

The Wellness Shack, Inc.

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

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



NOVEMBER 2023

Thank you
Cindy Shclosser and Paul Wagner
who donated \$2000
Through
Eau Claire Community Foundation

Thank you
William Bingham Family
who donated \$20,000
Through
Eau Claire Community Foundation

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

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
GENERAL SUPPORT	THURSDAY 1:30 - 3:00 PM
SMART Recovery	THURSDAY 5:00 - 6:00 PM
GRIEF SUPPORT	FRIDAY 2:00 3:00 PM
DUAL DIAGNOSIS SUPPORT	FRIDAY 4:00 - 5:00 PM

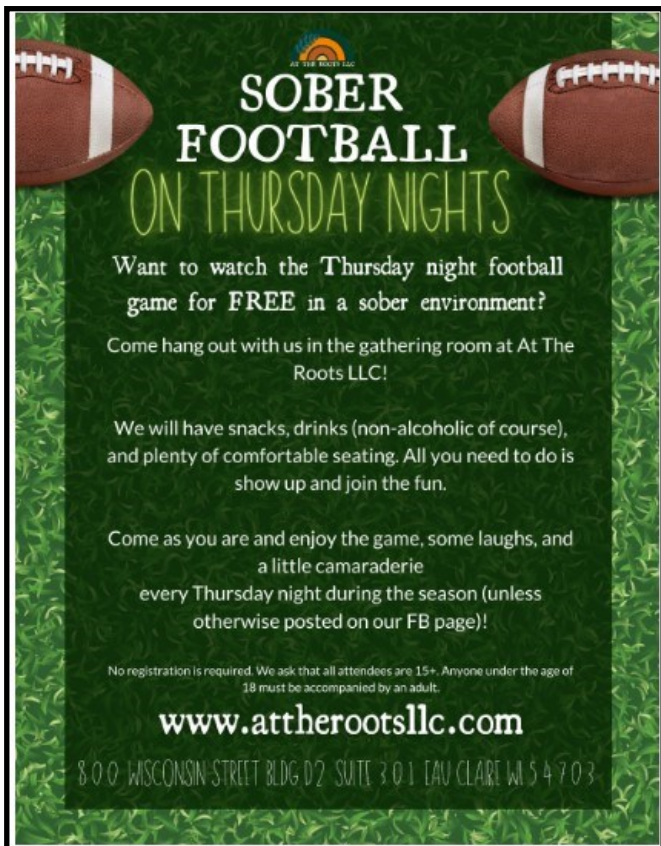
Addiction impacts the whole family, not just an individual.

AT THE ROOTS LLC
CRAFT FAMILY SUPPORT GROUP
WORKSHOPS FOR FAMILIES WITH LOVED ONES AFFECTED BY ADDICTION

WWW.ATROOTSLLC.COM/CRAFT

Happy Thanksgiving!

Art Therapy Class
Monday 2:00 to 3:00PM
and
Wednesday 2:00 to 3:00PM
Lets get Creative



SOBER FOOTBALL ON THURSDAY NIGHTS

Want to watch the Thursday night football game for **FREE** in a sober environment? Come hang out with us in the gathering room at At The Roots LLC!

We will have snacks, drinks (non-alcoholic of course), and plenty of comfortable seating. All you need to do is show up and join the fun.

Come as you are and enjoy the game, some laughs, and a little camaraderie every Thursday night during the season (unless otherwise posted on our FB page)!

No registration is required. We ask that all attendees are 15+. Anyone under the age of 18 must be accompanied by an adult.

www.attherootsllc.com

800 WISCONSIN STREET BLDG D2 SUITE 301 EAU CLARE WI 54703

SMART Recovery Group is Back!

SMART Recovery is an international community of peer support groups that help people recover from addictive and problematic behaviors, using a self-empowering and evidence-informed program. SMART stands for **Self-Management and Recovery Training**.

The SMART approach is secular and research-based.

Beginning November 2nd, 5:00 -6:00PM


Dual Diagnosis Support Group
is
Fridays, 3:30 to 4:30PM

Stand Tall Through It All
A poem by Jackie Manning

When you have a day,
When you tumble and fall,
Use your coping skills
To be strong through it all.

When someone throws you
another curve ball,
Tell your self "be strong!"
and you'll get through it all,
Just stand tall.

VOLUNTEERS ARE NEEDED TO HELP US



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

988 SUICIDE & CRISIS LIFELINE
24/7 CALL, TEXT, CHAT

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

 Eau Claire Community Foundation Lloyd & Patricia Everhart Cindy Schlosser and Paul Wagner Jerry & Sue Bauer	 OTTO BREMER TRUST
 WISCONSIN DEPARTMENT of HEALTH SERVICES	Domer Foundation Lloyd & Florence Shepherd

Veterans CrisisLine
DIAL 988 then **PRESS 0**