



DROP-IN ACTIVITIES

FOR THOSE IN MENTAL HEALTH RECOVERY

1201 DEAN ST., WOODSTOCK, IL 60098
(Located in Woodstock Assembly of God)

TUESDAY

10:00 A.M. - 11:00 A.M. | MIND AND BODY: Start your day off right with this gentle, relaxed morning stretch and meditation group to help you get moving, centered and ready to take on the day!

11:15 A.M. - 11:45 A.M. | SNACK / SOCIAL: This group is a time for unwinding with a snack and to briefly talk about things you are currently doing.

12:00 P.M. - 2:00 P.M. | MOVIES: This group is for movie enthusiasts who want to watch movies that are PG or PG-13 and you choose the movie.

2:15 P.M. - 3:15 P.M. | SPIRITUALITY GROUP: This group is structured for the development of finding your own "Personal Spirituality" to assist you in your recovery.

WEDNESDAY

10:00 A.M. - 11:30 A.M. | THE ARTS: Provides a space for creativity and expression through various art activities such as painting, drawing, projects, music, dance and theater.

11:45 A.M. - 12:45 P.M. | WALKING GROUP / SNACK: Join in a group walk with others and we will end with enjoying a snack and social time.

1:00 P.M. - 2:00 P.M. | PEER SUPPORT: Peer Support provides a format to discuss weekly struggles/successes in a safe and comfortable environment and to share wisdom with other peers.

2:15 P.M. - 3:15 P.M. | JOURNALING GROUP: Journaling has many forms, meaning and purpose, and this group will explore the value of journaling as a tool in the healing process.

THURSDAY

ALL GROUPS ARE FREE TO PARTICIPATE!

10:00 A.M. - 10:45 A.M. | WALKING GROUP: This exercise-based group is to provide time to walk a path that is pre-designed for comfort and safety.

11:00 A.M. - 11:45 A.M. | SNACK / SOCIAL: This group is a time for unwinding with a snack and to briefly talk about things that you are currently doing.

12:00 P.M. - 1:45 P.M. | GAMES GROUP: Enjoy card games like Skip-Bo, Phase-10, and Uno and sometimes playing Bingo (If there are 3 or more people in the group) and Battleship.

2:00 P.M. - 3:15 P.M. | PEER SUPPORT: Provides a comfortable and safe environment for peers to discuss issues of the week and share insight and feedback with other peers for support.

OPEN TO ALL MCHENRY COUNTY RESIDENTS!

(Please provide proof of McHenry County residency)

Drop-In Activities are available to all McHenry County residents, age 18 or older, free of charge. There is no need to schedule or call ahead; just drop on in!

QUESTIONS? Contact Donna Buss, MHP/CRSS: (630) 777-7721
Individual peer support sessions are available by appointment.