

# SEPTEMBER

## NAMI Delaware County Peer-Run Wellness Center

Open Wellness Hours:  
Monday-9am-7pm  
Wed./Fri.- 10am-3pm

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

SUN.	MONDAY	WEDNESDAY	FRIDAY	SAT.
	2 <b>Wellness Center Closed in Observance of Labor Day</b>	4 10am- Open Support 12pm- The Art of Recovery 2pm- Colorful Meditation	6 10am- Open Support 12pm- Mindful Journaling- Coping Skills	
8 6:00pm Suicide Awareness Sunset Walk @Univ. of Dubuque	9 9:45-11:30am- WRAP Closed Group 12pm-Lunch Bunch 2pm-Topic Group- Depression 5pm-Family Support	11 10am- Open Support 12pm- The Art of Recovery 2pm- Colorful Meditation	13 10am- Open Support 12pm- Mindful Journaling- Spirituality	14 Walk 4 Tomorrow Suicide Awareness- 9am Tirrill Park, Manchester
	16 9:45-11:30am- WRAP Closed Group 12pm-Lunch Bunch 2pm-Topic Group- Anxiety 5pm-Family Support	18 10am- Open Support 12pm- The Art of Recovery 2pm- Colorful Meditation	20 10am- Open Support 12pm- Mindful Journaling - Support Systems	21 9:00am Epworth Breakfast & Learn- Please Register
	23 & 30th 9:45-11:30am- WRAP Closed Group 12pm-Lunch Bunch 2pm-Topic Group- Substance Use 5pm-Family Support	25 10am- Open Support 12pm- The Art of Recovery 2pm- Colorful Meditation	27 10am- Open Support 12pm- Mindful Journaling- My Future Self	28 9:00am Epworth Family & Friends- Please Register