

The Wellness Shack, Inc.

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

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



AUGUST 2023



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

Tanya Lee
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.

Survey Raffle Winners
Amy Havron-Perez
and
Lee-Ellen Kirkhorn
Congratulations!!

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

Just because no one else
can heal or do your inner
work for you

doesn't mean you can,
should, or need
to do it alone.

Lisa Olivera

Experiencing Grief in Mental Illness

August 30th, 2023 is National Grief Awareness Day. Grief is described as the anguish experienced after a loss. Traditionally, we've thought of grief arising in response to the death of a loved-one. But let's not forget the very real loss and grief surrounding the emergence of mental illness in our lives. During times of, and in response to intense symptoms of our mental illness, many of us have experienced loss in the following areas:

- Relationships
- Career
- Financial
- Independence
- Legal
- Physical health

The good news is that many have come before us on this journey and many are grieving with us now. There is no need to go it alone when it comes to grieving loss in our lives.

Every Friday at 2pm, we gather to support each other through our grief, no matter the source. We utilize a book named On Grief and Grieving by Elisabeth Kubler-Ross and David Kessler as our guide.

Nothing Gold Can Stay by Robert Frost

Nature's first green is gold,
Her hardest hue to hold.
Her early leaf's a flower;
But only so an hour.
Then leaf subsides to leaf,
So Eden sank to grief,
So dawn goes down to day
Nothing gold can stay.

Please join us for our
Annual Picnic!

When: Friday, August 18th
4:00pm to 7:00pm
Where: Oak Pavillion at
Carson Park

If you're able, bring a dish to pass. The Wellness Shack will provide brats, hotdogs and hamburgers.

Family members welcome.



UPLIFT WI
HERE WHEN YOU NEED AN EAR

PEER SUPPORT WARM-LINE
for Wisconsin Residents

Call: (534) 202-5438

The warmline is available to call **12pm-12am CST daily**

Join Us!
Thursdays from 4pm to 6pm
For Wii gaming



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



Lloyd & Patricia Everhart
Cindy Schlosser and Paul Wagner
Jerry & Sue Bauer



OTTO BREMER TRUST



Domer Foundation
Lloyd & Florence Shepherd

