

# February 2022

## Community Groups

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
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## **CHANGES: Building Community**

### **Tuesdays, 4 PM**

In this group you will learn how to identify community supports, the role boundaries play in building community, and how to voice your own personal triggers. This session is the first part of our CHANGES series, which is designed for anyone recovering from substance use or mental health concerns.

**Email [mike.willacker@healthwest.net](mailto:mike.willacker@healthwest.net) for more information.**

## **Confetti**

### **Online Forum- Wednesdays at 4 PM**

### **In-Person - Fourth Wednesday at 6 PM**

A safe and affirming social group for youth 13-18 y/o who identify as a member of the LGBTQ+/SOGIE or are questioning their gender identify or sexual orientation. The goal of Confetti is create a space for healthy and positive community building. This group will be facilitated by members of the SOGIE/LGBTQ+ community. **Email [felipe.trevino@healthwest.net](mailto:felipe.trevino@healthwest.net) if you are interested in attending this group.**

## **Play and Learn**

### **Wednesdays at 10 PM**

Join us weekly as we read a new book and sing together. Accompanying activity bags are available while supplies last. The monthly bags can be picked up at the Hub from 8am-7pm the first Monday and Tuesday of the month.

**Visit [www.facebook.com/HealthWestMuskegon](https://www.facebook.com/HealthWestMuskegon) or [www.Healthwest.net](http://www.Healthwest.net) to find the weekly video.**

## **Teen SMART Recovery**

### **Wednesdays, 4:30 PM**

SMART Recovery is a self-help program that offers a place where teens can get together to try to look into and change behaviors that hurts themselves and others .

Join URL:

<https://smartrecovery.zoom.us/j/208977640>

Meeting ID: 208 977 640 Phone: 929-205-6099

## **Adult SMART Recovery**

### **Mondays and Wednesdays, 2 PM**

SMART Recovery is one of the leading recovery groups in the United States dedicated to helping participants learn tools and techniques for self-empowerment. Participants in the group learn tools to aid their recovery process based on substantial, proven scientific evidence and research and are encouraged to engage with a global support system.

Mondays

Join URL:

<https://smartrecovery.zoom.us/j/94092740254>

Meeting ID: 940 9274 0254 Phone: 929 436 2866

Wednesdays

Join URL:

<https://smartrecovery.zoom.us/j/91975318557>

Meeting ID: 919 7531 8557 Phone: 929 436 2866