

upcoming groups



JOIN TODAY!

Talk to your HealthWest case worker about how to join!

OCTOBER, NOVEMBER, DECEMBER

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

*WRAP | 9 am - 10 am @ MHC (starts 10/6)
*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 Teams

*Referral
Is Needed

WEDNESDAY

*Emotion Explorers | 11 am - 12:30 pm @ MHC (ends 12/2)
*M.R. SKILLS | 1 pm - 2 pm @ MHC
*W.O.W. | 1 pm - 2 pm @ MHC
Adult SMART Recovery | 2 pm - 3 pm @ MHC
Teen SMART Recovery | 3:30 pm - 4:30 pm @ Harris

*Referral
Is Needed

THURSDAY

Walking Club | 10 am - 10:45 am @ Hackley Park (ends 10/29)
*DBT Skills Group | 10 am - 12 pm @ MHC
Caring for Children Who've Experienced Trauma | 12:30 pm - 2 pm via Teams
*Creative Coping | 2 pm - 3 pm @ MHC
Coping Not Smoking | 3 pm - 4 pm @ MHC (ends 11/19)
*Parenting Through Change | 4 pm - 5:30 pm @ Harris (ends 11/19)

*Referral
Is Needed

FRIDAY

*Cooking with Confidence | 12 pm - 2 pm @ MHC (ends 10/30)

*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



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.

Runs from October 1st - November 19, 2026.



<https://tinyurl.com/532bpypy>

START DATE: October 1, 2026

TIMES: 12:30 pm – 2 pm

LOCATION: Virtual Via Microsoft Teams

CONTACTS:

Kimberly Darcy (Master's Level Clinician) kimberly.darcy@healthwest.net
Kym Hansen (Parent Support Partner) kimberly.hansen@healthwest.net



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

Ends October 30, 2026

QUESTIONS?

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

FY27 Q1



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 SEPTEMBER 10, ENDS NOVEMBER 19

HEALTHWEST MENTAL HEALTH CENTER, 376 E. APPLE AVE.

CONTACT:

Stacie Petersen: stacie.petersen@healthwest.net

FY27 Q1



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

ONLINE: TUESDAYS 2-3 PM VIA TEAMS

HEALTHWEST: 376 E. APPLE AVE.

For information, contact:

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

FY27 Q1



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

Ends December 2, 2026

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

FY27 Q1



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

FY27 Q1

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.
Referrals are currently closed

Thursdays @ 4 - 5:30 pm

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.

FY27 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 | 3:30-4:10 PM

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

SMART RECOVERY FOR TEENS



WEDNESDAYS @ 3:30- 4:30PM

97 E. APPLE AVE.

A FREE self-help addiction program where teens ages 13-17 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



FY27 Q1



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
Ends October 29
Thursdays (As Weather Permits)
350 W. Webster Ave.

QUESTIONS?

Contact Stacie Petersen at stacie.petersen@healthwest.net

FY27 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 PM - 2 PM

HEALTHWEST: 376 E. APPLE AVE.

FACILITATORS

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

WRAP Group



Build your Wellness
Recovery Action Plan!

**9-10 AM
Tuesdays
Begins on October 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
or talk to your HealthWest caseworker!