

# January 2020

## Wellness & Recovery Activities in Madison

SUN	MON	TUE	WED	THU	FRI	SAT
			<b>1</b>  <div style="font-size: 2em; font-family: cursive;">Happy New Year!</div>	<b>2</b>  <b>All Day</b> Open Studio (Cornucopia) <b>10a-3p</b> Open Art Studio (Communication) <b>11a-12p</b> Coping with Anxiety & Depression (Wellness Studio) <b>1p</b> Art Expressions (Cornucopia) <b>2-3p</b> Hearing Voices (Wellness Studio) <b>4-5p</b> Social Meetup (Wellness Studio)	<b>3</b>  <b>10:30-11:30a</b> Clutter Busters (Wellness Studio) <b>12p</b> Life Skills/Wellness (Cornucopia) <b>12-1p</b> Fitness Yoga (DreamBank)* <b>5:45-7:15p</b> Depression/Bipolar Group (Westminster Presbyterian Church)	<b>4</b>  <b>8a</b> Farmers Market (Garver Feed Mill) <b>9:30a-12p</b> Family Board Game Extravaganza (DreamBank)*
<b>5</b>  <b>9-10a</b> Yoga \$5 (Goodman Community Center) <b>4-5:30p</b> Grupo de Apoyo - Spanish Speaking Peer Support (Wellness Studio) <b>6-8p</b> Sunday Slam Open Mic (Communication) <b>6:30-8p</b> NAMI Bipolar/Depression Support (Immanuel Lutheran Church)	<b>6</b>  <b>2p</b> Guided Imagery (Cornucopia) <b>3-4p</b> Mindfulness (Wellness Studio) <b>5-5:45p</b> Pilates & Yoga (DreamBank)* <b>5:30-6:30p</b> Flow Yoga \$5 (Goodman Community Center) <b>6:30-8p</b> Bipolar/Depression Support (NAMI)	<b>7</b>  <b>12:30-2:30p</b> Basic Drawing (Cornucopia)	<b>8</b>  <b>12-1p</b> Mindfulness (DreamBank)* <b>1-2:30p</b> Art for Wellness (Wellness Studio) <b>1-3p</b> Guitar Basics (Cornucopia) <b>6-7p</b> All Levels Yoga \$5 (Goodman Community Center)	<b>9</b>  <b>All Day</b> Open Studio (Cornucopia) <b>10a-3p</b> Open Art Studio (Communication) <b>11a-12p</b> Coping with Anxiety & Depression (Wellness Studio) <b>1p</b> Art Expressions (Cornucopia) <b>2-3p</b> Hearing Voices (Wellness Studio) <b>4-5p</b> Social Meetup (Wellness Studio) <b>6:15-7:30p</b> Positive Attitude for an Extraordinary Year (DreamBank)*	<b>10</b>  <b>10:30-11:30a</b> Clutter Busters (Wellness Studio) <b>12p</b> Life Skills/Wellness (Cornucopia) <b>12-1p</b> Yoga (DreamBank)* <b>3-4p</b> Writing for Wellness (Wellness Studio) <b>5:45-7:15p</b> Depression/Bipolar Group (Westminster Presbyterian Church) <b>6-8p</b> Winter Galleries Exhibition (Overture)	<b>11</b>  <b>8a</b> Farmers Market (Garver Feed Mill) <b>1-3p</b> Art Tile Collage (DreamBank)*
<b>12</b>  <b>9-10a</b> Yoga \$5 (Goodman Community Center) <b>4-5:30p</b> Grupo de Apoyo - Spanish Speaking Peer Support (Wellness Studio) <b>6-8p</b> Sunday Slam Open Mic (Communication) <b>6:30-8p</b> NAMI Bipolar/Depression Support (Immanuel Lutheran Church)	<b>13</b>  <b>12-1p</b> Intro to Essential Oils (Wellness Studio) <b>2p</b> Guided Imagery (Cornucopia) <b>3-4p</b> Mindfulness (Wellness Studio) <b>5-5:45p</b> Box your Way to Better Health (DreamBank)* <b>6:30-8p</b> Bipolar/Depression Support (NAMI)	<b>14</b>  <b>12-1:30p</b> Career Branding (DreamBank)* <b>12:30-2:30p</b> Basic Drawing (Cornucopia) <b>6-7:30p</b> Pivot Like a Futurist (DreamBank)*	<b>15</b>  <b>12-1p</b> Managing Everyday Stress (DreamBank)* <b>1-2:30p</b> Art for Wellness (Wellness Studio) <b>1-3p</b> Guitar Basics (Cornucopia) <b>6-8p</b> Free Mending (Ironworks) <b>6:15-7:30p</b> Pay Mortgage Faster (DreamBank)* <b>6:30-8p</b> Women's Depression & Anxiety Group (NAMI)	<b>16</b>  <b>All Day</b> Open Studio (Cornucopia) <b>10a-3p</b> Open Art Studio (Communication) <b>11a-12p</b> Coping with Anxiety & Depression (Wellness Studio) <b>1p</b> Art Expressions (Cornucopia) <b>2-3p</b> Hearing Voices (Wellness Studio) <b>4-5p</b> Social Meetup (Wellness Studio) <b>6:15-7:30p</b> Crafting Your Identity (DreamBank)*	<b>17</b>  <b>10:30-11:30a</b> Clutter Busters (Wellness Studio) <b>12p</b> Life Skills/Wellness (Cornucopia) <b>12-1p</b> Yoga (DreamBank)* <b>3-4p</b> Writing for Wellness (Wellness Studio) <b>5:45-7:15p</b> Depression/Bipolar Group (Westminster Presbyterian Church)	<b>18</b>  <b>8a</b> Farmers Market (Garver Feed Mill) <b>10-11:30a</b> Bird & Nature Outing (meet at Goodman Community Center) <b>1-3p</b> Watercolor Exploration (DreamBank)*

\*DreamBank: Must pre-register for all activities (ask staff for help)

- All events are free unless a cost is indicated
- NA and AA meetings every day; ask staff for a printed list to see times and locations
- Events may be subject to change or cancelation; please call ahead if in doubt

<p>19</p> <p>9-10a Yoga \$5 (Goodman Community Center) 4-5:30p Grupo de Apoyo – Spanish Speaking Peer Support (Wellness Studio) 6-8p Sunday Slam Open Mic (Communication) 6:30-8p NAMI Bipolar/Depression Support (Immanuel Lutheran Church)</p>	<p>20</p> <p>12-12:45p Band Strength Training (DreamBank)* 2p Guided Imagery (Cornucopia) 3-4p Mindfulness (Wellness Studio) 6-7:30p Connection &amp; Intention: Hero's Journey (DreamBank)* 6-8p Monday Mutual Aid Potluck (Social Justice Ctr) 6:30-8p Bipolar/Depression Support (NAMI)</p>	<p>21</p> <p>12-1:15p Social Media Tips (DreamBank Live Webinar) 12:30-2:30p Basic Drawing (Cornucopia) 2-3p Chair Yoga (Wellness Studio)</p>	<p>22</p> <p>12-1p Time Mgt &amp; Goal Setting for Your Dream (DreamBank)* 1-2:30p Art for Wellness (Wellness Studio) 1-3p Guitar Basics (Cornucopia)</p>	<p>23</p> <p>All Day Open Studio (Cornucopia) 10a-3p Open Art Studio (Communication) 11a-12p Coping with Anxiety &amp; Depression (Wellness Studio) 1p Art Expressions (Cornucopia) 2-3p Hearing Voices (Wellness Studio) 4-5p Social Meetup (Wellness Studio) 6:15-7:30p Authentic Happiness (DreamBank)*</p>	<p>24</p> <p>10:30-11:30a Clutter Busters (Wellness Studio) 12p Life Skills/Wellness (Cornucopia) 12-1p Yoga (DreamBank)* 3-4p Writing for Wellness (Wellness Studio) 5:45-7:15p Depression/Bipolar Group (Westminster Presbyterian Church)</p>	<p>25</p> <p>8a Farmers Market (Garver Feed Mill) 1-3p The Art of Folded Paper Cards (DreamBank)*</p>
<p>26</p> <p>9-10a Yoga \$5 (Goodman Community Center) 4-5:30p Grupo de Apoyo - Spanish Speaking Peer Support (Wellness Studio) 6-8p Sunday Slam Open Mic (Communication) 6:30-8p NAMI Bipolar/Depression Support (Immanuel Lutheran Church)</p>	<p>27</p> <p>12-12:45p Intro to Pilates (DreamBank)* 12-1p Intro to Essential Oils (Wellness Studio) 2p Guided Imagery (Cornucopia) 3-4p Mindfulness (Wellness Studio) 6-7:30p Lists &amp; Letters: Your Personal Story (DreamBank)* 6:30-8p Bipolar/Depression Support (NAMI)</p>	<p>28</p> <p>9-10a Social Media in the Era of AI &amp; Voice-First (DreamBank)* 12-1p How to Invest in the Community While Growing a Business (DreamBank)* 12:30-2:30p Basic Drawing (Cornucopia)</p>	<p>29</p> <p>12-1p Developing Self-Confidence: Rebel Approach to a Joyful Life (DreamBank)* 1-2:30p Art for Wellness (Wellness Studio) 1-3p Guitar Basics (Cornucopia) 6-8p Free Mending (Ironworks)</p>	<p>30</p> <p>All Day Open Studio (Cornucopia) 10a-3p Open Art Studio (Communication) 11a-12p Coping with Anxiety &amp; Depression (Wellness Studio) 1p Art Expressions (Cornucopia) 2-3p Hearing Voices (Wellness Studio) 4-5p Social Meetup (Wellness Studio)</p>	<p>31</p> <p>10:30-11:30a Clutter Busters (Wellness Studio) 12p Life Skills/Wellness (Cornucopia) 12-1p Yoga 3-4p Writing for Wellness (Wellness Studio) 5:45-7:15p Depression/Bipolar Group (Westminster Presbyterian Church)</p>	

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**Communication**, 2645 Milwaukee St; 608-467-2618; *nonprofit, all-ages, safe and sober space for all forms of artistic expression*; communicationmadison.com

**Cornucopia Arts and Wellness**, 2 S Ingersoll St B; 608-249-7477; *arts and wellness center run by and for adults in mental health recovery and their allies*; copiarts.org

**DreamBank**, 821 E Washington Ave, (608) 286-3150; *American Family Insurance community space dedicated to the pursuit of dreams* (register online for events); amfam.com/making-a-difference/dreambank/events

**Garver Feed Mill**, located behind Olbrich Botanical Gardens

**Goodman Community Center**, 149 Waubesa St; (608) 241-1574; *dedicated to serving our neighbors on Madison's near east side*; goodmancenter.org

**Immanuel Lutheran Church**, 1021 Spaight St

**Ironworks**, located across from Goodman Center

**NAMI Dane County**, 2059 Atwood Ave; *founding chapter of the National Alliance on Mental Illness, the nation's largest grassroots mental health organization dedicated to improving the lives of people affected by mental illness*; namidanecounty.org

**Social Justice Center**, 1202 Williamson St; (608) 227-0206; *an inspiring and collaborative environment where local nonprofits, activists, artists and members of the Madison community can access resources, support and services they need to thrive*; socialjusticecenter.org

**Westminster Presbyterian Church**, 4100 Nakoma Rd; *Depression and Bipolar Support is a per-led support group*

**Wellness Studio**, 2647 Milwaukee St, 608-237-1661; *healthy, supportive, non-judgmental space that promotes wellness and recovery, and empowers community members who have lived experience with substance use and other mental health challenges to take charge of their own recovery journey*