar Support Alliance (DBSA)** - is a peer support group for individuals with depression, bipolar and their support people. It meets the first three Mondays of the month from 7:00 - 9:00pm. at Portage Chapel Hill United Methodist Church. Call 599-2782 for more information.

**Wellness Recovery Action Planning (WRAP)** - is an educational group that teaches recovery skills, self awareness, self monitoring methods and wellness skills that can be used throughout life. WRAPUP is a support group that reinforces skills learned in WRAP. Call 341-9312 and ask for the Wellness Team for more information.

**Healthy Activities** - meets twice weekly to socialize, have fun and participate in healthy activities such as walking, bowling, or swimming. Call 341-9312 and ask for Laura for more information. Interact clients only.

**DRA Meeting** - is a peer support meeting for individuals that suffer from a mental illness as well as an addiction. Call Karrie at 553-8159 for more information

**Interact Social** - meets Wednesday for fun and socializing. Call 341-9312 for more information. Interact clients only.

**Peer Support Group** - is a place where members of Ministry with Community can go to feel safe and to share their troubles and concerns about homelessness with others. Together we solve problems. We meet at Ministry with Community 440 N. Church. Call 343-5880 for more information.

**Artworks** - is a group of consumer artists that meets Weds from 3:00 - 5:00pm at 418 W. Kalamazoo in Conference Room B for open studio time and camaraderie. Art materials are provided. Art can be displayed at the gallery there as well. Call Brandon at 873-3372 for more info.

**Schizophrenics Anonymous** - is a peer support group for any individual suffering from Schizophrenia or any other mental illness. Meetings are at Pathways, 119 W Vine. Call Al Munson at 342-0173 for more info.

**Brain Injury and Women's Support Groups** - Disability Resource Center, 517 E. Crosstown. Call 345-1516 for more info.

**Peers for Wellness and Recovery (The PoWeR Group)** is a group of individuals dedicated to educating people about mental illness in an effort to reduce stigma against persons with a mental illness. Call 553-7057 for more information.

- **Power Group Presentations** - Members of the Power Group talk to different audiences in southwest Michigan about their experiences in the CMH system and their illness.
- **Power Group Strategy meeting** - meets from 1:00-3:00pm on the 1st and 3rd Friday of the month. they plan the extravaganzas, discuss upcoming events and take care of any other business.
- **Power Group Extravaganzas** - are fun and educational meetings held at 418 W. Kalamazoo on the third Friday of Feb., June, and Oct. from 1:30-3:30pm. All are invited to attend. Refreshments are provided.

**Peer Collaborative** - meets every week on Wednesdays at 8:30am. We meet at 418 W. Kalamazoo Ave. in the basement, conf. room C. This is a meeting that provides a wealth of information about Peers helping Peers. Group updates include: Power Branch, Recovery Institute, Peer Companions, WRAP, IDDT, Power Group, & many more. Call Melanie at 553-8027 for info.

**Power Branch** - meets on Thursdays at 1:00 at Interact, 610 S. Burdick. Brainstorming of Peers to improve mental health awareness in the community and promote recovery.

**Wellness Writers** - Come and join us for free writing fun! We learn about keeping a journal, writing poems and memoirs. Sharing is encouraged, but not necessary. Making new friends is a big part of the class. Class takes place in the Wellness room of the InterAct building at 234 E. Cedar St.

**Recovery Institute of South West Michigan, Inc.** - The primary mission of the Recovery Institute is to provide members the opportunity to revolutionize recovery and wellness services, and to optimize choice, benefits, and support by pooling our resources, skill, and power together with one unified voice.

**InterArt**- Meets at Interact, 615 S. Burdick. Join us for 1½ hours of fun and as we paint, draw, and develop our creativity through crafts chosen by the instructor or by doing your own thing! Supplies are provided. Interact clients only.

**Supported Education** - Support group for peers attending college. Meets at KVCC's Arcadia location. Call Phil Royster at 760-1839 for more info. This group does not meet during the summer semester.

**Recovery Anonymous** - A new, non-established 12 - step meeting that can involve anyone who has issues with life's terms and have problems letting go of the past. You do not have to identify yourself at this meeting.