

upcoming groups



Talk to your HealthWest case worker about how to join!

JULY, AUGUST, SEPTEMBER

MONDAY

Circles | 10 am - 11 am @ The Hub
 WRAP (7/8 - 8/26) | 1 pm - 2 pm @ MHC
 SMART Recovery | 2 pm - 3 pm @ MHC
 Sound Bathing | 3:30 pm - 4:30 pm @ MHC
 Positive Family Intervention (PFI) | 5 pm - 6 pm (Hybrid) @ Room 11, Terrace St. Building

TUESDAY

SMART Recovery | 10 am - 11 am @ CRU Gym
 Positive Family Intervention (PFI) | 10 am - 11 am (Hybrid) @ Room 11, Terrace St. Building
 GTREM (6/25 - 8/22) | 11:30 am - 12:30 pm @ Room 11, Terrace St. Building
 MTREM | 2 pm - 3 pm @ MHC
 Healthy Relationships (6/25 - 8/22) | 2 pm - 3:30 pm @ MHC
 Mighty Minds (Ages 6-10) | 4:30 pm - 5:30 pm @ MCA Building

WEDNESDAY

Circles | 10 am - 11 am @ The Hub
 Teen SMART Recovery | 1 pm - 2 pm @ State Probation Building, 3rd Floor
 Women of Wellness (WOW) | 1 pm - 2 pm @ MHC
 M.R. Skills | 1 pm - 2 pm @ MHC
 SMART Recovery | 2 pm - 3 pm @ MHC

THURSDAY

Walking Club (Now - 9/26) | 11 am - 12 pm @ Hackley Park
 GTREM (6/25-8/22) | 11:30 am - 12:30 pm @ Room 11, Terrace St. Building
 Creative Coping | 1:30 pm - 2:30 pm @ MHC
 Healthy Relationships (6/25-8/22) | 2 pm - 3:30 pm @ MHC
 Journey to Health (7/11 - 8/29 & 9/12 - 10/31) | 3 pm - 4 pm @ MHC
 Just Hear Me Out (Ages 11-15) | 4:30 pm - 5:30 pm @ MCA Building

FRIDAY

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

LOCATIONS

MHC: Mental Health Center, 376 E. Apple Ave.
 CRU Gym: 1364 Terrace St.
 Terrace St. Building: 1352 Terrace St.
 State Probation Building: 131 Apple Ave.
 MCA Building: 154 McLaughlin Ave.
 The Hub: The Folkert Community Hub, 640 Seminole Rd, Muskegon, 49441



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:
Maria Alvarado at maria.alvarado@healthwest.net

Q3 2024

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

Q3 2024

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.

Tuesdays 2:00-3:30

HealthWest | 376 E. Apple Ave.

Contact: Jake Schaafsma: 231-724-1188

OR Kimberly Berry: 231-638-9573



HealthWest



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

JULY 11TH - AUG 29TH & SEPT 12TH - OCT 31ST
HEALTHWEST MENTAL HEALTH CENTER, 376 E. APPLE AVE.

CONTACT:

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

Q3 2024



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:
Daniel Scanlan at daniel.scanlan@healthwest.net



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.

Questions? Contact Patty Mapes at Patty.Mapes@healthwest.net.

Q3 2024



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

SMART RECOVERY FOR TEENS



WEDNESDAYS @ 1PM

131 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





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
Now - September 26th
Thursdays (as weather permits)
350 W. Webster Ave.

QUESTIONS?

Contact Stacie Petersen at stacie.petersen@healthwest.net

Q3 2024



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, 1-2PM

HEALTHWEST MENTAL HEALTH CENTER | 376 E. APPLE AVE.



QUESTIONS? PLEASE CONTACT
PATTY MAPES - PATTY.MAPES@HEALTHWEST.NET
LORI MARSTON - LORI.MARSTON@HEALTHWEST.NET
CHRISTIE TICE - CHRISTIE.TICE@HEALTHWEST.NET

Q3 2024

WRAP Group



HealthWest

Build your Wellness
Recovery Action Plan!



**1-2 PM
Mondays
Begins on July 8th.**

An 8-week, self-designed group giving you the tools to help you stay well, feel better when you are not well and increase personal responsibility over your own life. This group is open to **ANYONE** in the community until July 22nd.

**Join us @ the
HW Mental
Health Center**

376 E. Apple Ave.



To join or get more information, please call Danna Beam at 231-375-7665, Stacie Petersen at 231-740-2708, or talk to your HealthWest caseworker!