



AUGUST

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

	MINDFUL MONDAY		WELLNESS WEDNESDAY		FUN FRIDAY	SAT
					2 10:00 Open Support 12:00 Lunch Bunch Topic Group: Stress 1:30 Open/Creative Activity	2 Epworth Town & Country Event
	5 9:00 Open Support 11:00 Creative Activity: Journals 3:00 Guided Meditation/Journal 5:30 Connection Peer Support Group 6:30 Family Support Group		7 11:00 Open Activity/Support 1:00 Creative Activity		9 10:00 Open Support 12:00 Lunch Bunch Topic Group: Brain Health/ Coping Skills 1:30 Open/Creative Activity	10 **10:00 am- IN DUBUQUE Families Anonymous
	12 9:00 Open Support 11:00 Creative Activity: Collages 3:00 Guided Meditation/Journal 5:00 Recovery Support		14 11:00 Open Activity/Support 1:00 Creative Activity		16 10:00 Open Support 12:00 Lunch Bunch Topic Group: Depression/ Tools 1:30 Open/Creative Activity	17 Cascade Parade & Event
	19&26 9:00 Open Support 3:00 Guided Meditation/Journal 11:00 Creative Activity: Painting 5:00 Recovery Support		21&28 11:00 Open Activity/Support 1:00 Creative Activity		30 10:00 Open Support 12:00 Lunch Bunch Topic Group: Anxiety /Tools 1:30 Open/Creative Activity	
			*1:1 Peer & Family Support Available by Appointment		Lunch Bunch Fridays: Feel Free to Bring a Lunch or Snack	