

upcoming groups



JOIN TODAY!

Talk to your HealthWest case worker about how to join!

APRIL, MAY, JUNE

MONDAY

SMART Recovery | 2:00-3:00 pm @ MHC
Sound Bathing | 3:30-4:30 pm @ MHC

TUESDAY

Koffee with Kevin | 10:00-11:30 am (In the community)
SMART Recovery | 10:00-11:00 am @ CRU Gym
IMR | 1:00-2:00 pm @ MHC
MTREM | 2:00-3:00 pm @ MHC
Thinking Matters | 3:00-4:00 pm @ Community Resource Center

WEDNESDAY

Money \$mart (Starts May 15) | 11:00-12:00 pm @ MHC
Women of Wellness (WOW) | 1:00-2:00 pm @ MHC
M.R. Skills | 1:00-2:00 pm @ MHC
SMART Recovery | 2:00-3:00 pm @ MHC
Teen SMART Recovery | 3:30-4:30 pm @ 3rd Floor Stark Building

THURSDAY

Walking Club (Starts April 18) | 11:00-12:00 pm @ Hackley Park
Caring for Children Who've Experienced Trauma | 1:00-3:00 pm @ Zoom
Creative Coping | 1:30-2:30 pm @ MHC/Hybrid
Seated Exercise (Through May 9) | 2:00-2:45 pm @ MHC
Journey To Health | 3:00-4:00 pm @ MHC

FRIDAY

Grounding With Sound | 3:00-4:00 pm @ CRU Gym



CARING FOR CHILDREN WHO'VE EXPERIENCED TRAUMA

This 8-week group will help caregivers understand the types of trauma and the impact they have on brain development. We will discuss how to create emotional safety by teaching caregivers how to adjust their responses to the behaviors youth use to express their needs. The group will look at the power of positive connections and how critical the caregiver's own well-being is to the healing process.



START DATE: April 11, 2024

TIMES: 1:00 pm - 3:00 pm

LOCATION: Virtual Via Zoom

CONTACTS:

Matt Schelter (Master Level Clinician) matt.schelter@healthwest.net
Jillian Eppard (Parent Support Partner) jillian.eppard@healthwest.net



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 MENTAL HEALTH CENTER
376 E. APPLE AVE., MUSKEGON

For information, contact:

Patty Mapes at patty.mapes@healthwest.net or 231-788-8030



GROUNDING WITH SOUND

A Psychological First Aid Sound Bathing Group

This FREE meditative group uses sound to wash away stress and help participants become more resilient when faced with traumatic situations. It is open to anyone in the community. Participants are encouraged to wear comfortable clothes and bring their own yoga mat, blanket and/or pillow.

FRIDAYS FROM 3-4 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



HealthWest



IMR

Illness Management and Recovery

The IMR program helps people with mental illnesses like schizophrenia or major mood disorders manage their conditions better while working towards their personal goals. IMR provides evidence-based knowledge and skills to help cope with illness and achieve recovery.

Starts Tuesday, April 9

Tuesdays 1-2 PM

HealthWest 376 E. Apple Ave

REFERRAL IS REQUIRED TO ATTEND

For more information, contact:

Rebecca Bolli: rebecca.bolli@healthwest.net | 231-557-7149

Michelle Mitchell: michelle.mitchell@healthwest.net | 231-760-9905



JOURNEY TO HEALTH

**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
HEALTHWEST MENTAL HEALTH CENTER, 376 E. APPLE AVE.

CONTACT:

Mike Willacker, 231-683-9564, mike.willacker@healthwest.net



MYalliance
System of Care.



Koffee with Kevin

**10-11:30 am
Tuesdays**

In the community



Kevin Schmidt
MYalliance Lead
Family Contact

Meet the MYalliance Lead Family Contact Kevin Schmidt and share your family's experiences working with our community's family-serving systems.

This is a great way to meet and connect with other parents with children involved in these systems.

Coffee is provided.

Questions?

Contact Kevin Schmidt at 231-638-9720
or Kevin.Schmidt@healthwest.net

www.myalliancesoc.org



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:

Tony Huston, 231-670-2124, tony.huston@healthwest.net
Bernie Steward, 231-670-5942, bernie.steward@healthwest.net



HealthWest

Money \$marts



Do you have an individual that would benefit from learning about budgeting and saving?

Michelle Erickson and Jake Schaafsma will be facilitating a 12-week group that will cover budgeting, saving money, borrowing money, living on your own and other topics.

Starts May 15
11 am - 12 pm | Wednesdays

HealthWest 376 E. Apple Ave.

Questions?

Contact Michelle Erickson at 231-402-9497

michelle.erickson@healthwest.net or

Jake Schaafsma at 231-375-9027 | jake.schaafsma@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



HealthWest



SEATED EXERCISE GROUP

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 - MAY 9)

HealthWest, 376 E. Apple Ave.

For information, contact:

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



SMART Recovery

2-3 PM

Mondays & Wednesdays
HealthWest - 376 E. Apple Ave.

10-11 AM

Tuesdays
CRU Gym- 1364 Terrace

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 | 3:30-4:30 PM

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



Questions?

Contact Patty Mapes at 231-724-4884
or at patty.mapes@healthwest.net

SMART RECOVERY FOR TEENS



WEDNESDAYS @ 3:30 PM

3RD FLOOR OF SOUTH CAMPUS/STARK BUILDING

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
Gabe Cerchiori: gabe.cerchiori@healthwest.net





WALKING CLUB

AT HACKLEY PARK

Walking Club is back! This club is open to all community members. All ages and abilities are encouraged! Walking is a great activity to keep you healthy: mentally, physically and socially!

11 am-12 pm
April 18th - September 26th
Thursdays (as weather permits)
350 W. Webster Ave.

QUESTIONS?

Contact Stacie Petersen at stacie.petersen@healthwest.net



Women of Wellness

A virtual and in-person
hybrid 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, 1-2PM

HEALTHWEST MENTAL HEALTH CENTER
376 E. APPLE AVE.

(VIRTUAL-HYBRID MEETING OPTION AVAILABLE!)



QUESTIONS? PLEASE CONTACT
PATTY MAPES - PATTY.MAPES@HEALTHWEST.NET



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