

# The Wellness Shack, Inc.

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

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



**MARCH 2023**

## Thank you to Amanda C. and Kathy M.

for all the work you put into the Valentine's Day Dance. Everyone had a great time and lots of fun.

Hopefully we can do more events like this in the future.

**St. Patrick's Day  
Corned Beef and  
Cabbage Potluck.**  
Join us for  
some  
food & fun



**Friday, March 17th!**

TWS will provide the  
Corned Beef and Cabbage,  
bring a dish to pass.

If you can't afford to bring a dish to pass, come join us anyway!!

## Irish blessing

May the road rise to meet you,  
May the wind be always  
at your back,  
May the sun shine warm  
upon your face,  
and the rain fall soft  
upon your fields,  
and until we meet again,  
May God hold you  
in the hollow of his hand.

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

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
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	This Group has ended

## HELP US with OUTREACH

### Volunteers are Needed

We need one or two volunteers to help us with our information booth at the

### STAND AGAINST METH

town hall meetings.

**Wednesday, March 8th**

Chippewa Falls H.S. cafeteria 5:30 - 7:30

**Wednesday March 15th**

Stanley-Boyd High School

**Wednesday March 29th 5:30—7:30**

Cornell School Library

**Wednesday April 5th 5:30—7:30**

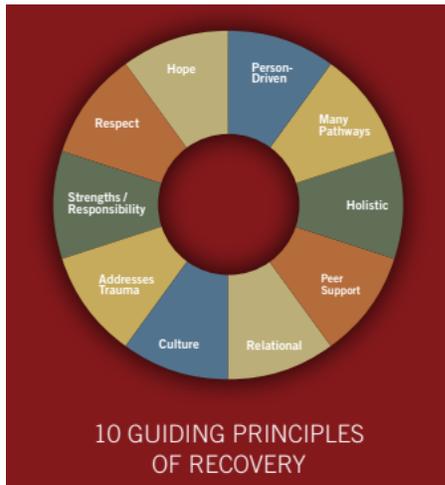
Bloomer Middle School Cafeteria

**Wednesday April 19th 5:30—7:30**

Chippewa H.S. Cafeteria

## Guiding Principles of Recovery

Substance Abuse and Mental Health Services Administration



#1. Recovery emerges from Hope

#2. Recovery is person-driven

#3. Recovery occurs through many Pathways

#4. Recovery is holistic

#5. Recovery is supported by peers and allies

#6. Recovery is supported through relationships and social networks

#7. Recovery is culturally based and influenced

#8. Recovery is supported by addressing trauma

#9. Recovery involves individual, family and community strengths & responsibility

#10. Recovery is based on Respect

**You can learn more about these principles by attending the General Support Group facilitated by Tim on Thursdays.**

### So what do these principles mean?

(Continued from last month)

#### Principle #3. Recovery occurs through many Pathways.

We are all unique. We each have different needs, beliefs, preferences, and goals. There is no “one program fits all”. We come from different cultures and experiences, (some traumatic). Our unique stories affect how we decide what direction we will take to recovery. Mental health recovery is built on the strengths, talents, coping capacities, and other resources each of us hold. Some of our paths to recovery may include professional clinical treatment, the use of medication, support from families and friends, support of our faith and beliefs, peer support, and other approaches not listed here. We allow ourselves to try new things. Some may not work. Mental health recovery does not happen in a straight line from A to Z. If we make mistakes, we forgive ourselves and accept responsibility to learn from the experience.

Principle #4. Recovery is holistic. Recovery is not achieved just through thinking. There is more to us than our brain. We must realize that the “Whole” of us needs to be considered in order to heal. Simply put, we are more than the sum of our parts. **We have a physical side:** Our body needs the proper nutrition, exercise, sleep, and care. **We have a psychological side:** Our brain, while it is physical also contains the stuff that we think of, the memories that influence us, the dreams that motivate us, their fears that stop us, and the psychology of how we understand and perceive the world around us. It too needs nutrition, care, and exercise. **We have a spiritual side:** Our beliefs of how we should live, how we should treat others, how we fit into the community around us, and other nonphysical things such as hope, love, discipline, motivation, and courage. **We have a social side:** We do not exist alone. We must “fit in” with those around us. To do so, we must actively partake in compromising our needs with the needs of others. A healthy “give and take” exchange that involves treating people with dignity, respect, and acceptance so that in return they treat us with the same.

Principle #5: Recovery is supported by peers and allies. Most people cannot do it alone. We need the encouragement of others. Whether they are peers, a loving family, friends who care about us, or mental health professionals who have our interests and goals in mind, we need others. The restrictions during the recent pandemic demonstrated to us how much we need others. Many people struggled when they couldn’t be with others. They needed that external influence from another human being that assured us we were part of a community. For recovery to happen, we need to hangout with people who share our focus on developing healthy activities and goals that will lead to the live we wish to live.

To be continued next month.

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

