

March 2020

Wellness & Recovery Activities in Madison

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
<p>8:30a Beginning Spanish (Cornucopia)</p> <p>9-10a Yoga \$5 (Ironworks)</p> <p>4-5p Transformative Action Network Open House (Social Justice Center)</p> <p>6-8p Sunday Slam Open Mic (Communication)</p> <p>6:30-8p NAMI Bipolar/Depression Support (Immanuel Lutheran Church)</p>	<p>11:30a Art Journaling (Cornucopia)</p> <p>12-12:45p Functional Strength Training (DreamBank)</p> <p>3-4p Mindfulness (Wellness Studio)</p> <p>4-5:15p Gentle Flow Yoga \$5 (Ironworks)</p> <p>5:30-6:30p Flow Yoga \$5 (Ironworks)</p> <p>6p LGBTQ NA Group (Outreach)</p> <p>6-8p LGBT Books to Prisoners - Volunteer Session (Social Justice Center)</p> <p>6:30-8p Bipolar/Depression Support (NAMI)</p>	<p>12:30-2:30p Basic Drawing (Cornucopia)</p> <p>6-7p Rejuvenating Yoga \$5 (Ironworks)</p> <p>6-8p LGBT Books to Prisoners - Volunteer Session (Social Justice Center)</p>	<p>12-1p Do It, Dump It, or Delegate It (DreamBank)</p> <p>1-2:30p Art for Wellness (Wellness Studio)</p> <p>1-3p Guitar Basics (Cornucopia)</p> <p>7:15-8p Grounding Yoga \$5 (Ironworks)</p>	<p>10a-4p Open Studio (Cornucopia)</p> <p>11a-12:30p Coping with Anxiety & Depression (Wellness Studio)</p> <p>2-3p Hearing Voices (Wellness Studio)</p> <p>4-5p Social Meetup (Wellness Studio)</p> <p>6-7:30p Grupo de Apoyo - Spanish Speaking Peer Support (Wellness Studio)</p> <p>6:15-7:30p Living Beyond Our Upper Limits (DreamBank)</p> <p>7-11p ReCreate Paint (Social Justice Center)</p>	<p>10:30-11:30a Clutter Busters (Wellness Studio)</p> <p>12p Life Skills/Wellness (Cornucopia)</p> <p>12-12:45p Yoga (DreamBank)</p> <p>3-4p Writing for Wellness (Wellness Studio)</p> <p>5:45-7:15p Depression/Bipolar Group (Westminster Presbyterian Church)</p>	<p>8a-12p Farmers Market (Garver Feed Mill)</p> <p>7-11p ReCreate Paint (Social Justice Center)</p>
8	9	10	11	12	13	14
<p>8:30a Beginning Spanish (Cornucopia)</p> <p>9-10a All Levels Yoga \$5 (Ironworks)</p> <p>6-8p Sunday Slam Open Mic (Communication)</p> <p>6:30-8p NAMI Bipolar/Depression Support (Immanuel Lutheran Church)</p>	<p>11:30a Art Journaling (Cornucopia)</p> <p>12-1p Intro to Essential Oils (Wellness Studio)</p> <p>3-4p Mindfulness (Wellness Studio)</p> <p>4-5:15p Gentle Flow Yoga \$5 (Ironworks)</p> <p>5:30-6:30p Flow Yoga \$5 (Ironworks)</p> <p>6p LGBTQ NA Group (Outreach)</p> <p>6:30-8p Bipolar/Depression Support (NAMI)</p>	<p>12:30-2:30p Basic Drawing (Cornucopia)</p> <p>6-7p Rejuvenating Yoga \$5 (DreamBank)</p> <p>6-8p LGBT Books to Prisoners - Volunteer Session (Social Justice Center)</p>	<p>11:30a-1p Key Concepts to Crucial Conversations (DreamBank)</p> <p>1-2:30p Art for Wellness (Wellness Studio)</p> <p>1-3p Guitar Basics (Cornucopia)</p> <p>6-7p All Levels Yoga \$5 (Ironworks)</p> <p>7:15-8p Grounding Yoga \$5 (Ironworks)</p>	<p>10a-4p Open Studio (Cornucopia)</p> <p>11a-12:30p Coping with Anxiety & Depression (Wellness Studio)</p> <p>2-3p Hearing Voices (Wellness Studio)</p> <p>4-5p Social Meetup (Wellness Studio)</p> <p>6-7:30p Grupo de Apoyo - Spanish Speaking Peer Support (Wellness Studio)</p> <p>6:15-7:30p Balance: Discussion with a Life Coach (DreamBank)</p>	<p>10:30-11:30a Clutter Busters (Wellness Studio)</p> <p>12p Life Skills/Wellness (Cornucopia)</p> <p>12-12:45p Yoga (DreamBank)</p> <p>3-4p Writing for Wellness (Wellness Studio)</p> <p>5:45-7:15p Depression/Bipolar Group (Westminster Presbyterian Church)</p>	<p>8a-12p Farmers Market (Garver Feed Mill)</p> <p>1-3p Key Ring Necklace Craft (DreamBank)</p>

* Pre-register online for all DreamBank activities.

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

Organizations & Locations (continued on the back)

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 (pre-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; 608-249-7188; *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

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15 8:30a Beginning Spanish (Cornucopia) 9-10a All Levels Yoga \$5 (Ironworks) 6-8p Sunday Slam Open Mic (Communication) 6:30-8p NAMI Bipolar/Depression Support (Immanuel Lutheran Church)	16 11:30a Art Journaling (Cornucopia) 3-4p Mindfulness (Wellness Studio) 4-5:15p Gentle Flow Yoga \$5 (Ironworks) 5:30-6:30p Flow Yoga \$5 (Ironworks) 6p LGBTQ NA Group (Outreach) 6-8p Madison Mutual Aid Network Potluck (Social Justice Center) 6-7:30p Drawing Exercises for Beginners 6:30-8p Bipolar/Depression Support (NAMI)	17 12-1p The Power of De-Cluttering 12:30-2:30p Basic Drawing (Cornucopia) 2-3p Yoga for Recovery (Wellness Studio) 6-7p Rejuvenating Yoga \$5 (Ironworks)	18 1-2:30p Art for Wellness (Wellness Studio) 1-3p Guitar Basics (Cornucopia) 6-7p All Levels Yoga \$5 (Ironworks) 6:30-8p Women's Depression & Anxiety Group (NAMI) 7:15-8p Grounding Yoga \$5 (Ironworks)	19 10a-4p Open Studio (Cornucopia) 11a-12:30p Coping with Anxiety & Depression (Wellness Studio) 2-3p Hearing Voices (Wellness Studio) 4-5p Social Meetup (Wellness Studio) 6-7:30p Grupo de Apoyo - Spanish Speaking Peer Support (Wellness Studio) 6:15-7:30p Loneliness Is Not An Option (DreamBank)	20 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)	21 8a-12p Farmers Market (Garver Feed Mill) 10-11:30a Bird and Nature Outing (Meet at Goodman Community Center) 1-3p Glass Cabochon Magnets (DreamBank)
22 8:30a Beginning Spanish (Cornucopia) 9-10a All Levels Yoga \$5 (Ironworks) 6-8p Sunday Slam Open Mic (Communication) 6:30-8p NAMI Bipolar/Depression Support (Immanuel Lutheran Church)	23 11:30a Art Journaling (Cornucopia) 12-1p Intro to Essential Oils (Wellness Studio) 3-4p Mindfulness (Wellness Studio) 4-5:15p Gentle Flow Yoga \$5 (Ironworks) 5:30-6:30p Flow Yoga \$5 (Ironworks) 5-5:45p Zumba (DreamBank) 6p LGBTQ NA Group (Outreach) 6:30-8p Bipolar/Depression Support (NAMI)	24 12:30-2:30p Basic Drawing (Cornucopia) 6-7p Rejuvenating Yoga \$5 (Ironworks)	25 11:30a-1p Create Stronger Relationships: Personality Workshop (DreamBank) 1-2:30p Art for Wellness (Wellness Studio) 1-3p Guitar Basics (Cornucopia) 6-7p All Levels Yoga \$5 (Ironworks) 7:15-8p Grounding Yoga \$5 (Ironworks)	26 10a-4p Open Studio (Cornucopia) 11a-12:30p Coping with Anxiety & Depression (Wellness Studio) 2-3p Hearing Voices (Wellness Studio) 4-5p Social Meetup (Wellness Studio) 6-7:30p Grupo de Apoyo - Spanish Speaking Peer Support (Wellness Studio)	27 10:30-11:30a Clutter Busters (Wellness Studio) 12p Life Skills/Wellness (Cornucopia) 12-12:45p Yoga (DreamBank) 5:45-7:15p Depression/Bipolar Group (Westminster Presbyterian Church)	28 8a-12p Farmers Market (Garver Feed Mill) 1-3p Grapefruit and Sugar Body Scrub Craft (DreamBank)
29 8:30a Beginning Spanish (Cornucopia) 9-10a All Levels Yoga \$5 (Ironworks) 6-8p Sunday Slam Open Mic (Communication) 6:30-8p NAMI Bipolar/Depression Support (Immanuel Lutheran Church)	30 11:30a Art Journaling (Cornucopia) 3-4p Mindfulness (Wellness Studio) 4-5:15p Gentle Flow Yoga \$5 (Ironworks) 5:30-6:30p Flow Yoga \$5 (Ironworks) 6p LGBTQ NA Group (Outreach) 6:30-8p Bipolar/Depression Support (NAMI)	31 12:30-2:30p Basic Drawing (Cornucopia) 6-7p Rejuvenating Yoga \$5 (Ironworks)	Organizations & Locations (continued from the front) Outreach LGBT Community Center , 2701 International Lane, Suite 101; 608-255-8582; <i>committed to equity and quality of life for all LGBTQ+ people through community building, health and human services, and economic, social, and racial justice advocacy</i> ; https://www.outreachmadisonlgbt.org Social Justice Center , 1202 Williamson St; (608) 227-0206; <i>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</i> ; socialjusticecenter.org Westminster Presbyterian Church , 4100 Nakoma Rd; <i>Depression and Bipolar Support is a peer-led support group</i> Wellness Studio , 2647 Milwaukee St, 608-244-5077; <i>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</i>			

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