

The Wellness Shack, Inc.

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What a Year it was!

2016 will best be remembered as a year of growth. We added 2 new groups. We hired 4 Peer Specialists. We took our show on the road and did marketing presentations to local Professionals. We were featured at a Cavaliers Baseball game. We lost our lease, and we found a new one. That's a lot for 1 year. But the most important part of all was that we grew-up a little bit. We faced our challenges and we matured as an organization.

Omar has often said that the Wellness Shack is like it's members. We as an organization follow a similar path toward stability, health, and independence. That's what Recovery is. We recognize the talents and strengths of our members. We share our hopes and visions to plan a path that moves us forward in a positive way. Just like in recovery, our path does not always follow a straight line. Sometimes we struggle, sometimes we achieve. Sometimes we wonder what's going on, and then we look back and see that what we just went through has made us stronger. We face our fears and challenges. We utilize the support that is offered by those around us. There are so many people, organizations and agencies who rallied around us and gave support, advice, and funding. Just like in our individual recovery journeys, we are grateful to those who have helped us.

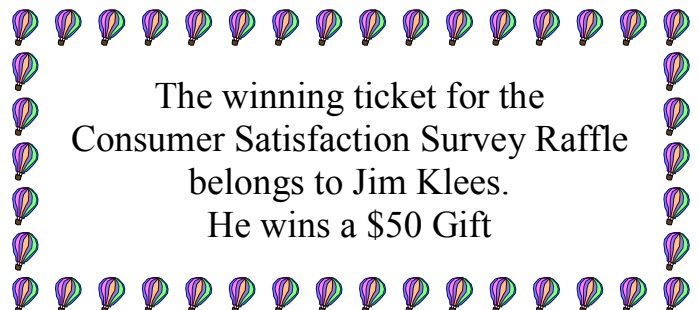
We did good this year.

Wellness Shack HOURS

SUNDAY	CLOSED
MONDAY	1 - 6PM
TUESDAY	1 - 9PM
WEDNESDAY	1 - 6PM
THURSDAY	1 - 9PM
FRIDAY	1 - 6PM
SATURDAY	CLOSED

WELLNESS SHACK Groups

ANXIETY & DEPRESSION GROUP	MONDAY 4:00-5:30PM
BIPOLAR GROUP	TUESDAY 2:00-3:30PM
SCHIZOPHRENIA SUPPORT GROUP	TUESDAY 3:30-5:00PM
SMART RECOVERY	TUESDAY 6:00-7:30PM
PROCOVERY GROUP	WEDNESDAY 4:00-5:00PM
GENERAL SUPPORT GROUP	THURSDAY 1:30-3:00PM
DUAL DIAGNOSIS RECOVERY	FRIDAY 4:00-5:00PM



The winning ticket for the
Consumer Satisfaction Survey Raffle
belongs to Jim Klees.
He wins a \$50 Gift

If you haven't found us?



We are here

Thanks to the people who helped us move

*A Special Thank You
to all those who donated
money to our
"Save the Shack"
Campaign.*

18 people raised \$12,332.00
There's still time for you to add to it.

We are looking for a new Office Manager

Sandy Lulloff replaced Bonnie as the TWS Office Manager. Sadly we report that Sandy decided to leave. Sandy was a tremendous help managing the business affairs of TWS. She also took charge of organizing the new office after we moved in, (*we all know how good Bob is at organizing*). Thank you Sandy for your hard work.

New in 2017

Each month we will be honoring a Volunteer who has shown exceptional service to others.

The Board of Directors is looking to appoint 2 people to fill empty seats on the Board.

If you are interested, or know of someone who would like to be involved in the decision making process that directs TWS, please contact Bob Schrader.

Volunteer of the Month

February

Brian McCellan

**United
Way**



Eau Claire

**Community
Foundation**

Thank you Thank you Thank you

We are very grateful to
Mayo Clinic Health Systems,
HSHS Sacred Heart & St. Josephs
Hospitals
for the matching grants of \$20,000
over the next 5 years to help pay
our additional rent increases.

Did you Know ???

Our new landlord paid for the costs to remodel our space: New walls, new carpet, and paint.

Thank You Jack, Pete, and Kevin
Cigan Properties

STARTING THIS YEAR

We want to print YOUR story.
Our stories of recovery demonstrate how the Wellness Shack helps people.
Send us your story and each month we will include one success story in our newsletter.

Email your stories to
wellnessshack@yahoo.com
In the subject line put: "My Story".
You can also drop them off at the Office.

**If you know someone who has
office management experience,
and is looking for a part-time job,
please have them stop in and pick
up a job application in the Office.**