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| **Sun** | **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** |
|  |  |  |  |  |  | **1****8a** Farmers Market (Garver Feed Mill)**9:30a-12p** Winter Family Crafts (DreamBank)\***1-3p** New Year, New Energy: Chakra Collage (DreamBank)\* |
| **2****8:30a** Beginning Spanish (Cornucopia)**9-10a** All Levels Yoga **$5** (Ironworks)**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) | **3****9:30-10:30a** 50+ Easy Yoga **$3-$5** (Ironworks)**10a-4p** Drop-in Art Journaling (Cornucopia)**12-12:45p** Band Fitness Training (DreamBank)\***2p** Guided Imagery (Cornucopia)**3-4p** Mindfulness (Wellness Studio)**4-5:15p** Gentle Flow Yoga **$5** (Ironworks)**5:30-6:30p** Flow Yoga **$5** (Ironworks)**6:30-8p** Bipolar/Depression Support (NAMI) | **4****12-1p** Tax Secrets That Could Save You Thousands (DreamBank)\***12:30-2:30p** Basic Drawing (Cornucopia) | **5****12-1p** Value of Habits in an Agile World (DreamBank)\***1-2:30p** Art for Wellness (Wellness Studio)**1-3p** Guitar Basics (Cornucopia)**6-7p** All Levels Yoga **$5** (Goodman Community Center) | **6****10a-4p** Open Studio (Cornucopia)**10a-3p** Open Art Studio (Communication)**11a-12p** Coping with Anxiety & Depression (Wellness Studio)**2-3p** Hearing Voices (Wellness Studio)**4-5p** Social Meetup (Wellness Studio)**6:15-7:30p** Success Comes from Daring to Begin (DreamBank)\* | **7****10:30-11:30a** Clutter Busters (Wellness Studio)**12-12:45** Yoga (DreamBank)\***12p** Life Skills/Wellness (Cornucopia)**3-4p** Writing for Wellness (Wellness Studio)**5:45-7:15p** Depression/Bipolar Group (Westminster Presbyterian Church) | **8****8a** Farmers Market (Garver Feed Mill) |
| **9****8:30a** Beginning Spanish (Cornucopia)**9-10a** All Levels Yoga **$5** (Ironworks)**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) | **10****10a-4p** Drop-in Art Journaling (Cornucopia)**12-1p** Intro to Essential Oils (Wellness Studio)**2p** Guided Imagery (Cornucopia)**3-4p** Mindfulness (Wellness Studio)**6:30-8p** Bipolar/Depression Support (NAMI) | **11****12:30-2:30p** Basic Drawing (Cornucopia)**6-7:30p** Cultivate the Lifestyle You Want (DreamBank)\* | **12****12-1:30p** Values Workshop (DreamBank)\***1-2:30p** Art for Wellness (Wellness Studio)**1-3p** Guitar Basics (Cornucopia)**6-8p** Free Mending (Ironworks)**6:30-8p** Women’s Depression & Anxiety Group (NAMI) | **13****10a-4p** Open Studio (Cornucopia)**10a-3p** Open Art Studio (Communication)**11a-12p** Coping with Anxiety & Depression (Wellness Studio)**2-3p** Hearing Voices (Wellness Studio)**4-5p** Social Meetup (Wellness Studio)**5-8p** 50+ Meet & Greet (Ironworks)**6:15-7:30p** Living in a Kaleidoscope World (DreamBank)\* | **14****10:30-11:30a** Clutter Busters (Wellness Studio)**12-12:45p** Yoga (DreamBank)\***12p** Life Skills/Wellness (Cornucopia)**3-4p** Writing for Wellness (Wellness Studio)**5:45-7:15p** Depression/Bipolar Group (Westminster Presbyterian Church) | **15****8a** Farmers Market (Garver Feed Mill)**10-11:30a** Bird & Nature Outing (meet at Goodman Community Center) |

\*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

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| **Sun** | **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** |
| **16****8:30a** Beginning Spanish (Cornucopia)**9-10a** All Levels Yoga **$5** (Ironworks)**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) | **17****10a-4p** Drop-in Art Journaling (Cornucopia)**12-12:45p** Circuit Training (DreamBank)\***12p** Guided Imagery (Cornucopia)**3-4p** Mindfulness (Wellness Studio)**6-8p** Monday Mutual Aid Potluck (Social Justice Ctr)**6-7:30p** Mixed Media Intention Card Craft (DreamBank)\***6:30-8p** Bipolar/Depression Support (NAMI) | **18****12:30-2:30p** Basic Drawing (Cornucopia)**2-3p** Chair Yoga (Wellness Studio) | **19****11:30a-1p** Laser Life Coaching (DreamBank)\***1-2:30p** Art for Wellness (Wellness Studio)**1-3p** Guitar Basics (Cornucopia) | **20****10a-4p** Open Studio (Cornucopia)**10a-3p** Open Art Studio (Communication)**11a-12p** Coping with Anxiety & Depression (Wellness Studio)**2-3p** Hearing Voices (Wellness Studio)**4-5p** Social Meetup (Wellness Studio)**6:15-7:30p** Enough with Not Feeling Enough (DreamBank)\* | **21****10:30-11:30a** Clutter Busters (Wellness Studio)**12p** Life Skills/Wellness (Cornucopia)**12-12:24p** Yoga (DreamBank)\***3-4p** Writing for Wellness (Wellness Studio)**5:45-7:15p** Depression/Bipolar Group (Westminster Presbyterian Church) | **22****8a** Farmers Market (Garver Feed Mill)**1-3p** Spring Beaded Bangles Craft (DreamBank)\* |
| **23****8:30a** Beginning Spanish (Cornucopia)**9-10a** All Levels Yoga **$5** (Ironworks)**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) | **24****10a-4p** Drop-in Art Journaling (Cornucopia)**12-1p** Intro to Essential Oils (Wellness Studio)**2p** Guided Imagery (Cornucopia)**3-4p** Mindfulness (Wellness Studio)**6-7:30p** Writing and Sharing to Hear and Heal (DreamBank)\* **6:30-8p** Bipolar/Depression Support (NAMI) | **25****9-10:15a** Understanding Business Storytelling(DreamBank)\* **12:30-2:30p** Basic Drawing (Cornucopia) | **26****12-1p** Empowered by Emotional Intelligence for Success (DreamBank)\***1-2:30p** Art for Wellness (Wellness Studio)**1-3p** Guitar Basics (Cornucopia)**6-8p** Free Mending (Ironworks) | **27****10a-4P** Open Studio (Cornucopia)**10a-3p** Open Art Studio (Communication)**11a-12p** Coping with Anxiety & Depression (Wellness Studio)**2-3p** Hearing Voices (Wellness Studio)**4-5p** Social Meetup (Wellness Studio) | **28****10:30-11:30a** Clutter Busters (Wellness Studio)**12p** Life Skills/Wellness (Cornucopia)**12-12:45p** Yoga (DreamBank)\* **3-4p** Writing for Wellness (Wellness Studio)**5:45-7:15p** Depression/Bipolar Group (Westminster Presbyterian Church) | **29****8a** Farmers Market (Garver Feed Mill)**1-3p** DIY Fizzy Bath Bombs Craft (DreamBank)\* |

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* Events may be subject to change or cancelation; please call ahead if in doubt

**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; a*rts 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; d*edicated to serving our neighbors on Madison’s near east side*; goodmancenter.org

**Immanuel Lutheran Church**, 1021 Spaight St

**Ironworks**, located across from the 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*