

upcoming groups



JOIN TODAY!

Talk to your HealthWest case worker about how to join!

OCTOBER, NOVEMBER, DECEMBER

MONDAY

*CURB | 12 pm - 1:30 pm via Zoom (Ask for Dates) | **REFERRAL NEEDED**
 Adult SMART Recovery | 2 pm - 3 pm @ MHC | **OPEN**
 Sound Bathing | 3:30 pm - 4:30 pm @ MHC | **OPEN**

*Caregivers Understanding and Reducing Behaviors

TUESDAY

WRAP | 9 am - 10 am @ MHC | **REFERRAL NEEDED**
 Adult SMART Recovery | 10 am - 11 am @ CRU | **CLOSED**
 Anger Management | 12 pm - 1 pm @ Services of Hope | **REFERRAL NEEDED**
 Building Connections | 1 pm - 2 pm (Every 1st and 3rd Tuesday) @ MHC | **OPEN**
 Thinking Matters | 3 pm - 4 pm @ MHC | **REFERRAL NEEDED**

WEDNESDAY

Money Road Map | 10 am - 11:30 am @ Harris | **REFERRAL NEEDED**
 M.R. SKILLS | 1 pm - 2 pm @ MHC | **REFERRAL NEEDED**
 W.O.W. | 1 pm - 2 pm @ MHC | **REFERRAL NEEDED**
 Adult SMART Recovery | 2 pm - 3 pm @ MHC | **OPEN**
 MTREM | 2 pm - 3:30 pm @ MHC | **REFERRAL NEEDED**
 Healthy Relationships | 2 pm - 3:30 pm @ Harris | **REFERRAL NEEDED**
 Teen SMART Recovery | 3:30 pm - 4:30 pm @ State Probation Building | **OPEN**

THURSDAY

DBT Skills Group | 10 am - 12 pm @ MHC | **REFERRAL NEEDED**
 Positive Family Interventions (PFI) | 11 am - 12 pm @ MHC/Zoom | **REFERRAL NEEDED**
 Caring for Children Who've Experienced Trauma | 11 am - 12:30 pm Via Zoom | **OPEN**
 Coping Not Smoking | 3 pm - 4 pm @ MHC | **OPEN**

FRIDAY

Grounding With Sound | 1 pm - 1:45 pm @ CRU | **CLOSED**

INFORMATION

CRU: 1713 7th St.
Closed: CRU residents only
 Harris: 97 E. Apple Ave.
 MHC: Mental Health Center, 376 E. Apple Ave.
Open: Open to the public
 Services of Hope: 8 W Walton Ave.
 State Probation Building: 131 Apple Ave., 3rd Floor
Referral Needed: Must be referred by a HealthWest Case Manager
 The Folkert Hub: 640 Seminole Rd.



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 & 3RD TUESDAY OF THE MONTH: 1 PM - 2 PM
HealthWest, 376 E. Apple Ave.

For information, contact:

Stacie Petersen at

stacie.petersen@healthwest.net

or 231-740-2708



DBT SKILLS

Develop vital DBT skills for healing, including mindfulness, conflict management, and emotion regulation. This group is open to adults who are receiving services at HealthWest; 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



HealthWest

FY26 Q1



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
1713 7th St. (New CRU Location)
CRU Residents Only

For information, contact:

Devan Peterson at devan.peterson@healthwest.net or 231-638-9145

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.

Wednesday 2 pm - 3:30 pm
HealthWest Harris Bldg. | 97 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 in recovery 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

MONEY ROAD MAP

A 10-WEEK SUPPORT GROUP FOR ADULTS LIVING ON A LOW OR FIXED INCOME.

Are you struggling to make your money stretch?
Are you tired of financial stress? Then join us for a judgment-free group that helps you take control of your money - one small step at a time.

WHAT WE COVER

- 💰 Building a simple, realistic budget
- 💰 Emergency planning on a tight income
- 💰 Tracking spending without shame
- 💰 Understanding debt and how to manage it
- 💰 Setting goals you can actually reach
- 💰 Earning extra money without losing benefits
- 💰 Avoiding scams and protecting your identity
- 💰 Long-term planning, even with limited funds
- 💰 Celebrating progress - your way

WHAT YOU'LL GET

- 💰 Weekly handouts and activities
- 💰 Support from others who get it
- 💰 Tools that work for real life
- 💰 Encouragement without pressure
- 💰 A safe space to ask questions

FY26 Q1

R\$VP BY: 9/3/2025

Sept. 10 - Nov. 12 | 10 - 11:30 AM
97 E. Apple Ave in Muskegon

QUESTIONS?

Stacie Petersen:
stacie.petersen@healthwest.net

Jake Schaafsma:
jake.schaafsma@healthwest.net





MTREM

Men's Trauma Recovery and Empowerment

MTREM is a men's group to learn about what violence and trauma are and their many effects; learn skills in self-regulation, boundaries, and communication; and develop a sense of empowerment and strength for the ongoing journey of trauma recovery. You will not have to share your trauma experiences in this group.

WEDNESDAYS 2 PM - 3:30 PM

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

For more information contact:

Thomas Meier at thomas.meier@healthwest.net or
Josh Dekker at josh.dekker@healthwest.net



SMART Recovery

2-3 PM

Mondays & Wednesdays
HealthWest - 376 E. Apple Ave.

10-11 AM

Tuesdays
CRU - 1713 7th St.
CRU Residents Only

FY26 Q1

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

SMART RECOVERY FOR TEENS



WEDNESDAYS @ 3:30PM

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:

Angela Holmstrom: angela.holmstrom@healthwest.net



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THINKING MATTERS

This group will guide and support individuals by focusing on a situation that either has or could lead to trouble. Participants will gain understanding and skills of the underlying concepts while connecting thoughts with feelings and subsequent behaviors. This group will run 8 to 10 weeks (2 weeks can be added with group endorsement to ensure learning). Attending this group more than one time may support advancing understanding and application skills to everyday life.

TUESDAYS 3-4 PM
HealthWest | 376 E. Apple Ave.

For information, contact:

**Brandy Cregg: brandy.cregg@healthwest.net or
Suzanna Johnson at suzanna.johnson@healthwest.net**



HealthWest
Muskegon's Behavioral Wellness Connection

FY26 Q1



Women of Wellness

An in-person co-occurring disorder group for women in recovery.

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
CHRISTIE TICE - CHRISTIE.TICE@HEALTHWEST.NET
CHELSIE PONDER - CHELSIE.PONDER@HEALTHWEST.NET

FY26 Q1

WRAP Group



Build your Wellness
Recovery Action Plan!



**9-10 AM
Tuesdays
Begins on Oct. 14.**

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. A referral is needed for this group.

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

376 E. Apple Ave.



To join or get more information, please call Heath Ebare
231-780-7419 or Jen Evans 231-672-0405
talk to your HealthWest caseworker!