

The Wellness Shack, Inc.

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

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



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What is The Wellness Shack (TWS)

We believe all people are to be treated with dignity, respect, acceptance and compassion regardless of their beliefs, ethnicity, religion, age or background.

We are all on a journey of recovery and each of us is at a different place in that journey.

Our Mission

Our mission is to help any adult living with mental illness in the Eau Claire area achieve wellness, stability and fullness of life. TWS provides a sanctuary environment, individual and group peer support, education, advocacy and socialization. Adults living with mental health issues have opportunities to engage in mental health recovery programs and participate in the community of Eau Claire and the Chippewa Valley.

A Certified Peer Specialist is a person who has lived experience with mental health and/or substance use issues and also has had formal training in the peer specialist model of mental health and substance use disorder supports. They use their own unique set of recovery experiences in combination with solid skills training to help support peers who are in recovery.

Why come to TWS?

- ◆ Peer support
- ◆ Recovery groups
- ◆ To volunteer
- ◆ Arts/Crafts
- ◆ Activities
- ◆ Speakers
- ◆ Meet new people
- ◆ Job search
- ◆ It's free
- ◆ It's fun

| Wellness Shack | Daily Hours |
|-------------------|-------------|
| MONDAY | 1-6 PM |
| TUESDAY | 1-6 PM |
| WEDNESDAY | 1-6 PM |
| THURSDAY | 1-6 PM |
| FRIDAY | 1-6 PM |
| SATURDAY & SUNDAY | CLOSED |

| <i>RECOVERY & SUPPORT GROUPS</i> | |
|--|--------------------------|
| ANXIETY & DEPRESSION GROUP | MONDAY 4:00-5:30 PM |
| BIPOLAR GROUP | TUESDAY 2:00-3:30 PM |
| SCHIZOPHRENIA SUPPORT GROUP | TUESDAY 3:30-5:00 PM |
| SMART RECOVERY <i>On Hold</i> | TUESDAY 6:00-7:30PM |
| PROACTIVE LIVING | WEDNESDAY 4:00-5:00PM |
| GENERAL SUPPORT GROUP | THURSDAY 1:30-3:00PM |
| ANXIETY & DEPRESSION GROUP <i>On Hold</i> | THURSDAY 6:30-8:00PM |
| DUAL DIAGNOSIS RECOVERY | FRIDAY 4:00-5:00PM |

FRIDAY FUNDAY

Arts, Music, Crafts, Games & More.

Skills are not required. Come check us out and enjoy Friday!

Bingo & Karaoke coming soon!!!

Sign up for YOGA

Fridays 1:30-2:30 pm



Christine Varnavas will be leading Yoga classes at The Wellness Shack on Fridays beginning **October 12, 2018. No cost for TWS Members**

Christine Varnavas is a yoga instructor and TRE® provider.

TRE® (tension stress and trauma releasing exercises)

Christine owns ANANDAworks Wellness Education Center in Eau Claire and is also the founder of TREhouse Project, a non-profit organization that helps empower people through body based healing.

www.anandaworks.com

www.treehouseproject.com

Sign up at TWS - limit of 5 people per class

Program Committee Meeting

October 10th 1:30-3 pm

What is it?

Help us guide and develop programs and services at TWS.

Why should you come?

We would like to get as much input as possible! If you think the Eau Claire area could use a particular group or service we would like to hear about it.

Wanted for the Art Room:

**** Magazines ****

– especially those with pictures of nature & wildlife

Come and join us:

**Board Meeting
Thurs Oct 25 @ 5:00 pm**

****Note: There is still 1 vacant seat on the Board. Please let staff know if interested.**

The Wellness Shack is funded by donations from its members, friends and families of members, Generous people from the Chippewa Valley, and grants from these organizations.



Arnold & Louis Domer Foundation

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