

MAY

Delaware County NAMI Peer-Run Wellness Center

Mon-9AM-7PM
W/F- 10AM-3PM

601 Grant St. Manchester, IA
ellen@namidubuque.org
563-927-5116

SUN.	MINDFUL MONDAY	TUES.	WELLNESS WEDNESDAY	THUR.	FUN FRIDAY	SAT.
			1 10:00-Coffee & Talk 11:30-Open Activities 1:00-Goal Setting/Journal 2:00 Creative Activities		3 10:00 Guided Meditation/Journal 11:30 Lunch Bunch 1:00 WHAM- Please Register	
6	10:00-Coffee & Talk 11:30- Open Support 1:00- Creative Activity 5:30- Peer Support Group 6:30- Family Support Group		8 10:00-Coffee & Talk 11:30-Open Activities 1:00 Goal Setting/Journal 2:00 Creative Activities		10 10:00 Guided Meditation/Journal 11:30 Open Activities 1:00 WHAM- Please Register	
13	10:00-Coffee & Talk 11:30- Open Activities 1:00- Creative Activity 5:30-All Pathways/Co-Occurring Recovery		15 10:00 Coffee & Talk 11:30 Open Activities 1:00 Goal Setting/Journal 2:00 Creative Activities		17 10:00 Guided Meditation/Journal 11:30 Lunch Bunch 1:00 WHAM- Please Register	
20	10:00 Coffee & Talk 11:30- Open Activities 1:00- Creative Activity 4:00- Open Support		22&29TH 10:00 Coffee & Talk 11:30-Open Activities 1:00 Goal Setting/Journal 2:00 Creative Activities		24&31ST 10:00 Guided Meditation/Journal 11:30 Open Activities 1:00 WHAM- Please Register	
27	10:00-Coffee & Talk 11:30-Open activities 1:00- Creative Activity 4:00- Open Support					

REGISTER for WHAM:

<https://www.namidubuque.org/general>

***1:1 Peer & Family Support Available**

