



24-hour toll-free crisis line
888-527-1790

Ionia Office
 375 Apple Tree Drive
 Ionia, MI 48846
616.527.1790

Hours:
 Mondays-Thursdays
 -8am-7pm
 Fridays-8am-5pm
 Saturdays-8am-12pm

Belding Office
 7441 Storey Road
 Belding, MI 48809
616.527.1790

Mondays and
 Wednesdays-8am-6pm
 Tuesdays and Thursdays
 -8am-7pm
 Fridays-8am-5pm

Portland Office
 208 West Bridge Street
 Portland, MI 48875
517.647.2128

Closed 12-1pm
 Mondays-8:30am-7pm
 Tuesdays-Fridays
 -8:30am-5pm

Onsite IONIA: 1st/3rd Mondays Veterans Service Office
 Wednesdays DDHS, Fridays Samaritas

Website:
www.rightdoor.org



MED LINE: 616.775.1023
Please allow 72 hours for refills

Kindly leave your name, the name of the person served if you are their parent or guardian, your phone number, the prescription needed and the pharmacy of choice.

MED SERVICE APPOINTMENTS:

Please arrive 15 minutes early for your appointment
 Late arrivals may be rescheduled. If you must cancel, please do so 24 hours in advance. Thanks.



Member of:



I have always heard of the Ides of March, but never really knew what it was.

I knew it was a famous phrase of William Shakespeare. Before that, the Ides of March fell on March 15th which was a deadline for settling debts in Roman times. However, it will forever be associated in history with the assassination of Julius Caesar. History aside, how could anything mid March be bad except maybe spring cleaning!

After all Daylight Savings jumps our internal clocks forward helping transition winter to spring giving way to more sunlight, better weather and happier moods.

March also celebrates the luck of the Irish with its green beer and colcannon on St. Patrick's Day, Good Friday and Easter with family gatherings, fuzzy bunnies and chicks as well as egg hunts for chocolate treats.

It is the time of year when everything and everyone renews with hope.

May hope bloom in your heart like the resilient crocuses who push their tiny tendrils through the cold to bravely face the usually harsh winter elements .



March

- 1 **PEER LUNCHEON**, Goals, 11-12:30pm, *Ionia TRD*
- 1 **Read Across America**
- 2 **World Teen Mental Wellness Day**
- 4, 18, 25 **PEER LED**, LGBTQIA Group, Katie, 3-4pm, *Ionia TRD*
- 5, 12, 26 **PEER LED**, Train Your Brain, 2pm, Shelly, *Ionia TRD*
- 5, 12, 19, 26 **PEER LED**, Money Management, Shelly, 12:30pm, *Ionia TRD*
- 5, 19 **PEER LED**, Volunteer Group, Shelly, 3:30pm, *Ionia Theater*
- 6, 13, 20, 27 **PEER LED**, Sunrise Yoga, 9am, Lexie, *Ionia TRD*
- 6, 20 **PEER LED**, Living with Diabetes, Lexie, 10:30am, *Ionia TRD*
- 7, 14 **PEER LED**, Built by You, Lexi, 3:30pm, *TRD Ionia*
- 7, 14, 21, 28 **PEER LED**, Sunset Yoga, Lexi, 5pm, *Ionia TRD*
- 8 **International Women's Day**
- 10 **Daylight Savings (Jump Ahead)**
- 12, 27 **PEER LED**, Mobile Food Pantry, 3:30pm, Zion Mobile Pantry, 2pm. Call Shelly for a ride
- 13, 27 **PEER LED**, Craft Group, Shelly, 10am, *Ionia TRD*
- 13, 27 **PEER LED**, Self Love, Shelly, 11:30am, *Ionia TRD*
- 14, 28 **PEER LED**, Portland Women's Group, Shelly, 1-2pm, *Portland TRD*
- 16 **National Vaccination Day**
- 17 **St. Patrick's Day**
- 17 **Teacher Appreciation Day**
- 18 **Committee of the Whole Meeting**, 4-6pm, *Ionia TRD*
- 19 **National Certified Nurses Day**
- 19 **Spring Equinox**
- 19 **American Red Cross Day**
- 19, 26 **PEER LED**, Writing for Recovery, Katie, 11:00am, *Ionia TRD*
- 19 **PEER LED**, Bingo, Shelly, 1:30pm, *Sozo*
- 20 **Recipient Rights Advisory Committee Meeting**, 3:30pm, *Ionia TRD*
- 25 **TRD Board Meeting**, 4-6pm, *Ionia TRD*

Would you like to share a story of hope, a poem, or other ideas? Your ideas count... Please consider sharing them. Kindly email Sue at sferris@rightdoor.org.

MONTH LONG AWARENESSES/OBSERVANCES:

- **American Red Cross Month**
Consider giving blood. Your donation could save up to three people. There is always a need since someone needs blood every two seconds..
- **Colorectal Cancer Awareness**
Spread the word about getting colorectal screenings starting at 45 years of age. Screenings can be used to find polyps or colorectal cancer as both do not always present symptoms.
- **HIV/AIDS among Woman**
Check out the Center for Disease Control's Tool Kit.
- **Nutrition**
Beyond the Table is this year's theme which highlights from farm to fork approach. Check out the Academy of Nutrition and Dietary Guidelines for Americans for the most up to date guidelines for healthy eating. Healthy eating and exercise help prevent many of our diseases and health issue like cholesterol and heart disease and diabetes to name a few .



Student Gives Back during Teen Mental Health Month

Meet Addison. She is a senior at Portland St. Patrick High School and for her Capstone project, she raised money for mental health.

She is donating \$300 to The Right Door - \$150 for Infant Mental Health and \$150 for Homebased Services.

Here is what she said: "In the first week of March, I am planning and organizing a mental health awareness event at my school. My dad, Mark Scheurer, (who is a suicide awareness speaker), is coming in to speak to both our high school and middle school. I began bringing back cans and raising funds but have been looking for a charity or business to donate to. I talked with my dad and decided that I would want to give it to a local business that helps with mental health issues."

Many thanks to Addison, for recognizing the importance of mental health and raising funds to contribute towards it. Thanks also goes out to her dad who taught her compassion and tolerance towards mental health, and to her for putting the two together to give back as well as spread awareness as a teen at the most appropriate time—Teen Mental Health Awareness Month.



AARP provides free tax help to its members

[FREE FILE: Do your taxes for free / Internal Revenue Service \(irs.gov\)](#)

Ionia County Commission on Aging
(616) 527-5365

Legal Aid of Western Michigan (Ionia and Montcalm Counties)

Primary goal is preserving client income and assets. Involved with tax controversies with the IRS.

(616) 774-0672
www.lawestmi.org

Michigan Department of Health and Human Services (MDHHS) (616) 527-5200

Michigan Free Tax Help
Michiganfreetaxhelp.org

Resource to claim tax credits, use 2-1-1 and find local help at no cost

United Way
2-1-1:

[Volunteer Income Tax Assistance \(VITA\) / United Way Montcalm—Ionia Counties \(liveunitedm-i.org\)](#)

FREE COVID TEST KITS ARE BACK

Every American home can place an order to receive four free COVID-19 rapid tests (*delivery to your mailbox included*).

Here is how you can get yours:

- Go to [Covid.gov](https://www.covid.gov)
- Click on "Order Free At-Home Tests"
- Fill in your contact and shipping information
- Click "Check Out Now"
- Click "Place My Order"
- You will receive an order confirmation



According to the February AARP bulletin, scams are feared more than violent crime.

To be precise, more than twice as many Americans fear being the victim of a scam or having their identity stolen than they fear being murdered, a Gallup poll reveals.

This growing concern about fraud is understandable experts say. "The reported financial losses to scams more than tripled during the pandemic and have reached an epidemic level," says Kathy Stokes, head of fraud prevention programs at AARP.

In the November survey, eight percent of people said they had been victimized by scams. Fifteen percent said some in their household had been a victim.

The study also showed:

- 72 percent of respondents were afraid their identity would be stolen by hackers.
- 57 percent were afraid they had been duped out of money in a scam.
- In comparison, 28 percent feared being murdered, 37 percent feared being mugged, and 44 percent feared being burglarized.

When you need assistance in getting benefits you or a family member is due as a veteran or an eligible dependent, utilize the assistance of a Veterans Service Officer (VSO).



VSO's answer questions, advise and educate on what benefits are available federally, from state, county and locally. They assist in filing claims, presenting claims in VA hearings as well as representing individuals. VSO's are trained and accredited by the VA and also provide resources related to: compensation and pension, health care, education and training, employment, burial and survivor, housing, transportation and with military records.

The VSO is on site at TRD every first, third and fifth Monday (*if there is one*), each month. You can make an appointment with the Ionia VSO by calling:

Rebecca Lewis
(616) 775-1002



BELDING AND ORLEANS:

Encountering Lives Baby Pantry, 1213 W. State Street, (616) 794-5080. Open second Thursday of the month 9-11am and 5:30-7pm.

Belding Area Schools Mobile Food Pantry, 1975 Orchard, (616) 794-4646. Open third Friday of the month at 4:30pm.

St. Joseph Catholic Church, 400 South Bridge, (616) 794-2145. Open Thursday's 2-5:30pm. *Must have proof of residency/child attending Belding Schools. Food accessed once a month.*

Belding Ministerial Association—God's Kitchen (Meals), 409 South Bridge, (616) 794-2145. Open Thursday's 4:30-6pm. ID required to prove residency.

Shiloh Community Church, 8197 Heath Street, Orleans, (616) 794-2145. Call Monday or Thursday 9am-4pm. Pick up the following Monday between 11am-1pm. Mobile Food Pantry last Wednesday of month at 5pm. Picture ID.

IONIA:

Church of Nazarene, 83 East Tuttle Road, (616) 527-9350. Open Monday 3-4:30pm. Bring boxes. Call for appointments in emergency situations. TEFAP distribution site.

Lincoln Avenue Baptist Church, 345 Lincoln Avenue, (616) 527-0970. Open Tuesdays 4-5pm. Referral from DHHS and photo ID. Call first.

First United Methodist Church—Meals, 105 East Main Street, (616) 527-1860. Monday's 6pm.

Illuminate Church, 83 East Tuttle, (616) 522-7335. Open Monday 12-3pm, Wednesday and Friday 11am-12:30pm.

Seven Day Adventive, 721 Elmwood Drive, (616) 527-6465. Open second, fourth and fifth Tuesday 9:30am-2pm. DHHS referral needed. ID too.

Zion United Methodist Church, 423 West Washington, (616) 527-1920. Open Wednesday's 2-4:30pm, Mobile Food Truck, second Tuesdays at Rather. Bring boxes. Meals Thursday's 6:00pm.

LAKE ODESSA:

First Congregation Church, 767 4th Avenue, (616) 374-8753. Please call ahead for appointment.

Manna's Market, 7180 Velte, (269) 838-5887. Open Monday 10am-2pm, Thursday 4-7pm and Friday 10am-12pm. Proof of residency/income for all persons in home. Lakewood school district only.

West Berlin Wesleyan Church, 5110 West Portland Road, (616) 693-2668. Call for appointment. Help twice a year.

Central United Methodist Church, 912 4th Avenue, (616) 374-8861. Mobile Food Pantry first Tuesday each month at 2pm.

Pleasant Valley United Brethren, 13120 Bell Road, (616) 693-2265. Food/baby pantry open Wednesday 4-6pm and Friday 11am-1pm.

PORTLAND:

Epic Community Church, 1455 East Grand River, (517) 647-7750. Call for appointment the first Saturday of month from 9am-noon.

Portland Area Service Group, 144 Kent, (517) 647-4004. Monday 9-11:30am. Help once every six weeks. Portland School District. Proof of income required.

Portland Community Food Bank, 310 East Bridge Street, (517) 204-4279. Monday 9am-noon; Thursday 4-6pm.

First Congregational Church, 421 East Bridge, (517) 647-6441. Call for appointment. Meals Monday 4-6pm, September-May.

Mount Hope Church, Mobile Food Pantry, 845 Ionia Street, (517) 647-4136. Third Saturday each month 10-11am.

SARANAC:

Saranac Community Church, 125 South Bridge, (616) 642-6322. Thursday 2-5pm. Available to Saranac or Clarksville residents once a month.

Pathway Church, 4960 West Portland Road, (616) 693-2668. Assists two times a year for two years with referral from other agency.

Heffron Farms, Farmers Market 7724 Ashley Avenue, Belding (616) 794-2527

Monday-Saturday 9am-6pm, year round www.heffronfarms.com



DOUBLE UP FOOD BUCKS (DUFEB) Program will match Bridge Card sales up to \$10 each day in FREE Michigan grown fruits and vegetables.

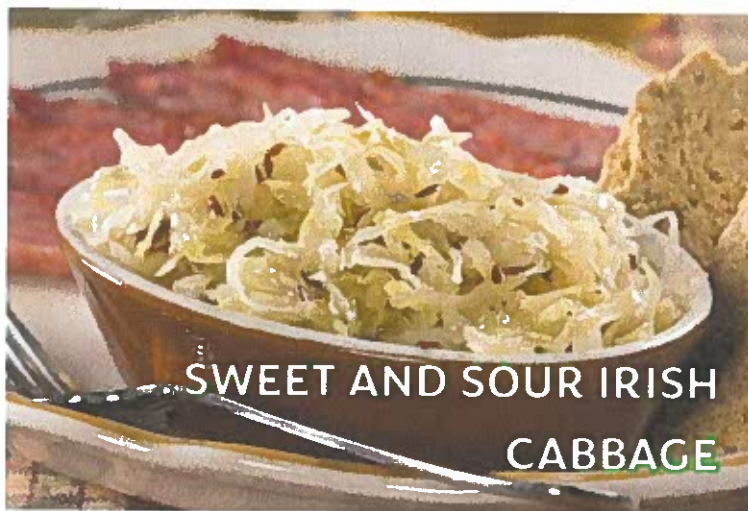
WPF-WIC Project Fresh

MF-Senior Market Fresh




March 5	2 pm, Walk up, Central UMC, Lake Odessa
March 5	6 pm, Drive Through, Twin Rivers Elementary , Muir
March 12	4:30 pm, Drive Through, Zion UMC, Ionia Fairgrounds, Ionia
March 15	4:30 pm, Drive Through, Belding High School
March 19	6 pm, Drive Through, Hubbardston American Legion
March 27	5pm, Drive Through, Shiloh Community Church, Orleans

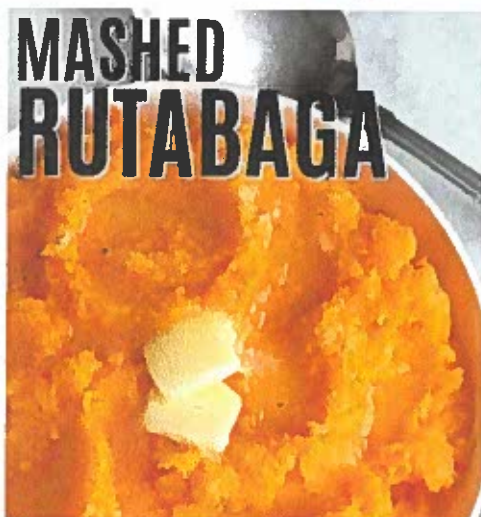
When you think Irish meals for St. Paddy's Day, many people know Shepherd's Pie or Corned Beef and Cabbage with Rye Bread. I usually enjoy lamb chops with mint sauce and these Irish side dishes. **Sue Ferris, Editor**



**SWEET AND SOUR IRISH
CABBAGE**

2 tablespoons vegetable oil
1/4 cup white vinegar
1/4 cup sugar
1 teaspoon caraway seed
4 cups shredded green cabbage
(about 1/2 a medium head)

In a skillet heat all ingredients except cabbage on medium heat for two minutes stirring occasionally. Add cabbage, salt and pepper to taste, 1 teaspoon butter. Stir to coat. Reduce to low and simmer 20 minutes.



**MASHED
RUTABAGA**

1 large rutabaga
2 tablespoons butter
2 tablespoon brown sugar
Salt and pepper to taste
1/4 cup sour cream (optional)

Cut off the waxy outside of the rutabaga. Chop into one to two inch squares. Fill a saucepan half full with water. Boil rutabaga about 40 minutes until fork tender. Drain in a colander. Return to saucepan. Mash. Add all ingredients and mash again till well mixed and smooth.

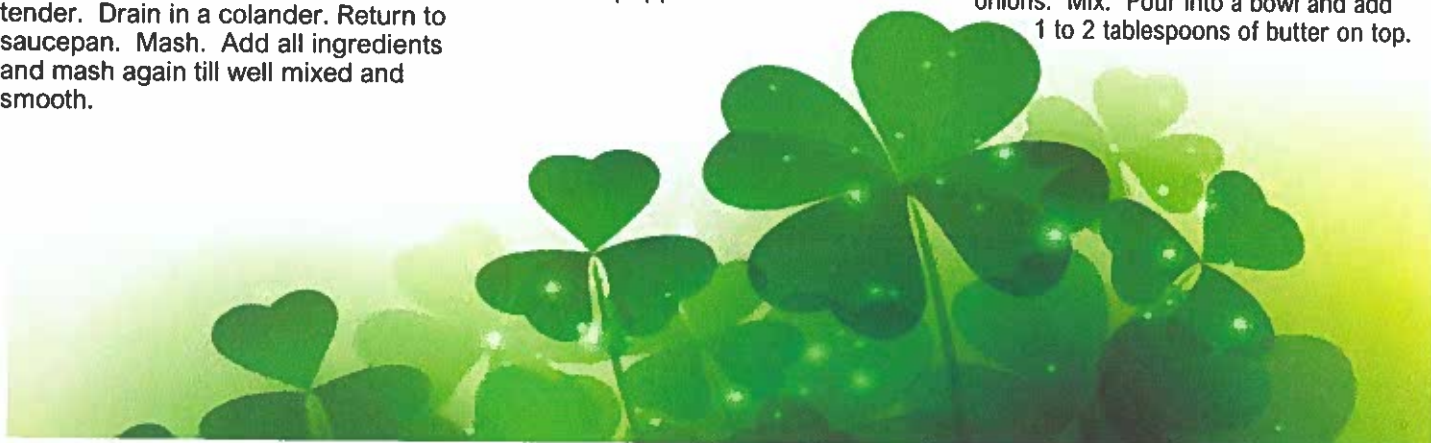


Traditional Irish

Colcannon

Boil 5 peeled potatoes in salted water
5 tablespoons butter
1 cup kale
1/4 cup heavy cream
1-2 tablespoons butter for topping
1/2 leek thinly sliced
2 cloves garlic minced
3/4 cup milk
2-3 green onions thinly sliced
Salt and pepper to taste

Boil potatoes till soft. At the same time rinse kale; remove base and outer leaves if tough or damaged. Cut into strips. Wash and dry thoroughly. In a fry pan heat 1 tablespoon butter. Stir in the leek and cook till soft. Add garlic. Stir in kale and cook till wilted. Go back to potatoes, drain and pour in milk, cream, butter and seasonings. Mash. Add cooked leek, garlic and kale and uncooked sliced green onions. Mix. Pour into a bowl and add 1 to 2 tablespoons of butter on top.



EVENTS

First and Third Mondays, Bingo, 6pm, VFW, Lake Odessa
(616) 374-7075.

Mondays, Coffee Klatch, 9-10:30am, Ionia County
Commission on Aging Senior Center. Informal,
casual conversation, coffee and snack, free.

Mondays, Bingo, 6pm, Portland Senior Center
(517) 647-4004.

Tuesdays and Wednesdays, Enhanced Fitness,
8:45-9:45am in person or zoom IOCCA.
Contact Rachel Yenchar (616) 527-5365 or
(616) 330-4432.

Tuesday and Thursdays, Armchair Exercise,
10:30-11:30am, ICCOA Senior Center. Low
impact seated exercise class helps improve
strength, flexibility and balance. Suggested fee
\$2. Rachel (616) 527-5365.



Tuesdays and Thursdays, Euchre, 1pm,
Portland Senior Center.

**Tuesdays and Thursdays, ICCOA
Friendship Luncheon Sites**, 11:30am,
Cost \$3 for those over 60 and their
caregivers, \$5 for anyone under 60.

Please RSVP Friday before for Tuesday
meals and by Tuesday for Thursday meals.
Contact ICCOA (616) 527-5365. Sites include:
Belhaven Community Room, Belding;
Clarksville Community Center; Emerson
Apartments, Lake Odessa; Saranac Senior
Housing; First Congregational Church, Portland.

**Third Tuesday Each Month, Alzheimer's Caregiver
Support Group**, 11:30am-12:30pm. ICCOA.

Wednesdays, Tai Chi, 9:45-10:30am, or 10:45-11:45am, in
person or zoom, ICCOA. Contact Rachel
Yenchar (616) 527-5365.

Wednesdays, Euchre, 12:30-3:30pm, ICCOA. Free.

**Thursdays SAMS (Saranac Area Musicians and Singers)
Practice**, Saranac High School band room.
Choir 6-7pm. Band 7-8pm. (616) 902-7237.

Thursdays, Open Gym for kids, 10-11am, Ionia Armory. Free
obstacle course and sensory boxes to play and get energy out.
Sponsored by the Ionia County Collaborative/Great Start.

Thursdays, Grab Some Grub, 6pm weekly
dinner, Ebenezer Center, Saranac. (616)
315-0971.

Fridays, Bingo, 9:30am, Portland Senior
Center.

Fridays Painting Group, 1-3pm, ICCOA.

Saturdays, Yoga, Lake Odessa Library, 9am. Beginners
welcome. (616) 374-4591.

Sundays, Old Time Country Music Shows, 3pm Bob's
Barn Jamborees, Johnson Street, Lake Odessa.
Open mic 4:30pm. bobwarner40@gmail.com



Lenten Fish Fry(s)

Hubbardston, March 1, 8, 15, 22, 29,
4-7pm, American Legion. Buffet style: Fish,
shrimp, steak fries, baked potato, coleslaw,
roll, dessert. \$18, over 70 \$16, under 5 free.

Saranac, March 1, 8, 15, 22, 29, 5-7pm,
St. Anthony's Church. No info available.

March 14

Meet Your Best Spuds, 4pm, Lake Odessa
Community Library. Everything chips! For
youth ages 9 to 16. (616) 374-4591.

March 16

Wild Game Dinner, Doors open 4pm,
Dinner at 5pm, Speaker, Chris Kreiner at
6pm on the Importance of Coyote
Hunting, Shiloh Community Church. Free
admission. Please bring your favorite wild
game or tame dish to pass to feed 8 to 12
hungry sportsmen. One free grand prize
ticket given at the door. (616) 761-3584.

March 17

Paint with Jennie,
(*Like Wine and
Canvas*), Renucci's,
2pm, Ionia.
(517) 231-2900.
Cost \$25.



March 21

**Home-Based
Education**, 1pm,
Lake Odessa
Library. This year's theme is Mind-Building
Tales. Monthly registration appreciated.

March 22

True Crime Club, Noon, Lyons District
Library. Amateur sleuths are invited to
discuss cold cases, theorize about crimes,
more.

March 26

Stem with Mr. Mike, 3:30-5, Lake Odessa
Library, ages 11 to 15. Construct a table
to hold a mountain of books.

March 28

Necklace Night, 4pm, Lyons Library.
Design a necklace during youth craft night.

EVENTS



March 23
Annual Easter Egg Hunt, Scheid Park, Saranac. Cash prizes in eggs.

March 30
Cake Walk, 10am-2pm, Covered Village Mall, Belding. Best Award for all cakes. \$1 Adult to vote, 50 cents kids 5 and up, 25 cents for youth under 5.

March 30
Easter Eggstravaganza, 10am to noon, Lyons District Library lawn. Candy hunt, prize-filled eggs. Ages 4 and under begin at 10 followed by ages 5 plus. Stick around afterward to meet the Easter Bunny and have your photo taken together.

Easter Egg Hunt, 10:30am to noon, Lake Odessa Park. 10:30am, ages 3 and under, 10:30am, ages 4 to 7, 11:10am, ages 8-12. Egg hunts, games, balloon twisting, more.

Easter Craft Show, 11am-4pm, Knights of Columbus Hall, Portland. 31 vendors and two food trucks including Smoky B's Barbecue Pit and Los Jalapenos Food Truck.

THE *right* DOOR
for hope, recovery and wellness



Right Door staffers Kim Roberts and Sara Hyland attend a bible study on Wednesday evenings. They just ended a four week study on gratitude the end of February. Both were grateful for what they had which prompted them to take up a collection of pantry items for TRD.

Other staff contributed money by showing their football spirit. They participated in an in-house Superbowl Squares bracket where they chose scores for each quarter of the Kansas City and San Francisco games and rooted for 'their team.'

Ionia County Intermediate School District presents:

The Dolly Parton Imagination Library Quilt Show/Raffle

March 16, 9am-1pm

Held at ISD on Harwood Road, Ionia

Tickets are \$5 each or 10 for \$30

Tickets and booklet (616) 527-4900. The booklet shows the quilts and explains the benefits of DPIL.

DPIL provides children from birth to five years old a free book once per month. Must reside within ICISD.



For the Complete 32 Page List of
Community Resources, kindly go to:

www.8cap.org



Strategies for a Healthy Spring

Help prevent chronic diseases like type 2 diabetes, heart disease, and cancer with these healthy habits for spring.

CDC



Move More, Sit Less –Get at least 150 minutes of moderate-intensity physical activity every week. That could mean 30 minutes a day, five days a week. Do muscle-strengthening activities two days a week.

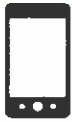
Eat Healthy Foods - Try healthy food choices like fruits, vegetables, whole grains, lean meats and low-fat dairy products.

Choose Your Drinks Wisely - Substitute water for sugary or alcoholic drinks to reduce calories and stay safe.

Get Enough Sleep - Adults need at least seven hours of sleep per night.

Be Sun Safe—As spring warms up, wear long-sleeved shirts, long pants, a wide-brimmed hat and sunglasses using a broad-spectrum sunscreen with at least SPF 15.





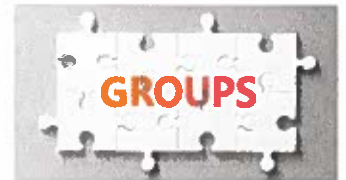
Michigan Help Lines

- **Abuse and Neglect Reporting** 1-855-444-3911
- **Adult Foster Care Ombudsman** 1-800-292-7852
- **AIDS Program** 1-877-342-2437
- **Bridge Card EBT** 1-888-678-8914
Customer Service
- **Cash Assistance** 1-855-ASK-MICH
- **Community Resources and Referrals (Housing)**
United Way
2-1-1 is Health and Human Service Equivalent to 9-1-1 to give or get help 2-1-1
- **Disability Ombudsman** 1-800-288-5923
Michigan Protection and Advocacy Services
- **Domestic Violence Helpline** 1-800-799-7233
- **Early on-Thru Department of Education**
Intervention Services for Infants and Toddlers with Disabilities and their Families 1-800-327-5966
- **Elder Care Service** 1-800-677-1116
Help with Transportation, Meals for the Elderly
- **Energy Assistance** 1-855-275-6424
- **Home Heating Tax Credit Status** 517-636-4486
- **Medicaid Customer Help** 1-800-642-3195
MSA/MDHHS
- **Medicare** 1-800-MEDICARE
Includes Part D for Pharmacy
- **Mental Health-24 Hour Crisis Line** 1-888-527-1790
- **MiChild Medical-MDHHS** 1-888-988-6300
- **MI Enrolls-Medicaid Managed Care** 1-888-367-6557
- **MI RX-Drug Discount Program** 1-888-367-6557
For Low Income
- **Poison Control Centers** 1-800-222-2222
- **Relay Center for Deaf and Hard of Hearing** 7-1-1
- **Sexual Assault Helpline** 1-800-656-4673
- **Social Security Administration** 1-800-772-1213
- **State SSI Supplement** 1-855-275-6424
- **Suicide Prevention Lifeline** 1-800-273-8255
- **Mical Suicide and Crisis Lifeline** 9-8-8
- **THAW Fund-Heat/Warmth Fund** 1-800-866-8429
- **Ticket to Work-Disabled Persons** 1-800-605-6722
ReHab
- **Tuition Incentive Program TIP** 1-888-447-2687
Treasury Department 1-888-4-GRANTS
- **WIC-Women, Infants and Children Health and Nutrition Assistance Program** 1-800-225-5942

1st Thursday of the Month, IM FAN (Ionia Montcalm Families Against Narcotics), 6:30-8pm, First Congregational Church, December, February, April, June, August, October. Soaring Above Teen Center, January, March, May, July, September, November.

Mondays, Outreach Survivor's (of Domestic Violence) Support Group, 2pm, Google Meet Up. Email Gretchen Edwards, gretchene@raveim.org.

THE right DOOR
for hope, recovery and wellness



Anger Management

Mondays, 5pm, Zoom.

Belding CBT Depression

Ongoing, Fridays, 10-11am, Zoom.

Adult DBT

Ongoing, Mondays, 1pm, Ionia TRD.

Built by You

Peer Led, March 7, 14, 3:30pm, Ionia TRD.

Crafts

Peer Led, March 13, 27, 10-11am, Ionia TRD.

Crochet

Peer Led, March 13, 27, 1pm, Ionia TRD.

Teen DBT

Ongoing, Wednesdays, 4-5pm, Ionia TRD.

Family Psychoeducation

Saturdays, 10am, Ionia TRD.

Food Pantry Rides

Peer Led, March 12, Mobile Food Pantry, 3:30pm, March 27, Zion 2pm, call Shelly for a ride.

LGBTQIA

Peer Led, Ongoing, March 4, 18, 25, 3-4pm, Ionia TRD.

Live Out Loud

Cancelled until summer.

Living with Diabetes

Peer Led, March 6, 20, 10:30am, Ionia TRD.

Money Management

Peer Led, March 5, 12, 19, 26, 12:30, Ionia TRD.

Parenting Through Change

To increase referrals PTC will be virtual. Starting March 21, 1-2pm, Thursdays, Belding TRD.

Self-Love

Peer Led, March 13, 27, 11:30am, Ionia TRD.

Seeking Safety

Wednesdays, 10-11:30am, Ionia TRD, skipping every fourth week.

Social Hour

Peer Led, March 19, Bingo, 1:30-2:30pm, Sozo.

Train Your Brain

Peer Led, March 5, 12, 26, 2pm, Ionia TRD.

Volunteer Group

Peer Led, March 5, 19, 3:30pm, Ionia Theater.

Women's Group

Peer Led, March 14, 28, 1-2pm, Portland TRD.

Writing for Recovery


Peer Led, March 19, 26, 11am, Ionia TRD.

YES, Truly Our Friends (YTOF)

Ongoing, Fridays, 10am-12pm, Ionia TRD.



march

SUN	MON	TUE	WED	THU	FRI	SAT
					1 11-12:30pm Lunch with Peers @ Right Door 2pm Music	2
3	4 11am Mindful Monday 2pm Board Meeting	5 11am-2pm Bee Creative 1pm Meditation	6 11am Healthy Relationships 1pm Free Lunch 1:30 Nutrition	7 11am This is Me 12-3pm Bowling	8 11am Round Table Talk 2pm Music	9
10	11 11am Mindful Monday 2pm Goal Getters	12 11am-2pm Bee Creative 1pm Meditation	13 11am Healthy Relationships 12-3 St. Patty's Party	14 11am This is Me 2pm Games Bingo	15 11am Round Table Talk 2pm Music	16
	18 11am Mindful Monday 2pm Goal Getters	19 11am-2pm Bee Creative 1pm Meditation	20 11am Healthy Relationships 1pm Free Lunch 1:30 Nutrition	21 11am This is Me 12-3pm Bowling	22 11am Round Table Talk 2pm Music	23
24	25 11am Mindful Monday 2pm Goal Getters	26 11am-2pm Bee Creative 1pm Meditation	27 11am Healthy Relationships 1pm Free Lunch 1:30 Nutrition	28 11am This is Me 2pm Games Bingo	29 11am Round Table Talk 2pm Music	30
31 						



RIVER'S EDGE DROP IN CENTER CALENDAR

MONDAY TO FRIDAY 10AM TO 4PM
302 E. Main Street, Ionia (616) 522-9773