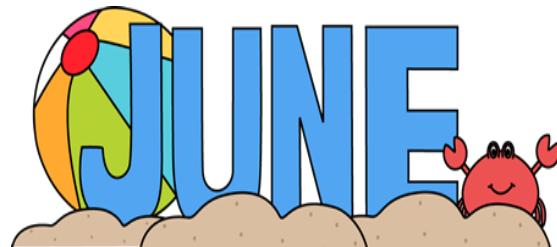




# Journey to Wellness

## A Community Wellness Center



### Monday

6:30-8:00 PM

#### **Addictions- (Positivity Place)**

Various topics throughout the month where consumers can gain coping skills to help deal with substance abuse.

7:00-8:30

#### **Spirituality (Journey Junction)**

### Tuesday

4:15-5:15 PM

#### **Wellness- (Journey Junction)**

June 6– Getting to Know You Part 1

June 13– Getting to Know You Part 2

June 20– Getting to Know Each Other

June 27– Positive Affirmations

#### **Addictions In Recovery**

#### **(Positivity Place)**

This month will feature a theme of dealing with Anxiety in Substance Abuse & Mental Health .Consumers will receive feedback from peers to help overcome obstacles. This is the peer version of “Empty Chair Therapy”.

**5:15-5:45 PM– Light Dinner**

5:45-6:45 PM

#### **Wellness- (Journey Junction)**

June 6– Is it Gossip?

June 13– Problem Solving

June 20– Recovering from Rejection

June 27– The Procrastination Puzzle

#### **Creative Expression (Serenity Central)**

A fun way to express our wellness through arts, crafts, creative writing, & more!

#### **Wellness Recovery Action Plan (WRAP)**

#### **(Positivity Place)**

This is a closed group.

7:00-7:45 PM

**Doubel Trouble 12 Steps (Serenity Central)**- Guided discussion following the 12 Steps of Double Trouble in Recovery

**Double Trouble Open Discussion (Journey Junction)**- Open discussion on Mental Health & Substance Abuse topics. This is your group!!!

**Wellness Recovery Action Plan (WRAP) (Positivity Place)** This is a closed group.

### Wednesday

7:00-9:00 PM

#### **Family Support Group (Positivity Place)**

June 7– Relationships & Boundaries

June 14– Advocating For Yourself & Loved One

June 21– Understanding Treatment & Continuum of Care

June 28– Self Care & Your Wellness

For more info contact Hope-  
[hshawlinski@mhanj.org](mailto:hshawlinski@mhanj.org)



**Mental Health Association in New Jersey, Inc.**

***One to One Support Available by Appointment***

***Saturday Socialization (Varies Monthly)***

***Our Groups are based off of the Recovery Library***

### Thursday

4:15-5:15 PM

#### **Yoga (Journey Junction)**

A low impact exercise that uses music and Yoga movements for guided relaxation and stress relief.

#### **Wellness – (Positivity Place)**

June 1- Recovery is a Journey

June 8– Keep it Simple

June 15– Eight Dimensions of Wellness 1

June 22– Eight Dimensions of Wellness 2

June 29– What Does My Wellness Look Like?

**5:15-5:45 PM– Light Dinner**

5:45-6:45 PM

#### **Life Skills Group- (Positivity Place)**

June 1– Jobs 1: Look Your Best

June 8– Jobs 2– Develop a Resume

June 15– Jobs 3: Interview Skills

June 22– Jobs 4: Attributes & Barriers

June 29- Jobs 5: After the Interview

#### **More Than Just Addictions (MICA) (Journey Junction)**

June 1– Coping with Flashbacks

June 8– Emotions in Recovery

June 15– Healthy Relationships

June 22– You Can’t Heal What You Can’t Feel

June 29– Prisoners in our Mind

#### **WRAP Support Group (Serenity Central)**

Friday

6:15-7:15 PM

**Weekend Wellness (Journey Junction)**– Guided Discussion about Various Wellness Topics

7:30-8:30 PM

**Double Trouble Open Discussion (Journey Junction)** Open discussion on Mental Health & Substance Abuse topics. This is your group!!!

# Journey to Wellness

## A Community Wellness Center

Now with  
Extended  
Hours!!!

**Monday**  
**6:30-8:00 PM**

### Addictions- (Positivity Place)

Various topics throughout the month where consumers can gain coping skills to help deal with substance abuse.

### Spirituality- (Journey Junction)

**Tuesday**  
**4:15-5:15 PM**

### Wellness- (Journey Junction)

July 4- CLOSED

July 11- Live Life To The Fullest

July 18- How To Become a Good Friend

July 25- How to Self Advocate

### Addictions in Recovery (Positivity Place)

July 4- CLOSED

July 11- Relapse Prevention Plan

July 18- Coping with Sobriety

July 25- Recognition of Skills

**5:15-5:45 PM- Light Dinner**

**5:45-6:45 PM**

### Wellness- (Journey Junction)

July 4- CLOSED

July 11- Navigating Life's Challenges

July 18- Quality of Life

July 25- Thoughts of Depression

### Creative Expression (Serenity Central)

A fun way to express our wellness through arts, crafts, creative writing, & more!

### Wellness Recovery Action Plan (WRAP) (Positivity Place)

This is a closed group.

**7:00-7:45 PM**

**Double Trouble 12 Steps (Serenity Central)**- Guided discussion following the 12 Steps of Double Trouble in Recovery

### Double Trouble Open Discussion (Journey Junction)

Open discussion on Mental Health & Substance Abuse topics. This is your group!!!

### Wellness Recovery Action Plan (WRAP) (Positivity Place)

This is a closed group.

**Wednesday**  
**7:00-9:00 PM**

### Family Education Group (Positivity Place)

July 5- Q & A, Wrap-Up & Processing

For more info contact Hope-  
[hshawlinski@mhanj.org](mailto:hshawlinski@mhanj.org)



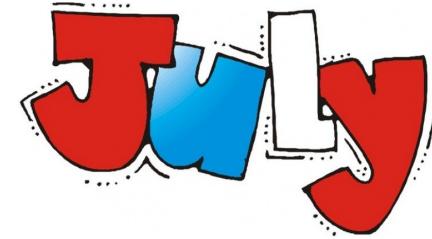
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*Saturday Socialization  
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*Our Groups are based off of the  
Recovery Library*

*The MHA Ocean Offices  
(including all group activities)  
will be closed on Tuesday July 4  
in observance of Independence  
Day*



**Thursday**  
**4:15-5:15 PM**

### WRAP Support Group (Serenity Central)

This is a closed group

### Wellness – (Journey Junction)

July 6- Change For The Better

July 13- Identifying Stress

July 20- Daily Hassles

July 27- Problem Solving

**5:15-5:45 PM- Light Dinner**

**5:45-6:45 PM**

### Life Skills Group- (Positivity Place)

July 6- Food Shopping/Couponing

July 13- Job Searching

July 20- Think Outside The Box

July 27- Pro's & Con's of Cleanliness

### More Than Just Addictions (MICA)- (Serenity Central)

July 6- Danger of Resentment

July 13- Dire Need of Approval

July 20- Stages of Change

July 27- Progress Not Perfection

### Yoga (Journey Junction)

A low impact exercise that uses music and Yoga movements for guided relaxation and stress relief.

**7:00-7:45 PM**

**Double Trouble (Journey Junction)-** Open discussion on Mental Health & Substance Abuse topics. This is your group!!!

**Friday**

**6:15-7:15 PM**

### Weekend Wellness (Journey Junction)- Guided Discussion about Various Topics

**7:30-8:30 PM**

**Double Trouble (Journey Junction)** Open discussion on Mental Health & Substance Abuse topics. This is your group!!!