

If you live with a mental health condition, please join us for support, encouragement, activities, and to share coping strategies. You are welcome here!

A BETTER WAY CLUBHOUSE



LUNCH AND ACTIVITY CALENDAR

AUGUST 2018

Lunch \$2.00
Includes Entrée, Veggie & Drink

Menu & Activities
Subject to Change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Expanded HOURS!	NOW OPEN 10:00 AM – 2:00 PM MONDAY -- FRIDAY	1 ABW CLOSED For STAFF MEETINGS (1 st Wed of each month)	2 10:00 PeerSupport 11:00 House Meeting 11:15 Prep/Lunch 12:00 Grilled Cheese Sand. & Tomato Soup 12:40 Art/Craft/ Social	3 10:00 Peer Support MOVIE 12:00pm-2:00pm Meet at ABW at 11:30 to walk over; or meet at Roger's Cinema
5	6 10:00 Peer Support 11:00 House Meeting 11:15 Prep/Lunch 12:00 Fried Chicken mashed potatoes/gravy 12:40 Maintaining Mental Health	7 10:00 Make Lunch TRIP TO JURUSTIC PARK 10:30-2:00 Call for details 10:00 Meet at ABW	8 10:00 Peer Support 11:00 House Meeting 11:15 Prep/Lunch 12:00 Chef's Salad 12:40 W.R.A.P. Group Just what is Recovery?	9 10:00 Peer Support 11:00 House Meeting 11:15 Prep/Lunch 12:00 Brat/Hot Dog on a Bun/Chips 12:40 Art/Craft/ Social
12	13 10:00 Peer Support 11:00 House Meeting 11:15 Prep/Lunch 12:00 BBQ's & Beans 12:40 Mental Health NAMI SUPPORT GRP 6:15pm-8:00pm	14 10:00 Peer Support 11:00 House Meeting 11:15 Prep/Lunch 12:00 Chef's Salad 12:40 Emotions ADVISORY BOARD MEETING—WI Rapids	15 BRAT FRY AT FESTIVAL FOODS 10:00am-6:00pm Meet at Brat Barn At 8:30 am	16 10:00 Peer Support 11:00 House Meeting 11:15 Prep/Lunch 12:00 Chicken Salad Sandwiches/Chips 12:40 Art/Craft/Social
19	20 10:00 Peer Support 11:00 House Meeting 11:15 Prep/Lunch 12:00 Pizza 12:40 Maintaining Mental Health	21 10:00 Peer Support 11:00 House Meeting 11:15 Prep/Lunch 12:00 Fried Chicken 12:40 BAKING GROUP	ADAPTIVE KAYAK EVENT 10AM-3PM Mead Park Beach Call for details	23 CLUBHOUSE CONFERENCE Meet at ABW 8:00am (overnight trip) Call for details
26	27 10:00 Peer Support 11:00 House Meeting 11:15 Prep/Lunch 12:00 Fr. Toast/Eggs 12:40 Maintaining Mental Health	28 10:00 QPR* Training 12:00 Lunch in St. Pt. 1:00-3:00 Training Call for details *(a program to help prevent suicide)	29 10:00 Peer Support 11:00 House Meeting 11:15 Prep/Lunch 12:00 BBQ's & FF 12:40 W.R.A.P. Group Just what is Recovery?	30 10:00 Peer Support 11:00 House Meeting 11:15 Prep/Lunch 12:00 Chef's Salad 12:40 Art/Craft/Social
				31 10:00 Peer Support 11:00 House Meeting 11:15 Prep/Lunch 12:00 Eggs & Sausages Hashbrowns 12:40 Relationships

IF YOU ARE NEW TO THE CLUBHOUSE, PLEASE CALL TO MEET WITH STAFF FOR A SHORT TOUR AND ORIENTATION. MEMBERSHIP IS FREE.

A BETTER WAY CLUBHOUSE-- 205 S. Cherry Ave., Marshfield, Wi 54449 (715) 207-6622

You are welcome here at any time during open hours, regardless if you wish to participate in the scheduled activity!

Funding Provided by Wood County Human Services