

The Wellness Shack, Inc.

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

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



JULY 2023

CONGRATULATIONS

NEW **BOARD MEMBERS!**

We have 4 new people who have been elected to the Board of Directors

**Emily Hochwald
Larry Skolnik
Avery Jacobson
Catherine Decker**

TWS members are welcomed to attend Board Meetings.

Board meetings are held on the 3rd Thursday of every Month

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 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

NEW AT THE Shack!

**- Art Therapy -
Mondays and Wednesdays
2:00 to 3:00**

**Tanya Lee is a
Certified Art Therapist
who helps people in recovery
interpret, express, and resolve
their emotions and thoughts.**

**Members can work with Tanya to
explore their
emotions, understand conflicts or
feelings that are causing them distress,
and use art to help them find
resolutions to those issues.**

**"If you want your Life to change,
you must CHANGE something
in your life."**

*If you want your life
to change for the better,
you are going to need to change
something in your life that
makes it better.
Begin practicing a habit that will
change your life.*

***You were Born to achieve GREAT things.
Believe in Yourself!***

Along time ago in a remote valley, there lived a farmer. One day he got tired of the daily routine of running the farm and decided to climb the cliffs that stood above the valley to see what lay beyond. He climbed all day until he reached a ledge just below the top of the cliff. To his amazement was a nest full of eggs. Immediately he knew they were eagle eggs and, even though he knew it was wrong, he carefully took one of the eggs and stowed it in his pack. Then seeing that the sun was low in the sky, he realized it was too late to make it to the top of the cliff and slowly began to make his way back down to his farm.

When he got home he put the egg is with the few chickens he kept in the yard. The mother hen was the proudest chicken you ever saw, sitting atop this magnificent egg. Sure enough, some weeks later, from the egg emerged a fine and healthy eaglet. And as is the gentle nature of chickens, they didn't hesitate at the strangeness of the bird in their midst and raised the majestic bird as one of their own.

And so it was, that the eagle grew up with its brother and sister chicks. It learned to do all the things chickens do: It clucked and cackled, scratched the dirt for grit and worms. Flapping its wings furiously flying just a few in the air and crashing in a pile of dust and feathers. It believed absolutely and without a doubt that it was a chicken.

One day, late in its life, the eagle-who-thought-he-was-a-chicken happened to look up at the sky.



High overhead, soaring majestically and effortlessly on the updrafts, with scarcely a single beat of its powerful wings, was an eagle!

“What is That ?!” in awe cried the now old eagle-who-thought-he-was-a-chicken. “It’s magnificent! So much power and grace. Its Beautiful!” “That is an eagle,” replied a nearby chicken. “That is the King of

the Birds. It’s a bird of the air...not for the likes of us though. We are only chickens. We are birds of the earth. With that, they all cast their eyes downward once more and continued scratching and digging in the dirt for grit and worms. And so it was that the eagle-who-thought-he-was-a-chicken grew older and died a lowly chicken.....because that was all it believed itself to be.

Author unknown

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

 <p>988 SUICIDE & CRISIS LIFELINE</p> <p>24/7 CALL, TEXT, CHAT</p>	 <p>Eau Claire Community Foundation</p> <p>Lloyd & Patricia Everhart Cindy Schlosser and Paul Wagner Jerry & Sue Bauer</p>	 <p>OTTO BREMER TRUST</p> <p>Arnold & Louise Domer Foundation Lloyd & Florence Shepard</p>  <p>WISCONSIN DEPARTMENT of HEALTH SERVICES</p>	 <p>Veterans Crisis Line</p> <p>DIAL 988 then PRESS 1</p>
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