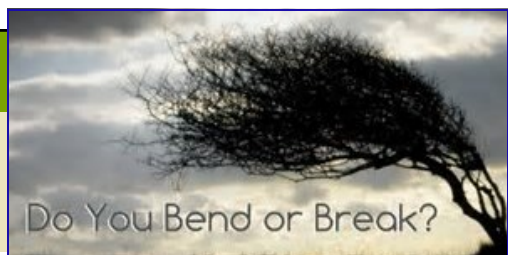




GROWTH Center
3322 Broadway, Everett, WA



JUNE

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	GROWTH CENTER HOURS FOR JUNE 2017: MONDAYS - FRIDAYS 8AM-3PM			1 10am Music Group 11am Hope in Recovery 2pm Gardening	2 9am Job Prep group 10am Games Activity 11am Wellness group 12pm Social group 1pm Fitness	3
4	5 9am Gratitude group 10am Cultural Awareness group 11am Emotional Awareness Group 1pm Music Group	6 9am Journaling group 11am Success in Recovery 12pm Arts & Crafts 2pm Gardening	7 9am Mindfulness group 11am Building Support Networks 12pm Cleaning Activity 1pm LGBT group 2pm Movie	8 10am Achieving Your Goals group 11am Hope in Recovery 12pm Cooking 101 1pm Social group 2pm Close Early	9 9am Job Prep group 10am Games Activity 11am Wellness group 12pm Social group 1pm Fitness	10
11	12 9am Gratitude group 10am Cultural Awareness group 11am Emotional Awareness Group 1pm Music Group	13 9am Journaling group 11am Success in Recovery 12pm Arts & Crafts 2pm Gardening	14 9am Mindfulness group 11am Building Support Networks 12pm Cleaning Activity 1pm LGBT group 2pm Movie	15 10am Achieving Your Goals group 11am Hope in Recovery 12pm Cooking 101 1pm Social group 2pm Close Early	16 9am Job Prep group 10am Games Activity 11am Wellness group 12pm Social group 1pm Fitness	17
18	19 9am Gratitude group 10am Cultural Awareness group 11am Emotional Awareness Group 1pm Music Group	20 9am Journaling group 11am Success in Recovery 12pm Arts & Crafts 2pm Gardening	21 9AM ADVISORY BOARD 9:30 Community Mtg 11am Building Support Networks 12pm Cleaning Activity 1pm LGBT group 2pm Movie	22 10am Achieving Your Goals group 11am Hope in Recovery 2pm Gardening	23 9am Job Prep group 10am Games Activity 11am Wellness group 12pm Social group 1pm Fitness	24
25	26 9am Gratitude group 10am Cultural Awareness group 11am Emotional Awareness Group 1pm Music Group	27 9am Journaling group 11am Success in Recovery 12pm Arts & Crafts 2pm Gardening	28 9am Mindfulness group 11am Building Support Networks 12pm Cleaning Activity 1pm LGBT group 2pm Movie	29 10am Achieving Your Goals group 11am Hope in Recovery 2pm Gardening	30 9am Job Prep group 10am Games Activity 11am Wellness group 12pm Social group 1pm Fitness	GROWTH RECOVERY OPPORTUNITY WELLNESS TRUST HOPE

Welcome to the GROWTH Center!

The GROWTH Center is a free, safe Recovery Center that offers a variety of support groups and activities. Our name stands for Growth, Recovery, Opportunity, Wellness, Trust, and Hope. Please enjoy our groups, and welcome to our center! We welcome people regardless of income, healthcare, or ability status.

Groups

- **Achieving Your Goals Group:** Set and achieve supported, realistic goals, and increase your sense of empowerment and accomplishment
- **Advisory Board:** Any Center member may sit on the Advisory Board, where we discuss policies and potential changes for the center.
- **Building Support Networks:** Learn and discuss options for those who wish to build or rebuild their network of supporters, including friends, family (genetic or otherwise), social gatherings, interest groups (including churches), caregivers, peers, and others.
- **Community Meeting:** A gathering for announcements about upcoming events, and discussion of events or changes affecting the center.
- **Cooking 101:** Learn to prepare a different healthy, low cost, delicious meal or snack every week!
- **Cultural Awareness Group:** Learn and/or share about a different culture each month, including language, customs, and more.
- **Emotional Awareness Group:** Learn to identify and express our full range of human emotions to get our needs met.
- **Gratitude Group:** We tend to be happiest when we express gratitude regularly. Come share in a group to express gratitude regularly.
- **Hope in Recovery Group:** This group centers on the topic of living a life of hope in the journey of recovery.
- **Job Prep Group:** Obtain skills and tools to help you be more confident and comfortable seeking any paid or volunteer job.
- **LGBT Group:** Lesbian, Gay, Bisexual, and Transgender members discuss experiences and topics relevant to living as an LGBT person.
- **Mindfulness Group:** Join us in learning and experiencing meditation and other exercises for relaxation and self care.
- **Movie:** Short videos on recovery topics, followed by discussion.
- **Music Group:** Learn how to read and create music, and discuss music we appreciate.
- **Success in Recovery Group:** Acknowledge and celebrate the successes, however great or small, that we achieve in recovery.
- **Social Group:** Break the isolation that too often affects people in recovery, and come socialize with friendly, respectful peers.
- **Wellness Journaling:** This group includes both discussion and journaling about topics related to our wellness and goals.

Additional Support

The GROWTH Center offers the following additional support:

- Our **Peer Clothing Room** will be open, subject to staff availability, on Tuesdays and Thursdays beginning at 1pm and usually lasting about 30 minutes or so. For more information on the clothing room, see membership packet.
- **WRAP** (Wellness Recovery Action Plan) appointments are available with various GROWTH Center staff. This is a great tool for recovery.
- The GROWTH Center maintains a **resource drawer** with printed information for additional services, such as shelters, food banks, meals, LGBT resources, legal aid, twelve step programs, showers, and other support services. Please inquire at the desk if you are interested.