

upcoming groups



JOIN TODAY!

Talk to your HealthWest case worker about how to join!

JULY, AUGUST, SEPTEMBER

MONDAY

Adult SMART Recovery | 2 pm - 3 pm @ MHC
Sound Bathing | 3:30 pm - 4:10 pm @ MHC
*Social Skills | 4:00 pm - 5:00 pm @ HARRIS

*Referral
Is Needed

TUESDAY

*Anger Management | 12 pm - 1 pm @ Services of Hope
Building Connections | 1 pm - 2 pm (Every 1st and 3rd Tuesday) @ MHC
*Creative Coping | 2 pm - 3 pm via ZOOM (starts August 4th)

*Referral
Is Needed

WEDNESDAY

*Money Road Map | 11 am - 12:30 pm @ Harris (starts August 19th)
*M.R. SKILLS | 1 pm - 2 pm @ MHC
*W.O.W. | 1 pm - 2 pm @ MHC
Adult SMART Recovery | 2 pm - 3 pm @ MHC
*MTREM | 2 pm - 3:30 pm @ MHC
Teen Smart Recovery | 3:30 pm - 4:30 pm @ State Probation Building/3rd Floor

*Referral
Is Needed

THURSDAY

*Parenting Through Change | 9:30 am - 11 am @ Harris
Walking Club | 10 am - 10:45 am @ Hackley Park
*DBT Skills Group | 10 am - 12 pm @ MHC
*Substance Use Disorder Art Therapy | 1:30 pm - 2:30 pm @ MHC
*Creative Coping | 2 pm - 3 pm @ MHC
Coping Not Smoking | 3 pm - 4 pm @ MHC (starts September 10th)

*Referral
Is Needed

FRIDAY

*Cooking with Confidence | 12 pm - 2 pm @ MHC (starts August 14th)

*Referral
Is Needed

LOCATIONS

Harris: 97 E. Apple Ave.
MHC: Mental Health Center, 376 E. Apple Ave.
Services of Hope: 8 W Walton Ave.



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



COOKING WITH CONFIDENCE

**HEALTHWEST
376 E. APPLE AVE.**

In this 10 week group you will build kitchen skills, confidence, and independence! This hands-on group for adults with intellectual and developmental disabilities teaches healthy, affordable cooking, kitchen safety, meal planning, grocery shopping, and easy recipes. Participants will build daily living skills and confidence in a fun, supportive environment. Learn, cook, and grow. One recipe at a time!

Fridays 12 pm - 2 pm

Starts August 14th - Ends October 16

RSVP by August 7th to reserve your spot!

QUESTIONS?

Contact La'Terra Pringle at laterra.pringle@healthwest.net
or at 231-402-9499

FY26 Q4



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

ENDS JULY 16 & STARTS SEPTEMBER 10

HEALTHWEST MENTAL HEALTH CENTER, 376 E. APPLE AVE.

CONTACT:

Stacie Petersen: stacie.petersen@healthwest.net

FY26 Q4



CREATIVE COPING

Creative Coping teaches adults ages 18+ skills like mindfulness, writing, art, and movement to improve mood and reduce anxiety and depression. Participants learn how coping skills support daily functioning and connection with others and their environment.

TWO VERSIONS TO FIT YOUR NEEDS!

IN-PERSON: THURSDAYS 2-3 PM STARTING JULY 23RD

ONLINE: TUESDAYS 2-3 PM VIA ZOOM STARTING AUGUST 4TH

HEALTHWEST: 376 E. APPLE AVE.

For information, contact:

Caitlin Renner at caitlin.renner@healthwest.net
or at 231-215-4940

FY26 Q4



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



EMOTION EXPLORERS

Join us for a 12-week adventure in learning about feelings! This weekly group is for adults with IDD who want to build confidence, make friends, and learn new ways to handle everyday challenges.

Through games, activities, and group discussion, we'll explore emotions, practice staying calm during tough moments, solve problems, and learn skills to help us feel our best.

Come explore, learn, and grow with us!

Wednesdays 11 am - 12:30 pm
HealthWest, 376 E. Apple Ave.

For information, contact:

Caitlin Renner, caitlin.renner@healthwest.net

Elizabeth Anderson, elizabeth.anderson@healthwest.net



HealthWest
Muskegon's Behavioral Wellness Connection

FY26 Q4



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 - 10:45 am
Starts April 16 - Ends October 30
Thursdays (As Weather Permits)
350 W. Webster Ave.

QUESTIONS?

Contact Stacie Petersen at stacie.petersen@healthwest.net

FY26 Q4



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 @ bernie.steward@healthwest.net

Jason Swanker @ jason.swanker@healthwest.net

FY26 Q4

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 Q4

**REFERRAL IN
BY: 8/12/2026**

August 19 | 11 AM - 12:30 PM
97 E. Apple Ave in Muskegon

QUESTIONS?

Jake Schaafsma:
jake.schaafsma@healthwest.net
Stacie Petersen:
stacie.petersen@healthwest.net





MTREM

Men's Trauma Recovery and Empowerment

MTREM is an 18 week 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

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.

Thursdays @ 9:30 - 11:00

Facilitators:

Coffey James: 231-375-9770
coffey.james@healthwest.net

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

Madison Rosel: 231-670-4249
madison.rosel@healthwest.net

Free snacks and prize drawings!



HealthWest

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

FY26 Q4

PARENTING THROUGH CHANGE

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-FORMER PARENT PARTICIPANT

Join Us!

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

Thursdays @ 4 - 5:30 pm

Starting 9/17/2026

RSVP by 9/10/2026

Facilitators:

Cynthia Smeyers: 231-780-7407
cynthia.smeyers@healthwest.net

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

Free snacks and prize drawings!



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

FY27 Q1



SMART Recovery

2-3 PM

Mondays & Wednesdays
HealthWest - 376 E. Apple Ave.

FY26 Q4

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 | 3:30-4:10 PM

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



SUBSTANCE USE DISORDER ART THERAPY

Art therapy is an evidence-based clinical practice that promotes emotional healing and personal growth through the creative process - such as painting, drawing, collage, and sculpting. This 12-week group will use art making to support individuals in coping with and recovering from substance abuse and addiction. This group will include sessions on practicing healthier coping skills, exploring motivation and readiness to recover from addiction, and promoting personal growth through reflection and creative expression.

STARTING MARCH 12 - JULY 30
THURSDAYS FROM 1:30-2:30 PM
HEALTHWEST | 376 E. APPLE AVE.

For information, contact:
Karoline West at karoline.west@healthwest.net
or at 231-788-8031

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 PM - 2 PM

HEALTHWEST: 376 E. APPLE AVE.

FACILITATORS

- Christie Tice –
christie.tice@healthwest.net
- Ally Roberts –
ally.roberts@healthwest.net