

upcoming groups

JOIN TODAY!



Talk to your HealthWest case worker about how to join!

JANUARY, FEBRUARY, MARCH

MONDAY

PTSD Repair | 10 am - 11:30 am @ Services of Hope
 Parenting Through Change | 10 am - 11:30 am @ Harris
 Bright Horizons | 11 am - 12:30 pm @ MHC
 Adult SMART Recovery | 2 pm - 3 pm @ MHC
 Sound Bathing | 3:30 pm - 4:20 pm @ MHC
 SED Skills Group (Ages 8-11) | 4pm - 5:30 pm @ Harris

TUESDAY

Vet 2 Vet | 10 am - 11 am @ Exchange Coffee Shop
 Adult SMART Recovery | 10 am - 11 am @ CRU
 Anger Management | 12 pm - 1 pm @ Services of Hope
 Building Connections | (1 pm - 2 pm every 1st Tuesday and 1 pm - 3 pm every 3rd Tuesday) @ MHC
 MTREM | 2 pm - 3 pm @ MHC
 Circles | 5 pm - 6 pm @ The Folkert Hub

WEDNESDAY

M.R. SKILLS | 1 pm - 2 pm @ MHC
 Women of Wellness (WOW Group) | 1 pm - 2 pm @ MHC
 Adult SMART Recovery | 2 pm - 3 pm @ MHC
 Healthy Relationships | 2 pm - 3:30 pm @ MHC
 Teen SMART Recovery (Ages 13-17) | 3:30 pm - 4:30 pm @ State Probation Building
 EmpowHER | 4 pm - 5 pm @ Services of Hope
 SED Skills Groups (Ages 5-8) | 4 pm - 5:30 pm @ Harris
 SED Skills Groups (Teens) | 4 pm - 5:30 pm @ Harris

THURSDAY

DBT Skills Group | 10 am - 12 pm @ MHC
 Positive Family Intervention (PFI) | 11 am - 12 pm @ MHC
 Creative Coping | 1:30 pm - 2:30 pm @ MHC
 Seated Exercise | 2 pm - 2:45 pm @ MHC
 Coping Not Smoking (Smoking Cessation) | 3 pm - 4 pm @ MHC
 Thinking Matters | 3 pm - 4 pm @ Community Resource Center
 Caring for Children Who've Experienced Trauma | 4 pm - 5:30 pm via Zoom
 Caregivers Understanding and Reducing Behaviors (CURB) | 5 pm - 6:30 pm via Zoom

FRIDAY

Grounding With Sound | 1 pm - 1:45 pm @ CRU
 Trauma Recovery & Empowerment Model (TREM) | 2 pm - 3:30 pm @ MHC

LOCATIONS

Community Resource Center: 1747 Park St.
 CRU: 1364 Terrace St.
 Harris: 97 E. Apple Ave.
 MHC: Mental Health Center, 376 E. Apple Ave.
 Services of Hope: 8 W Walton Ave.
 State Probation Building: 131 Apple Ave.
 The Folkert Hub: 640 Seminole Rd



Veteran to Veteran

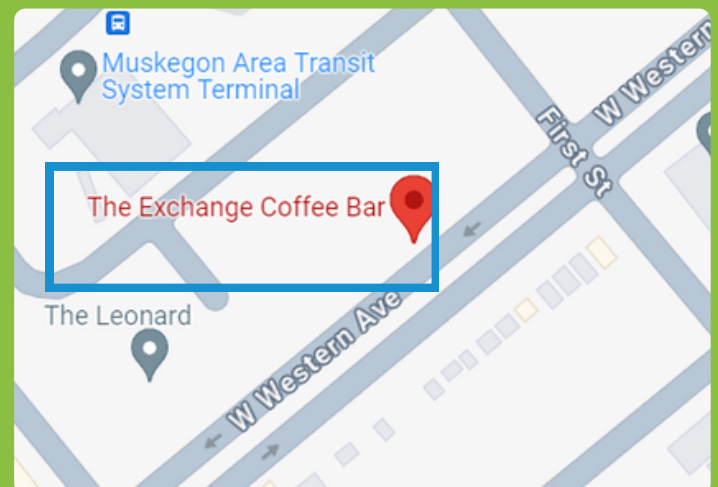
Join fellow veterans in a welcoming space designed for open discussions on various issues and concerns that matter to you. This group is not just about sharing experiences but also fostering connections with like-minded individuals who understand the unique challenges faced by veterans. It's an opportunity to build camaraderie, offer support, and strengthen the sense of community among those who have served.

Due to limited space, we are asking for those who want to attend to **RSVP by January 21.**

Contact Rachel Harden
231-683-9313 or at
rachel.harden@healthwest.net

Starts January 28, 2025
10 am Tuesdays
Ends March 25, 2025

Exchange Coffee Bar
292 W. Western Ave.
Suite #102





BRIGHT HORIZONS

Bright Horizons empowers individuals to take charge of their mental health and embark on a journey toward recovery that aligns with their unique needs using the Illness Management and Recovery (IMR) model. In group sessions, members come together to learn about their mental illnesses and how to recognize crisis symptoms and warning signs. They discover the importance of managing their medications, building coping skills, and fostering supportive relationships. By learning how to make informed choices about their treatment, they take steps to prevent relapses. Each group member will set personal goals that inspire them and drive their progress forward.

STARTING FEB 3
MONDAYS 11 AM - 12:30 PM
HEALTHWEST MENTAL HEALTH CENTER
376 E. APPLE AVE., MUSKEGON

For more information contact:
Caitlin Renner: caitlin.renner@healthwest.net
or at 231-215-4940



BUILDING CONNECTIONS

Building Connections is a group for adults seeking to engage with their community, foster friendships, and combat loneliness. It offers a fun, supportive environment for developing social skills, discovering identities, and enhancing self-esteem. The group meets on the first and third Tuesday of the month, with each meeting featuring a different theme or activity, such as game nights, discussion sessions, crafting, and community-building.

1ST TUESDAY OF THE MONTH: 1 PM - 2 PM

3RD TUESDAY OF THE MONTH: 1 PM - 3 PM

HealthWest, 376 E. Apple Ave.

For information, contact:

Caitlin Renner at

caitlin.renner@healthwest.net

or 616-834-1014

**TUESDAYS
5 PM - 6 PM**

**Folkert Hub
640 Seminole Rd**



Circles PGM:

This Program helps children understand the importance of boundaries with strangers and how to recognize potential risks.

Part 1: Social Distance

The Circles Level 1 program is designed to help students understand their social boundaries. This is achieved by teaching them about the relationship between the level of intimacy between people and the way they touch, talk, and trust each other.

The program helps students identify relationship boundaries and relationship-specific behaviors. For example, it's okay to hug your mother, but it's not okay to hug the mail carrier.

For information, contact:

Theresa Brown

theresa.brown@healthwest.net

FY25 Q2



HealthWest



COPING NOT SMOKING

**SUPPORT TO HELP YOU QUIT SMOKING
AND LIVE A HEALTHIER LIFE**

Are you ready to quit? Join us and develop the tools that can help you overcome nicotine addiction. Individuals in the program can also earn incentives!

THURSDAYS 3PM - 4PM

JAN 9 - FEB 27

HEALTHWEST MENTAL HEALTH CENTER, 376 E. APPLE AVE.

CONTACT:

**Stacie Petersen: stacie.petersen@healthwest.net or
Caitlin Renner: caitlin.renner@healthwest.net**

FY25 Q2



CREATIVE COPING

Creative Coping uses mindfulness skills to help participants regulate their mood, improve depression and reduce anxiety

THURSDAYS FROM 1:30-2:30 PM
HEALTHWEST | 376 E. APPLE AVE.

For information, contact:
Caitlin Renner at caitlin.renner@healthwest.net

FY25 Q2



DBT SKILLS

Develop vital DBT skills for healing, including mindfulness, conflict management, and emotion regulation. This group is open to anyone currently receiving services, ask your case worker for more information!

THURSDAYS FROM 10 AM - 12 PM
HEALTHWEST | 376 E. APPLE AVE.

For information, contact:

Alicia Rojas: alicia.rojas@healthwest.net or
Caitlin Renner at caitlin.renner@healthwest.net



GROUNDING WITH SOUND

A Psychological First Aid Sound Bathing Group

This FREE meditative group uses sound waves to promote relaxation, healing, and mindfulness. New research suggests sound therapy may lower stress hormones, improve mood, and reduce pain; resulting in more resiliency when faced with traumatic situations. It is open to anyone in the community.

Yoga mats and pillows are provided, but you can bring your own if you prefer. We also encourage participants to wear comfortable clothing.

FRIDAYS FROM 1-1:45 PM

Crisis Residential Gym, 1364 Terrace St.

(Please use Catawba Ave. Entrance)

For information, contact:

Kara Jaekel at kara.jaekel@healthwest.net or 231-557-6012

FY25 Q2

HEALTHY RELATIONSHIPS



Group helps individuals with intellectual or developmental disabilities identify healthy and unhealthy relationships, build sexual self-advocacy skills, and develop ways to use skills in all aspects of lives.

Starts Feb. 12
Wednesday 2 pm -3:30 pm
HealthWest | 376 E. Apple Ave.

Contact Jake Schaafsma at 231-724-1188
or jake.schaafsma@helathwest.net



Men's Recovery (M.R.) Skills

**DEVELOP THE SKILLS TO HELP YOU
REACH YOUR FULL POTENTIAL**

An in-person co-occurring group for men that focuses on skill building to help improve health and wellness and live self-directed lives. Men struggling with addiction, mental health, safety, anger and/or violence issues will be provided with the tools and knowledge necessary to cope and recover. Talk to your HealthWest worker today to join!

WEDNESDAYS @ 1PM-2PM

HEALTHWEST MENTAL HEALTH CENTER, 376 E. APPLE AVE.

CONTACT:

Bernie Steward at bernie.steward@healthwest.net



MTREM

Men's Trauma Recovery and Empowerment

MTREM is an outlet for men to express their experiences with trauma, learn about what trauma is and its many effects, and learn the various skills to put into practice for the ongoing journey of trauma recovery.

TUESDAYS 2 PM - 3 PM
HEALTHWEST MENTAL HEALTH CENTER
376 E. APPLE AVE., MUSKEGON

For more information contact:

Rajaah Salaam at rajaah.salaam@healthwest.net or
Josh Dekker at josh.dekker@healthwest.net

PARENTING THROUGH CHANGE

A 10-week group where parents will learn and practice new skills for use at home and in the community. This group is tailored for parents with children experiencing serious behavior problems ages preschool through adolescence.



**Tired? Overstressed?
Need Help at Home?
This group is for you.**

Do you wish your child would:

- Listen to you?
- Follow your directions?
- Be calmer?
- Have better manners at home, school, and in the community?
- Be more cooperative?

Parenting Through Change (PTC) helps parents develop extra tools and skills to encourage their child's participation in the home, school and community. Learn to "Shine the Light" on behaviors you'd like to see in your child and meet other parents living with the same challenges.

"My biggest takeaway is confidence. It's a relief when you and your child know who's in charge."

-FORMER PARENT PARTICIPANT

Join Us!

Meetings will be held at 97 E. Apple Ave. in Muskegon.

Mondays @ 10-11:30 am
(Starting January 27)

Facilitators:

Sondra Hoffmeyer: 231-740-5630
sondra.hoffmeyer@healthwest.net

Shavon Stokes: 231-760-9915
shavon.stokes@healthwest.net

Free snacks and prize drawings!



HealthWest

**Talk to your child's HealthWest
worker about joining today!**

FY25 Q2



SEATED EXERCISE GROUP

It's that time of year again, and back by popular demand!

Join us for this FREE group that is sure to get you movin' and groovin! This group is open to individuals of any fitness level.

**THURSDAYS 2-2:45 PM
NOW - MARCH 2025
HealthWest, 376 E. Apple Ave.**

For information, contact:

Danna Beam at 231-375-7665 or Stacie Petersen at 231-740-2708

FY25 Q2



SMART Recovery

2-3 PM

Mondays & Wednesdays
HealthWest - 376 E. Apple Ave.

10-11 AM

Tuesdays
CRU Gym - 1364 Terrace St.

FY25 Q2

SMART Recovery is one of the leading recovery groups in the United States dedicated to helping participants learn tools and techniques for self-empowerment.

Participants in the group learn tools to aid their recovery process based on substantial, proven scientific evidence and research and are encouraged to engage with a global support system.



SOUND BATHING

Release stress & restore peace using sound waves

Join us for this meditative experience as we use various sounds to wash away stress. Participants can participate in a sitting position or lying down. Wear comfortable clothes and feel free to bring your own yoga mat, blanket and/or pillow. Refreshments will be served.

MONDAYS | 3:30-4:20 PM

HealthWest Mental Health Center, 376 E. Apple Ave., Muskegon

SMART RECOVERY FOR TEENS



WEDNESDAYS @ 3:30PM

131 E. APPLE AVE, 3RD FLOOR

A FREE self-help addiction program where teens can get together to try and change behaviors that hurt themselves and others, such as smoking, drinking, fighting, drug use or any other addictive behavior.

Questions? Contact:

Kimberly Darcy: kimberly.darcy@healthwest.net or
Mariyah Wilcox: mariyah.wilcox@healthwest.net





TREM

Trauma Recovery &
Empowerment Model

2-3:30 PM
Fridays

HealthWest Mental Health Center
In-person
376 E. Apple Ave.
Referral is required.

A HealthWest group for women, women-identifying individuals, non-binary and gender non-conforming people who are comfortable in a space that centers the experiences of women. You'll learn about trauma and its many effects, skills in self-regulation, boundaries and communication while developing a sense of empowerment and strength for the ongoing journey of trauma recovery.

Participants are not required to share their trauma experiences.

Questions? Contact Caitlin Renner: caitlin.renner@healthwest.net or
Maria Alvarado: maria.alvarado@healthwest.net.



Women of Wellness

An in-person co-occurring
disorder group for women

This weekly group is a safe,
supportive environment that is
all about empowering women
through wellness. Women
struggling with addiction,
mental health, safety, anger and
violence issues will be provided
the skills and knowledge needed
to cope and recover.



WEDNESDAYS, 1-2 PM

HEALTHWEST MENTAL HEALTH CENTER | 376 E. APPLE AVE.



QUESTIONS? PLEASE CONTACT
PATTY MAPES - PATTY.MAPES@HEALTHWEST.NET
CHRISTIE TICE - CHRISTIE.TICE@HEALTHWEST.NET
CHELSIE PONDER - CHELSIE.PONDER@HEALTHWEST.NET

FY25 Q2