

# The Wellness Shack, Inc.

515 Barstow St. Suite 110  
Eau Claire, WI 54701

www.wellnessshack.org



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HOURS	
SUNDAY	CLOSED
MONDAY	1-6PM
TUESDAY	1-6PM
WEDNESDAY	1-6PM
THURSDAY	1-8PM
FRIDAY	1-6PM
SATURDAY	CLOSED



Congratulations to our new board members...

Linda Miller  
Bob Schrader  
Lorraine Wilcox

## Procovery

Procovery is defined as attaining a productive and fulfilling life regardless of the level of health assumed attainable (vs. recovery, retiring to a prior state of health). Procovery is about looking forward in life and taking action to heal as opposed to looking back. Procovery is based on hope and has a "start anywhere" approach.

Our Procovery group is based on the Procovery program founded by Kathleen Crowley. We utilize Crowley's book "The Power of Procovery in Healing Mental Illness" to help facilitate our program along with supplemental discussion cards.

This is an open group that anyone is invited to attend as often as they choose. We meet every Wednesday from 4-5pm.

Just as the "start anywhere" approach suggests, we indeed start anywhere in the book and stop for discussion along the way. We understand that everyone is in a different place in their recovery and stress openness without fear of judgment. Please feel free to come and join us!

For more information on Procovery please give us a call or check out the website [procovery.com](http://procovery.com).

### WELLNESS SHACK DATES TO REMEMBER!!!

Groups are open to everyone.

PROCOVERY  
WEDNESDAY  
4-5PM

DUAL DIAGNOSIS  
THURSDAY  
11:30-12:30PM

SUPPORT GROUP  
THURSDAY  
6:30-8PM

OMAR 1 ON 1  
THURSDAY  
1-3:15PM

Call the office for an appointment



## Important Important Important

In an effort to go “green”, we will begin sending out our monthly newsletters via email. Please send your email address to [wellnessshack@yahoo.com](mailto:wellnessshack@yahoo.com) to be added to our list. Please let us know if you do not have an email so we can make other arrangements for you.

### **The Wellness Shack needs YOU!**

The Wellness Shack is a consumer run organization meaning that it is run by the very members who comprise it. Mental illness can affect anyone regardless of age, race, ethnicity, social class, sexual orientation or disabilities. The Wellness Shack offers a place of recovery by providing a safe non-judgmental supportive environment. Recovery can be found through peer support, socialization, recreation and leadership opportunities.

The Wellness Shack is an ever evolving organization with great potential to reach and help many people in their journey of recovery. Please consider visiting us sometime. And, please get involved. **WE NEED YOU!** There are numerous areas where volunteer help is needed, short-term, long-term or whatever you choose is very much appreciated.

*Never doubt that a small group of thoughtful committed citizens can change the world; Indeed, it is the only thing that ever has.* – Margaret Mead



We would like to send a big THANK YOU to United Way for allowing us booth space at Taste of Eau Claire. We were able to reach out to many people. We would not be here if it weren't for generous donors like United Way. Thank you!

### Volunteers Needed

- ◆ Participate in fund-raising events
- ◆ Share your experience
- ◆ Be a friend and mentor
- ◆ Be on the board and help make decisions
- ◆ Give back to the community by helping other people with mental illness
- ◆ Volunteer at the office
- ◆ Help write newsletters
- ◆ Facilitate a group

