



# OPEN DOOR

## June 2017 Calendar of Events



Open Door provides a safe and comfortable place for peers with mental illness and co-occurring disorders to learn essential wellness and recovery skills. Drop-in to relax, socialize, meet new friends, learn new things, offer support, and feel free to be you.

**Drop-in Hours:**

**Monday, Wednesday, & Friday 9am-5pm**

*Closed Tuesday, Thursday, Saturday and Sunday unless otherwise noted for special events, programs, & activities.*

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
				1	2	3
4	5 11:00 Garden Party @MHA, Planters Boxes 12:00 Walking Group	6	7 Zion Cov. Church Lunch Brigade <u>Mental Health Discovery</u>	8	9 Mental Health Movie Day!	10
11	12 11:00 Walking Group	13	14 Zion Cov. Church Lunch Brigade 11:00am ART TONIC	15	16 11:00am Baking Group!	17
18	19 11:00 Walking Group	20	21 Zion Cov. Church Lunch Brigade 10:30am TED TALKS	22	23 11:00 BINGO!!! Prizes available!	24
25	26 11:00 Walking Group	27	28 Zion Cov. Church Lunch Brigade	29	30 11:00 Cooking Class! See Flyer!	

JOIN US!

- **Walking Group: Meet at Open Door to take a 30 minute walk (weather permitting)! Each time You Participate You're Entered in a Drawing for a Prize at the end of the month!**
- **Mental Health Discovery: Each Month a New Topic Will Be Highlighted Throughout the Month Beginning with a Handout Attached to the Bagged Lunches. Discussion on the handout is encouraged! This month's Topic-Anxiety.**
- **Zion Cov. Church Lunch Brigade: Bag lunch Wednesdays at 11:00 am. First come, first serve. THANK YOU ZION CHURCH!!!!**
- **Mental Health Movie Day: Join us for popcorn and popular movies that reflect mental health topics or promote mental health wellness.**
- **ART TONIC: Arts & Crafts to Help Invigorate Body & Mind! Craft will be available to make for rest of month based on supplies available**
- **TED TALKS-Short YouTube Video from TED-Ideas worth spreading that carry a theme or message that can inspire, motivate, move, and enlighten. Open Discussion to Follow.**

**Open Door**  
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Sheboygan WI 53081  
(920) 783-6801  
*\*Entrance off the alley way*