

February 2020

Wellness & Recovery Activities in Madison

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

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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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 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*