



# OPEN DOOR

## May 2018 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 Zion Cov. Church Lunch Brigade <b>11:00 Mental Health Discovery</b>	3	4 <b>Mental Health Movie Day-Star Wars Day!</b>	5
6	7 <b>11:00 Walking Group</b>	8	9 Zion Cov. Church Lunch Brigade	10	11 <b>11:00 Treat Day!</b>	12
13	14 <b>11:00 Walking Group</b>	15	16 Zion Cov. Church Lunch Brigade <b>Fitness Day! See Flyer!!!!</b>	17	18 <b>11:00 BINGO!!! Prizes available</b>	19
20	21 <b>11:00 Walking Group 11</b>	22	23 Zion Cov. Church Lunch Brigade	24	25 <b>Food Pantry Cooking Class</b>	26
27	28 Open Door Closed Memorial Day	29	30 Zion Cov. Church Lunch Brigade	31		

JOIN US!

- **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-Mindfulness
- **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. See flyer for more info!
- **Mental Health Movie Day:** Join us for popcorn and popular movies that reflect mental health topics or promote mental health wellness.
- **Zion Cov. Church Lunch Brigade:** Bag lunch Wednesdays at 11:00 am. First come, first serve. THANK YOU ZION CHURCH!!!!
- **Treat Day:** Join us the 2<sup>nd</sup> Friday of Each Month for a Special Treat to celebrate this month's birthdays/celebrations!
- **ART TONIC:** Arts & Crafts to Help Invigorate Body & Mind! Craft will be available to make for rest of month based on supplies available

**Open Door**  
817 N. 8<sup>th</sup> Street  
Sheboygan WI 53081  
(920) 783-6801  
*\*Entrance off the alley way*