

NAMI Dubuque

225 W6th St, Dubuque, Iowa 52001

Peer Run Wellness Hours- October/November 2023 Calendar

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Wellness Wednesdays

Thoughtful Thursdays

	Wednesday Mornings: Family & Caregiver Support 9:00A to 11:00A	Wellness Wednesdays Open 3: 00PM to 7:30PM	Thoughtful Thursdays Open 2:00PM to 7:30PM (1st & 3rd)	Thoughtful Thursdays Open 2:00PM to 7:30PM (2nd & 4th)
	October 18th, 25th, Nov. 1st, 8th, 15th, 29th	October 18th, 25th, Nov. 1st, 8th, 15th, 29th	October 5th, 19th, Nov 2nd, Nov 16th	October 12th, 26th, Nov 9th, 16th, Nov 30th
9:00 AM	9A to 10A Family Support, Shared Experiences, Morning Coffee, Goal setting			
10:00 AM	10A to 11:00A Family Education and Resources			
2:00 PM			2:00 - 3:30PM Peer/Recovery Support with Ellen or David. Individual Support available by appointment	2:00PM to 4:00PM Mindfulness at the Musuem with Jim 2: 00PM to 3:30PM Peer/Recovery Support with Ellen or David. Individual support available by appointment
3:00 PM		3:00 to 3:30PM Coffee/Tea & Conversation/Goal Setting & Peer Reflection	3:30 - 4:30 Book Discussion 1st and 3rd Thursday: <i>Push Off From Here: Nine Essential Truths to Get You Through Sobriety (and Everything Else)</i> By <i>Laura McKowen</i> (bring own copy or a couple books available to share) Sections read at group followed by discussions..no homework!	3:30 - 4:30PM: Book Discussion 2nd & 4th Thursday: <i>The Four Agreements: A Practical Guide to Personal Freedom</i> , By <i>Don Miguel Ruiz</i> (bring own copy or a couple books available to share) Sections read at group followed by discussions..no homework!
3:30 PM		3:30 to 5:30PM Education Group (WHAM, PEER, WRAP)		
4:00 PM			4:30 to 5:30PM, Creative Activity, November Vision Boards/Education Program	4:30 to 5:30PM, Creative Activity, November Vision Boards/Education Program
4:30 PM				
5:00 PM				
5:30 PM		5:30-6:00 Journaling/Peer Support	5:30-6:00 Journal/Break	5:30-6:00 Journal/Break
6:00PM to 7:30PM		1st & 3rd Wednesday: Connection Recovery Support Group, 2nd Wednesday: Eating Disorder Group from 5:00 to 7:30P and Healing Hearts Suicide Bereavement Group from 6:00 to 7:30PM, 4th Wednesday, Open/Community Game Night, Men's Brain health 2 & 4th Wednesday	6:00 to 7:30PM "All Pathways" Brain Health & Substance Use Group. All stages/pathways of recovery welcome...sobercurious? Please join us!	6:00 to 7:30PM Community Minded Support, Veterans Group

Wednesday Notes

1st & 3rd- 6:00 to 7:30P, Connection Recovery Support Group

2nd, Eating Disorder 5P to 7:30, Suicide Bereavement Group, 6 to 7:30P, Men's Brain Health
2nd, 6P to 7:30P

4th, Community Game Night & Men's Brain Health- 6P to 7:30P

CENTER IS CLOSED: 11/22 & 11/23

Thursday Notes

All Thursdays: 2 to 3:30PM Open door Peer Recovery & Substance Support
& 1:1 support available by appointment

All Thursdays: 3:30-4:30 Bood Discussion 4:30-5:30PM Creative Activity/Education F
1st & 3rd- 6 to 7:30P Co-Occuring Recovery Group: "All Pathways" of
recovery welcome!

2nd & 4th: 2P to 4P, Mindfulness at the museum

2nd & 4th- 6 to 7:30: Veterans Group