The Wellness Shack, Inc.

505 S. Dewey Street, Suite 101 Eau Claire, WI 54701

Phone: 715-855-7705 www.wellnessshack.org

OCTOBER 2023



Stone Soup Potluck

Hosted by: Garden Group 2023

Thursday, October 26th 4PM—6PM

Sign-up Sheet on front table

Stone Soup is a European folk story in which hungry strangers convince the people of a town to each share a small amount of their food in order to make a meal that everyone enjoys, and exists as a moral regarding the value of sharing.

Please join us as we celebrate the beautiful community of sharing we've created here at The Wellness Shack!

THANK YOU VOLUNTEERS who represented us at

Out of Darkness Walk and Downtown Fall Festival



Wellness Shack	Daily Hours
MONDAY	1:00PM to 6:00PM
TUESDAY	1:00PM to 6:00PM
WEDNESDAY	1:00PM to 6:00PM
THURSDAY	1:00PM to 6:00PM
FRIDAY	1:00PM to 6:00PM

RECOVERY SUPPORT GROUPS	
ART THERAPY	MONDAY 2:00 - 3:00 PM
ANXIETY & DEPRESSION SUPPORT	MONDAY 4:00 - 5:30 PM
BIPOLAR SUPPORT	TUESDAY 2:00 - 3:30 PM
SCHIZOPHRENIA SUPPORT	TUESDAY 3:30 - 5:00 PM
ART THERAPY	WEDNESDAY 2:00 - 3:00
PRO-ACTIVE RECOVERY	WEDNESDAY 4:00 - 5:30
GENERAL SUPPORT	THURSDAY 1:30 - 3:00PM
GRIEF SUPPORT	FRIDAY 2:00 - 3:00 PM
DUAL RECOVERY SUPPORT	FRIDAY 3:30 - 4:30 PM

Learning to draw is learning to see; focus on life rather than illness and strengths rather than weakness.

Mental Illness Awareness Week October 1st-7th, 2023

This year's Mental Illness Awareness Week will center the theme "Together We Care. Together We Share." It conveys the power of coming together in community, which can be healing as people gather to share their experiences.

National Alliance on Mental Illness (NAMI) shares the following statistics:

- 1 in 5 U.S. adults experience mental illness each year
- 47.2% of U.S. adults with mental illness
- received treatment in 2021
- 164 million people live in a designated Mental Health Professional Shortage Area

These statistics highlight the essential function of the peer-run mental health recovery centers like The Wellness Shack.

The Wellness Shack depends on our many dedicated volunteers. Consider volunteering in one of the following ways:

- ♦ Join a committee (Fundraising or Program)
- Greeting people and answering phones
- Newsletter mailings
- ♦ Marketing
- ♦ Guide a peer to peer meeting
- Prep for a meeting or activity
- Peer support
- ♦ Run errands

Volunteer inquiries can be made by calling (715) 855-7705 or emailing

wellnessshack@yahoo.com

VOLUNTEER TRAINING

Friday, October 6th 5:00-7:00 PM

Food and refreshments will be provided.

Raffle Prize drawings for participants!



PEER SUPPORT WARM-LINE for Wisconsin Residents

Call: (534) 202-5438
The warmline is available to call 12pm-12am CST daily



The Wellness Shack is funded by donations from friends, families and these organizations

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Foundation

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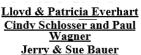
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