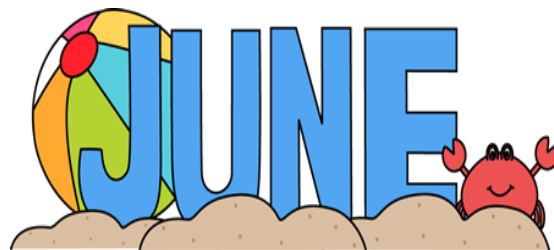


Now with
Extended
Hours!!!

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

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 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



**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!!!



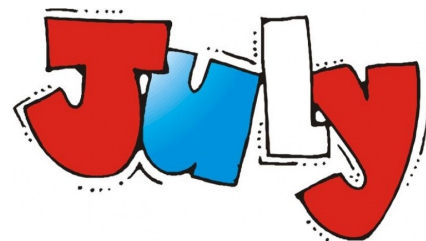
25 South Shore Drive Toms River, NJ 08753
Phone: 732-914-1546 Fax: 732-244-0948
Peer Recovery Warm Line 1-877-292-5588

NJ CONNECT
for recovery 855-652-3737
A free, confidential call line



Journey to Wellness

A Community Wellness Center



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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

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Wellness Recovery Action Plan (WRAP)

(Positivity Place) This is a closed group.

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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



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in New Jersey, Inc.**

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*Saturday Socialization
(Varies Monthly)*

*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

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