



# OPEN DOOR

## October 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 11:00 Walking Group	3	4 Zion Cov. Church Lunch Brigade <u>Mental Health Discovery</u>	5	6 Mental Health Movie Day!	7
8	9 11:00 Walking Group	10	11 Zion Cov. Church Lunch Brigade	12	13 11:00 Treat Day!	14
15	16 11:00 Walking Group	17	18 Zion Cov. Church Lunch Brigade	19	20 11:00 BINGO!!! Prizes available!	21
22	23 11:00 Walking Group 11:30am ART TONIC	24	25 Zion Cov. Church Lunch Brigade	26	27 11:00 Cooking Class! See Flyer!	28
29	30 Halloween Party 11:00-1:00 See Flyer	31				

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-Borderline Personality Disorder
- **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

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