

# APRIL

## 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.
	<b>1</b> 10:00- Coffee & Talk 1:00- Creative Activity 4:00- Open Support <b>5:30- Connections Peer Support</b> <b>6:30- Family Support Group</b>		<b>3</b> 10:00-Coffee & Talk 11:30-Open Activities 1:00-Goal Setting/Journal 2:00 Creative Activities		<b>5</b> 10:00 Guided Meditation/Journal 11:30 Lunch Bunch <b>1:00 WHAM- Please Register</b>	
	<b>8</b> 10:00-Coffee & Talk 11:30- Open Activities 1:00- Creative Activity 4:00- Open Support		<b>10</b> 10:00-Coffee & Talk 11:30-Open Activities 1:00 Goal Setting/Journal 2:00 Creative Activities		<b>12</b> 10:00 Guided Meditation/Journal 11:30 Open Activities <b>1:00 WHAM- Please Register</b>	
	<b>15</b> 10:00-Coffee & Talk 11:30- Open Activities 1:00- Creative Activity <b>5:30-All Pathways/Co-Occurring Recovery</b>		<b>17</b> 10:00 Coffee & Talk 11:30 Open Activities 1:00 Goal Setting/Journal 2:00 Creative Activities		<b>19</b> 10:00 Guided Meditation/Journal 11:30 Lunch Bunch <b>1:00 WHAM- Please Register</b>	
	<b>22</b> 10:00 Coffee & Talk 11:30- Open Activities 1:00- Creative Activity 4:00- Open Support		<b>24</b> 10:00 Coffee & Talk 11:30-Open Activities 1:00 Goal Setting/Journal 2:00 Creative Activities		<b>26</b> 10:00 Guided Meditation/Journal 11:30 Open Activities <b>1:00 WHAM- Please Register</b>	<b>27 *Iris Days*</b> <b>Please Inquire</b>
	<b>29</b> 10:00-Coffee & Talk 11:30-Open activities 1:00- Creative Activity 4:00- Open Support				<b>*1:1 Peer &amp; Family Support Available</b> <b>REGISTER for WHAM:</b> <a href="https://www.namidubuque.org/general">https://www.namidubuque.org/general</a>	