

upcoming groups



Talk to your HealthWest case worker about how to join!

APRIL, MAY, JUNE

MONDAY	<p>Adult SMART Recovery 2 pm - 3 pm @ MHC Sound Bathing 3:30 pm - 4:30 pm @ MHC</p>	*Referral Is Needed
TUESDAY	<p>*WRAP 9 am - 10 am @ MHC *Anger Management 12 pm - 1 pm @ Services of Hope Building Connections 1 pm - 2 pm (Every 1st and 3rd Tuesday) @ MHC</p>	*Referral Is Needed
WEDNESDAY	<p>*ADHD Group for Adults 10 am - 11 am @ Services of Hope *Money Road Map 11 am - 12:30 pm @ Harris *M.R. SKILLS 1 pm - 2 pm @ MHC *W.O.W. 1 pm - 2 pm @ MHC *Healthy Relationships 1:30 pm - 3:30 pm @ Harris Adult SMART Recovery 2 pm - 3 pm @ MHC *MTREM 2 pm - 3:30 pm @ MHC *Healthy Relationships - In the Workplace 2 pm - 3:30 pm @ Harris</p>	*Referral Is Needed
THURSDAY	<p>Walking Club 10 am - 11 am @ Hackley Park *DBT Skills Group 10 am - 12 pm @ MHC *Substance Use Disorder Art Therapy 1:30 pm - 3 pm @ MHC Coping Not Smoking 3 pm - 4 pm @ MHC *Arts, Crafts and CBT 4 pm - 5 pm @ Services of Hope</p>	*Referral Is Needed
FRIDAY		
LOCATIONS	<p>Harris: 97 E. Apple Ave. MHC: Mental Health Center, 376 E. Apple Ave. Services of Hope: 8 W Walton Ave.</p>	



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



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

STARTS MAY 21

HEALTHWEST MENTAL HEALTH CENTER, 376 E. APPLE AVE.

CONTACT:

Stacie Petersen: stacie.petersen@healthwest.net

FY26 Q3



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

FY26 Q3



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!

10 am - 11 am
Starts April 16
Thursdays (As Weather Permits)
350 W. Webster Ave.

QUESTIONS?

Contact Stacie Petersen at stacie.petersen@healthwest.net

FY26 Q3



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



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.

FY26 Q3

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



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.



HealthWest
Muskegon's Behavioral Wellness Connection

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

FY26 Q3

WRAP Group



HealthWest

Build your Wellness
Recovery Action Plan!



**9-10 AM
Tuesdays
Begins on April 6.**

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!