

The Wellness Shack, Inc.

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

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



APRIL 2023

Thank you to
Immanuel Lutheran Church
for your donation of
\$500 !

Are you interested in helping people
find Hope and Stability?
Do you want to make a difference in the
future of The Wellness Shack?

Consider being a Board Member.

We are accepting applications from
people who want to be on
the Board of Directors.

APPLICATIONS ARE AVAILABLE AT THE
FRONT DOOR SIGN-IN TABLE.

OR

CALL Bob, Tim or Amanda and we will
mail you an application form.

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

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
PRO-ACTIVE RECOVERY	WEDNESDAY 4:00 - 5:00 PM
DUAL DIAGNOSIS SUPPORT	WEDNESDAY 5:00 - 6:00 PM
GENERAL SUPPORT	THURSDAY 1:30 - 3:00 PM
GRIEF SUPPORT	FRIDAY 2:00 3:00 PM

What do a Board Member do?

- ◆ make a 2 year commitment.
- ◆ ensure that the mission and vision of TWS are guiding what we do.
- ◆ lead and organize one of the 5 committees that advise the Board.
- ◆ ensure that TWS funds are spent responsibly and in accordance with grant contracts.
- ◆ monitor the Annual Work Plan to make sure we are meeting our obligations to donors and grant foundations.
- ◆ work to spread awareness of the Wellness Shack and what we do.
- ◆ Work to ensure the future of TWS.
- ◆ Support and help TWS Staff & Volunteers.

The Grief Support Group is Back!

**Amanda has requested that we
continue the Grief Support Group.**

Fridays at 2:00PM.

**This group is for anyone who has
suffered a loss:**

Loss of a relative or friend.

Loss of a job.

Loss of a pet.

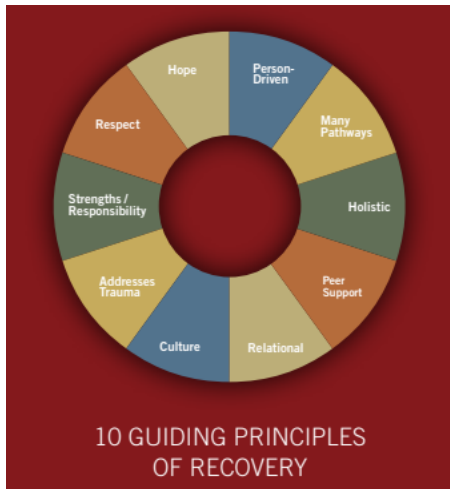
Loss of abilities you once had.

We all grieve for the loss of things in life.

Thank YOU Amanda!!

Guiding Principles of Recovery

Substance Abuse and Mental Health Services Administration



#1. Recovery emerges from Hope

#2. Recovery is person-driven

#3. Recovery occurs through many Pathways

#4. Recovery is holistic

#5. Recovery is supported by peers and allies

#6. Recovery is supported through relationships and social networks

#7. Recovery is culturally based and influenced

#8. Recovery is supported by addressing trauma

#9. Recovery involves individual, family and community strengths & responsibility

#10. Recovery is based on Respect

You can learn more about these principles by attending the General Support Group

So what do these principles mean?

(Continued from last month)

To be continued next month.

#6. Recovery is supported through relationship and social networks. Our families, peers, providers, faith groups, community members form vital support networks that can help us during struggles. It is important that we focus and develop healthy networks that allow us to leave unhealthy friends, and unfulfilling life roles behind. With healthy and supportive social networks we have a choice that we can make and we can leave behind former unfulfilling roles that we played such as victim, or loner, or distress and needy. We become a better student, parent, friend, or caregiver. We also begin to sense a greater sense of belonging, personhood, empowerment, independence and community participation.

#7. Recovery is culturally based and influenced. Our culture is formed by values, traditions, beliefs, and attitudes that have been taught to us since birth. They are very much a part of what makes us who we are. We do not ignore our cultural past; it is part of we understand and deal with life. It is not necessary to give up these parts of us in order to experience recovery.

#8. Recovery is supported by addressing traumas. Mental illness, drug abuse, alcoholism, etc are often linked with past traumas we have been through. We need to recognize what triggers past trauma and influences how we act, re-act, think, and avoid things in life. Recovery services should not include things that serve to trigger our past traumas. We have a right to psychological safety and physical safety.

#9. Recovery involves individuals, family, and community strengths and responsibilities. These strengths and resources can aid our recovery. While our families and communities may have responsibilities in helping us recover, we have a responsibility to take care of us, and ask for what we need to make that happen. But we have a responsibility to ourselves to use all that is available to enhance our healthy self-care.

#10. Recovery is based on respect. Seeking recovery may become challenging when faced with people and systems that think they know us better than we know ourselves. We must stick up for ourselves as we work together with others to find a solution that works best for us.

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

