

The right Connection



September 2023

THE *right* DOOR
for hope, recovery and wellness

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



*my*Strength

MED LINE: 616.775.1023
Please allow 72 hours for refills

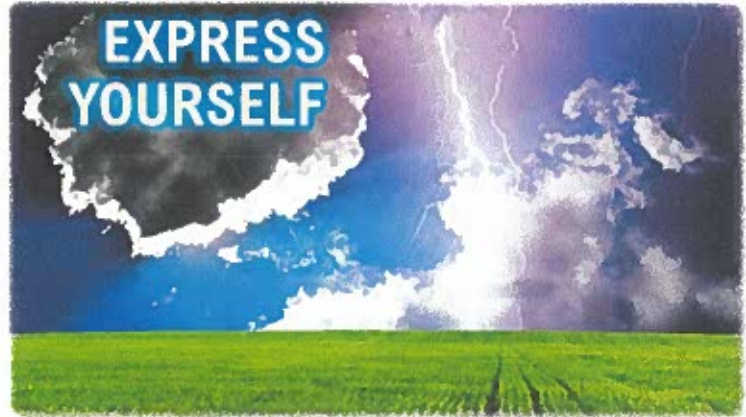
Kindly leave your name, the name of the person served if you are their parent or guardian, your phone number, the prescription needed and the pharmacy of choice.

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:



We all have our own personal insecurities or mental health issues, regardless of the knowledge we have on how to cope thanks to The Right Door.

In my case, grief and a fear of heights are my main foibles. And although my husband has been gone for nearly two years, I consider myself pretty well adjusted without therapy or drugs but soul searching that will probably never go away. As for the height thing, it just seems to get worse as I age, but I have learned some valuable coping skills thanks to The Right Door.

If I were to enter artwork into this month's Express Yourself and Wellness Fair Event it would be a picture of a storm that would represent grief. I would equate it to how a dog feels before, during, and after a storm. For if you have ever seen a pooch bothered by storms you would see how they get antsy as it approaches, and as the thunder gets louder, and faster, the closer it gets, and lightning flashes while the wind escalates at the heart of it, they escape under a bed or get close to their human for comfort. It does not matter if they wear a thunder coat which hugs them and comforts them; they still suffer. Eventually the storm passes and they calm down and carry on with life. But storms will continue to haunt them from time to time. And while their reactions will diminish over time, they may never truly disappear.

I urge you to view this wonderful exhibit and marvel as you our persons served bravely express and share your very personal mental health experiences. Be sure to visit the Wellness Fair and grab some information that might help you cope with your journey.



SUICIDE PREVENTION AWARENESS MONTH

Learn more about what you can do as an individual, friend or family member.

One conversation can change a life.

NAMI.org/suicideawarenessmonth

- 4 Labor Day/ TRD Closed**
- 5,12,19 PEER LED, Volunteer Group, Shelly and Katie, 3:30pm, Ionia Theater**
- 5, 19 PEER LED, Men's Group, Dennis, 3pm, Cards at Ionia TRD on the 5th; Pool at The Horses Mouth, Belding on the 19th**
- 6, 20 PEER LED, Women's Social Hour, Shelly. Meet at Ionia TRD 10:15am for Denny's Farm Market on 6th (10:30-11:30am); Discover Downtown Ionia on the 20th. Meet at the Armory (10:30am till noon)**
- 7,21 PEER LED, Craft Group, Shelly and Katie, 10-11am, Ionia TRD**
- 7, 21 PEER LED, Portland Women's Group, Shelly, 1-2pm, Portland TRD**
- 11, 18, 25 PEER LED, LGBTQIA Group, Katie, 3-4pm, Ionia TRD**
- 8, 22 PEER LED, Men's Group, Dennis, 3pm, Ionia TRD**
- 9, 23 PEER LED, Adulting 101, Lexie, 10am, Ionia TRD**
- 10 World Suicide Prevention Day**
- 13 Lansing Capital Walk a Mile in My Shoes, Peers. Meet Ionia TRD 10am. Runs till 4pm**
- 14 TRD 5k for Mental Health Awareness, Adult Case Management, Steele Street Hall, Ionia, 5:30pm registration; 6pm walk/run**
- 15 Wellness Fair/Express Yourself, Peers, 11am-4:30p, Ionia TRD**
- 17 World Patient Safety Day**
- 18 Committee of the Whole, 4-6pm, Ionia**
- 19 PEER LED, Bingo, Shelly, 1:30pm, Ionia TRD**
- 21 National Opioid Awareness Day**
- 23 Fall Equinox—First Day of Autumn**
- 25 National Psychotherapy Day**
- 25 TRD Board Meeting, 4-6pm, Ionia**
- 27 PEER LED, Self Love, Shelly, 10:30-11:30am, Ionia TRD**
- 27 PEER LED, Money Management with Katie and Shelly, 1-2pm, Ionia TRD**
- 27 Recipient Rights Advisory Committee, 3pm**
- 28 National Self Awareness Day**
- 29 PEER Passport Celebration, Invitation Only. Anderson and Girls, 9am-1:30pm. Meet at Ionia TRD**

WEEKLY OBSERVANCES:

- **September 1-7** National Crime Prevention Week
- **September 4-10** Know Your Numbers Week
- **September 5-11** National Child Protection Week
- **September 10-16** National Assisted Living Week
- **September 10-16** Suicide Prevention Week
- **September 11-17** Sexual Health Week

MONTH LONG AWARENESSES/OBSERVANCES:

- Animal Pain Awareness
- Baby Safety Month
- Cancer Awareness Month—Blood, Childhood, Gynecologic, Ovarian and Prostrate
- Leukemia and Lymphoma Awareness Month
- Healthy Aging Month
- National Atrial Fibrillation Awareness
- National Childhood Obesity Awareness Month
- National Cholesterol Education Month
- National Service Dog Month
- Self Love Month/Self Improvement Month
- Vascular Disease Awareness Month
- World Suicide Prevention Month





ONE YEAR LATER...

July 16 marked the one year anniversary since our nation transitioned from the National Suicide Prevention Lifeline to 988. Callers are connected with the Suicide and Crisis Lifeline as part of the federal government's commitment to address the mental health crisis in America and have thrown unprecedented federal resources to scale up crisis centers to support 988. According to the Substance Abuse and Mental Health Services Administration (SAMSHA):

- ◆ 98 percent of those who contact 988 are helped by a trained crisis counselor, resources are shared and community connections are made without 911.
- ◆ 9,360 average daily contacts are made with 988.
- ◆ About one percent of the people contacting 988 agree to have their crisis counselor call 911 because of serious risk to life.
- ◆ In less than one percent of calls, counselors must call 911 without consent because of serious risk to life.
- ◆ **THE GOOD NEWS:** More people are connected to care and at a quicker pace!

988 Quick Facts



988 is confidential, free and available 24/7/365. It connects those experiencing a mental health, substance use, or suicidal crisis with a trained crisis worker.

Access through every land line, cell phone, and voice-over internet in the United States.

Available in Spanish, along with interpretive services in over 150 languages.

SUICIDE RESOURCES:

SUICIDE PREVENTION LIFELINE: www.suicidepreventionlifeline.org, 800-273-TALK (8255) or 988 Suicide & Crisis Lifeline.

NAMI: National Alliance on Mental Illness, www.nami.org, 800-950-6264 or text "Helpline" to 62640 or chat.

SAMHSA: Substance Abuse and Mental Health Services Administration, www.samhsa.gov, 800-662-HELP (4357)

THE RIGHT DOOR for Hope, Recovery and Wellness: www.rightdoor.org, (616) 526-1790 or 24 Hour Crisis Line 888-527-1790

It's Okay to Talk About **SUICIDE**

Thoughts of giving up and suicide can be frightening. Not taking these kinds of thoughts seriously can have devastating outcomes.

Suicide is **NOT** the answer.

2nd Suicide is the 2nd leading cause of death for people ages 10-34



The overall suicide rate has increased 31% since 2001



Suicide is the 10th leading cause of death in the U.S.

46% of people who die by suicide have a diagnosed mental health condition

90% of people who die by suicide have experienced symptoms of a mental health condition

If you start thinking about suicide, seek help. Call or text a crisis line or a trusted friend.



Make an appointment with a health care professional to talk about what you're thinking or how you're feeling.



HIGH RISK POPULATIONS

75% of all people who die by suicide are male



4x Lesbian, gay and bisexual youth are four times more likely to attempt suicide than straight youth

Transgender people are 12 times more likely to attempt suicide than the general population

12x

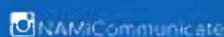
Suicidal thoughts are a symptom, just like any other — they can be treated, and they can improve over time.



If you are concerned about suicide and don't know what to do, call the National Suicide Prevention Lifeline at 1-800-273-8255.

Data from CDC, NAMI and other select sources. Find citations for this resource at nami.org/factsheets

NAMI HelpLine
800-950-NAMI (6262)



National Alliance on Mental Illness



NATIONAL
RECOVERY MONTH
SEPTEMBER

Draw on the personal experience of The Right Door's Peer Support Specialists who assist with recovery from mental illness and substance use disorders. Services may include support with health navigation, accessing resources and achieving community participation, independence, recovery and resiliency.

Since 1989 the National Recovery Month is observed in September and was formerly known as the Drug and Addiction Awareness Month.

RECOVERY IS FOR EVERYONE
Every person, Every Family and Every Community

The good news is addiction can be treated. However, recovery is a long term commitment. Treatment can include behavioral therapy, medication assisted treatment or other support

- To stop using alcohol or drugs
- To stay substance free
- Be productive in the family, community and at work

LOCAL MEETINGS:

Al-Anon Meetings:

Monday

PALS (Parents of Addicted Loved Ones, 6:30-8pm, 2nd and 4th Mondays, St. Joseph's Church, Belding. Register Online or call **517-204-8785**

Tuesday

Al-Anon, 6:30pm, St. Edwards Catholic Church, Lake Odessa

Wednesday

Al-Anon, 10am, First Congressional Church, Portland **616-575-8000**

Thursday

Al-Anon, 7pm or zoom, Zion United Methodist Church, Ionia. Contact Sandi **616-255-3751** or Joy **616-901-7779**

Al-Anon, 10am, Lakewood United Methodist Church, Lake Odessa

Ionia AA Meetings: All at 910 E. Lincoln Avenue, Ionia

Online meetings: <https://meetings.intherooms.com>

Monday

10am Open, Noon 12 and 12, 6pm Women, 8pm Open

Tuesday

Noon Open, 6pm Open, 8pm Open

Wednesday

10am Closed, Noon Open, 6pm Men, 8pm Big Book

Thursday

Noon Closed, 6pm Closed, 8pm 12 and 12

Friday

10am Open, Noon, Open, 6pm 12 and 12, 8pm Open

Saturday

Noon Big Book, 6pm Open, 8pm Open

Sunday

Noon, 6pm, 8pm all Open

* Closed to public

Addiction Recovery Meetings in (or near) Ionia County:

- **AA in Muir**, 7pm, Community Center, side door
- **AA in Lowell**, Flat River Outreach Ministry. Monday-Sunday at 12 and 7pm; Tuesday-Friday, 4:30pm; Saturday Speaker meeting at 7pm
- **AA in Saranac**, 8pm, Fridays, Community Church
- **AA in Lake Odessa**, St. Edwards Church, Monday and Thursdays, 7pm. Call Robert at **616-902-9001** for information
- **Restore Recovery Meetings**, 7pm, Mondays, Restore Church, Ionia
- **RAVE** (Recovery After Violent Encounters) for Women and Children, Emergency Shelter Contact: **800-720-SAFE** or **616-527-3351**
- **Soaring Above Teen Center**, Ionia, Tuesday-Thursday, 1-3pm. Contact Ken Baker **616-523-4570**
- **Smart Recovery through Zoom**. Contact Deb Thalison at dthalisonA@ioniacounty.org

RESOURCES:

- | | |
|--|--|
| Addiction Helpline | 866-931-9522 |
| Alcoholics' Anonymous | 800-821-3014 |
| Alcohol/Drug Abuse Helpline and Treatment | 844-289-0879 |
| Catholic Charities, Ionia | 616-522-0836 |
| Comprehensive Recovery Services, Ionia | 616-522-0687 |
| Four Health, Saranac | |
| Ionia County Health Department ICHD | 616-527-5341 |
| Ionia Montcalm Families Against Narcotics | 616-329-9645 |
| Mid-State Health Network | 844-405-3095 |
| Poison Control Centers | 800-222-2222 |
| Randy's House, Greenville | 616-232-2915 |
| The Right Door, Ionia, Belding, Portland | 888-527-1790
616-527-1790 |
| Samaritas (through TRD) | 616-527-1790 |
| Soaring Above Teen Center | 616-523-4570 |
| Substance Abuse and Mental Health Services Administration SAMHSA | 800-662-4357 |
| Suicide Prevention Lifeline | 800-273-8255 |
| Or Suicide Crisis Lifeline | 988 |
| Viewpoint Counseling, Ionia | 616-523-6357 |

*SAMHSA has resources online for individuals and families who are navigating the recovery years. There are also specifics for youths transitioning to adulthood. Go to **SAMHSA.GOV** and click on "TOOL KIT"

IMFan Meetings: (Ionia/Montcalm Families Against Narcotics) **616-329-9645**
1st Thursday of each month, 6:30-8pm

- **January, March, May, July, September and November meetings** held at Soaring Above Ionia Teen Center
- **February, April, June, August, October and December meetings** held at First Congregational Church, Greenville

12 STEPS TO SELF CARE



myStrength

Personal Support for you!

Sign up for free, unlimited access to personalized help with myStrength!

- Reduce stress
- Track your mood online
- Manage depressive thoughts
- Manage anxious thoughts
- Access and share inspirations
- Get help on the go with the app

1. My body feels good and I radiate good feelings.
2. Every day is a new day full of hope, happiness and health.
3. I am happy and hearty.
4. I am vigorous, energetic and full of vitality.
5. Every day my body is more healthy.
6. I am treating my body as a temple.
7. I love my body for everything amazing it can do!
8. I am at peace with my body, heart, mind and soul.
9. I lovingly do everything I can to assist my body in maintaining perfect health.
10. I am my greatest well-wisher.
11. I am thriving in my healing journey.
12. Every day is a new day full of hope, happiness

SIGN UP TODAY



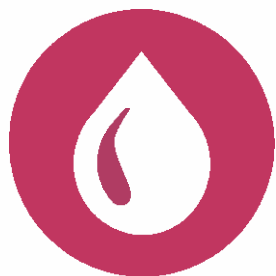
1. Go to www.mystrength.com
2. Click **Sign Up**
3. Enter the Access Code:
RightDoorCommunity

The Right Door Ref Card Community

September is



Know your numbers



Less than
100*
BLOOD SUGAR

The amount of sugar in your blood.
*TWO HOURS AFTER EATING:
Less than 140



Less than
120/80
BLOOD PRESSURE

The force of the blood against the arteries when the heart beats (top number) and rests (bottom number).



Less than
200
CHOLESTEROL

A waxy substance produced by the liver. Too much can make it harder for blood to circulate.



BMI
18.6-24.9
BODY WEIGHT

Your ideal body weight depends on your gender, age, height and frame. BMI provides a good guideline.



Back to school means meals in minutes on busy weekdays. This recipe came from **Clerical's Joann Witter** who organized breakfast and lunch pot luck's for our Belding office until her sudden death. This recipe can be eaten on the weekend then leftovers dropped by

tablespoon into crescent dough triangle with a cooked sausage link and baked at 350 for 9-12 minutes. Once baked these **pigs in blankets** can be stored in the fridge in a sealed container and reheated in the microwave weekdays.

- 1/4 cup chopped green pepper or sliced green onions
- 3 tablespoons butter
- 6 beaten eggs
- 1 tablespoon flour
- 2/3 cup milk
- 3/4 cup shredded American or Swiss cheese (3 ounces)
- 2 tablespoons diced pimiento
- 1/4 cup bread crumbs



Scrambled Egg Casserole

In a large skillet cook pepper or onion in 1 tablespoon of the butter till tender. Add eggs; cook over medium heat without stirring till mixture begins to set on bottom and around edge. Lift and fold partially cooked eggs so uncooked portion flows underneath. Continue cooking till just set. Transfer to a 1 quart casserole.

In a small saucepan melt 1 tablespoon of the butter. Stir in flour and 1/8 teaspoon pepper. Add milk all at once. Cook and stir till thickened and bubbly. Stir in cheese till melted. Stir in pimiento. Fold cheese into eggs. Melt remaining butter; toss with crumbs. Sprinkle over egg mixture. Bake at 350 for 15 to 20 minutes.



From The Nurses Corner

As we enter flu season please stay home when you are sick or these symptoms are present-

- Fever
- Chills
- Vomiting/Diarrhea
- Uncontrollable coughing/hacking cough with "colored" phlegm
- Extreme fatigue
- Sore throat accompanied by other symptoms like coughing and congestion

FEEDING AMERICA
West Michigan



September 12, 4:30pm Distribution,
Ionia Fairgrounds, Ionia

September 15, 4:30pm Distribution,
Belding Area Schools, Belding

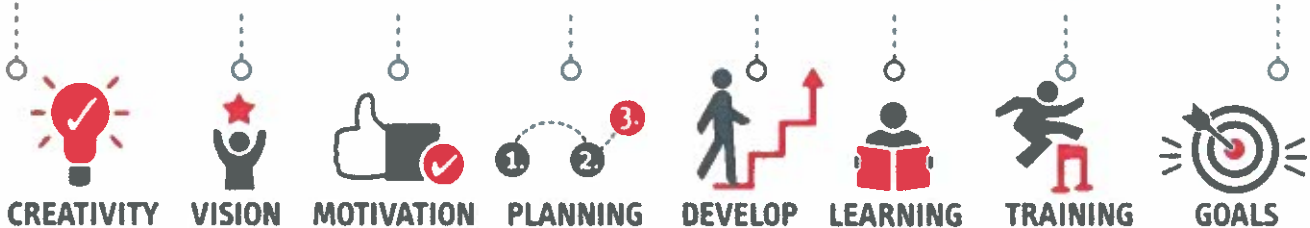
September 26, 5:30pm Distribution,
American Legion, Hubbardston

September 27, 5pm Distribution,
Shiloh Community Church, Orleans

For more information and food resources near you visit FeedWM.org

Hand in Hand with Self Care or Self Love is Self Improvement in September

PERSONAL GROWTH





Walk A Mile in My Shoes Rally

September 13, 2023

Michigan State Capital, Lansing

We rally to enhance public awareness, to end the stigma attached to mental health and developmental disabilities, because Michigan does not have equality between mental and physical health care coverage and to promote mental health and wellness, because we can make a difference!

Get your walking shoes ready!



AGENDA:

- Leave TRD 10am
- 10:30am-12pm Barbecue Lunch at Justice in Mental Health Organization—Lansing Drop-In Center
- 12:30pm Walk starts
- 4pm Return to Ionia

Sign up with Rob Weiland or another Peer Support Specialist at **616.527.1790**.

Limited transportation available.

THE right DOOR
for hope, recovery and wellness

LET
your
LIGHT
SHINE

MENTAL HEALTH AWARENESS 5K

September 14,

Gregory's Steele Street Hall, Ionia

Registration 5pm

5K 6pm

Invite your persons served. Bring your family!

Visit www.rightdoor.org to register.

Complimentary food served at the finish line.

Cost to participate: A non-perishable food item to be donated to a local food bank



PASSPORT CELEBRATION

September 29, By Invitation Only

For Attendance at Peer Led Groups
To Anderson and Girls, 9am-1:30pm

Meet at Ionia TRD



The Right Door
WELLNESS FAIR/
EXPRESS
YOURSELF

September 15
11:30am-4:30pm
Ionia

Wellness Booths,
Food, Fun, Games,
Recovery Oriented
Art Gallery



FUN EVENTS

- First and Third Mondays**, Bingo, 6pm, VFW, Lake Odessa (616) 374-7075.
- Mondays**, Bingo, 6pm, Portland Senior Center (517) 647-4004.
- Tuesdays and Thursdays**, Euchre, 1pm, Portland Senior Center
- Thursdays** SAMS (Saranac Area Musicians and Singers) Practice, Saranac High School band room. Choir 6-7pm. Band 7-8pm. (616) 902-7237.
- Thursdays** Lyons Market, 3-6pm, Bridge Street.
- Fridays** Bingo, 9:30am, Portland Senior Center.
- Saturdays** Ionia Harvest Marketplace, 9am-2pm, June-October 7.
- Saturdays** Saranac Community Market, 9am-Noon, First and Third Saturdays, through September, Saranac Trail Head.
- Sundays** Old Time Country Music Shows, 3pm Bob's Barn Jamborees, Johnson Street, Lake Odessa. Open mic at 4:30pm. bobwarner40@gmail.com



- September 9** The Beatnik Bazaar, Fall Finale, Farmer's Market and Craft Bazaar, 9am-1pm, The Gathering Place.
- September 12** Adult Craft Night, 5:30pm, Lyons Township Library.
- September 13** Q and A with The Digger Lady, aka Carol Todd regarding growing, gardening and harvesting fruits and vegetables, The Port, Portland
- September 14** OWL Painting Party, 4pm, Lake Odessa Community Library, ages 9 and up (adults welcome). Registration is required by Wednesday, September 13. To register (616) 374-4591 or stop by the library.
- September 16**



- Ionia Expo Block Party, 12-4, Downtown Ionia. Booths, food, music, giveaways. Book giveaways and Sensory bottles for kids to play in and make their own to take home.
- September 16** Bake sale, 10am-, Lyons/Muir VFW followed by burger and fries 4-7pm \$8. Eat in or take out.

Local Markets



Denny Farms, 6588 Jordan Lake Road, Saranac **616-527-1531** (WPF, MF), Double Up Food Bucks Open May-December, everyday during harvest
Facebook: Denny Farms

Farm to Fork, 49 N. Bridge Street, Saranac **616-914-6961**
 Weekdays 10am-7pm, Saturday 9am-3pm
www.tsitagafarm.com/farmtofork
Facebook: Tsitaga Farm

Hanulcik Farm Market, 1425 N. State Road, (M-66), Ionia **616-527-3630**
 Open June-October, everyday during Harvest
Facebook: Hanulcik Farm Market
 U-Pick strawberries, peaches and apples

Heffron Farms, 7724 Ashley Avenue, Belding **616-794-2527**
 Monday-Saturday 9am-6pm, year round
www.heffronfarms.com

Pierson Orchard Market, 5348 N. State Road, Ionia **616-527-4847**
 May-December, Monday-Saturday 9am-6pm, Sunday 10am-6pm
[Facebook.com/Piersons-orchard](https://www.facebook.com/Piersons-orchard)

Saranac Village Farmers Market, 60 Bridge Street, Saranac (WPF, MF)
 June-September, Saturdays, 9am-1pm
Facebook: Saranac Village Farmers Market

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

Special Programs:
 WPF-WIC Project Fresh
 MF-Senior Market Fresh



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



The Right Door



Adulting 101

Peer Led, Begins September 9, 23, 10am-noon, every other Saturday, Ionia.

Anger Management

Mondays, 5pm, Zoom.

Belding CBT Depression

Ongoing, Fridays, 10-11am, Zoom.

Adult DBT

Ongoing, Mondays, 1pm, Ionia.

Teen DBT

Ongoing, Wednesdays, 4-5pm, Ionia.

Crafts

Peer Led, September 7, 21, 10-11am, Ionia.

Family Psychoeducation

Saturdays, 10am, Ionia.

Food Pantry Rides

Peer Led, September 12, Zion, 4pm; September 27, 2pm.
Contact Shelly for a ride.

LGBTQIA

Peer Led, September 11, 18, 25, 3-4pm, Ionia.

Mens Group

Ongoing, September 5, 3pm, Cards, Ionia TRD. September 19,
3pm, Pool at The Horses Mouth in Belding.

Money Management

Peer Led, (Bi-weekly), September 27, 1-2pm, Ionia.

Parenting Through Change

Ongoing, Wednesdays, 5:15-6:45pm, Ionia.

Passport Celebration

September 29, invitation only,
Anderson and Girls, 9am-1pm. Meet at Ionia TRD.

Self-Love

Peer Led, September 27, 10:30-11:30am, Ionia.

Seeking Safety

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

Social Hour

Peer Led, September 19, Bingo with Prizes, 1:30-2:30pm, Ionia
TRD.

Volunteer Group

Peer Led, September 5, 12, 19, 3:30pm, Ionia Theater.

Women's Social Hour

Ongoing, Peer Led, September 10:30-11:30am, Denny's Farm
Market. Meet at Ionia TRD at 10:15. September 20, Discover
Downtown Ionia. Meet at Ionia Armory at 10:30am (till noon).

Women's Group

Peer Led, 1-2pm, Portland, TRD.

YES, Truly Our Friends (YTOF)

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

1st Thursday of the Month, IM FAN (Ionia Montcalm Families
Against Narcotics), 6:30-8pm, Soaring Above Teen Center,
September and November.

Third Tuesday Each Month, **Caregiver Support Group**,
11:30-12:30, ICCOA 616-527-5365 (Alzheimer's Association).

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