

WeCare, Inc.

509 E. Church St., Martinsville, VA 24112 | (276) 634-0300

SEPTEMBER

Monday

9:00 Trail Club
 10:00 Spiritual Startup
 with Mindfulness
 11:00 Successful Employment
 Training with CRP
 11:00 Lunch/Peer Support
 12:00 Community Resources –
 Local Food Bank
 5:00 Close

Tuesday

9:00 Trail Club
 10:00 Spiritual Start-Up
 with Mindfulness
 11:00 Eight Dimensions of
 Wellness
 12:00 Lunch/Peer Support
 1:00 Socialization
 2:00 Mindful Self
 Compassion
 3:30 Job Readiness
 5:00 Close

Wednesday

9:00 Trail Club
 10:00 Spiritual Start-Up
 with Mindfulness
 11:00 Christian Recovery
 12:00 Lunch/Peer Support
 12:00 NA Meeting
 1:00 YMCA/Exercise
 2:00 Co-dependency
 3:30 Job Readiness/
 One-on-one
 5:00 Close



Membership Meeting
September 13, 2019
11:00 am

NEW

**Peer-run, Non-affiliated
 NA Meeting at WeCare
 Every Wednesday at
 Noon**

**Successful Employment
 Training**
Mondays at 11:00 am
starting 9/9/19
 9/9/19 at WeCare
 9/16/19 at WeCare
 9/23/19 at Workforce Ctr.
 9/30/19 at Workforce Ctr.

**Community Fellowship
 Clothes Closet**
Saturday, September 14

**FUMC Clothes Closet
 & Food Bank**
Saturday, September 21
11:00 am

**Descriptions of programs and
 activities are located on the
 back of this calendar**

Thursday

9:00 Trail Club
 10:00 Spiritual Start-Up
 with Mindfulness
 11:00 Computer Class at Library
 11:00 TO 12:30
 12:00 Lunch/Peer Support
 1:00 YMCA/Exercise
 2:00 Art/Music
 3:30 Job Readiness/One-on-One
 5:00 Close

Friday

9:00 Trail Club
 10:00 Spiritual Start-Up
 with Mindfulness
 11:00 Leisure Activities/Games
 12:00 Lunch/Peer Support
 1:00 Recreational Activities/Exercise
 3:00 Socialization/Drop-in/One-on-One
 5:00 Close

Saturday

10:00 Open
 10:15 Spiritual Start-Up
 with Mindfulness
 12:00 Lunch/Peer Support
 1:00 Community Inclusion

WeCare provides transportation to and from the center. The morning route to the center begins at 8:00 am
 And the afternoon route home begins at 3:00 pm. Please call 276-634-7746 between 7:00 am and 8:00 am
 Monday through Saturday for a ride to the center.

*Not all classes/activities/subjects are offered at the same time. Below is a comprehensive list of classes/activities/subjects that may be offered at any time.

Christian Recovery is a faith-based recovery program for individuals that have chosen their higher power and it is the simple but challenging process of daily seeking their higher power's will for their life instead of demanding to go their own way. This program is voluntary for individuals at WeCare at the time it is offered.

Co-Dependency is a study and discussion of the five major long-standing destructive patterns of living that help us make an honest self-diagnosis to aid us in our recovery.

Community Inclusion can include anything from attending a food bank to attending local events, shopping at stores, flea markets, yard sales, etc.

Double Trouble in Recovery is an **evidence-based practice** designed to meet the needs of the dually diagnosed and is clearly for those having addictive substance problems as well as having been diagnosed with a psychiatric disorder.

Destinations is an **evidence-based practice** designed to help those struggling with mental health and substance use issues discover more effective ways to solve problems, learn new skills and increase quality of long-term recovery. The program comprises 40 lessons of evidence-based strategies, expert advice, helpful checklists, guided journals and full color graphics.

Eight Dimensions of Wellness - Wellness is being in good physical and mental health. Because mental health and physical health are linked, problems in one area can impact the other. At the same time, improving your physical health can also benefit your mental health, and vice versa. It is important to make healthy choices for both your physical and mental well-being. (Boston University Center for Psychiatric Rehabilitation) More information is available here: <https://www.northwestern.edu/hpaw/health-resources/eight-dimensions-overview/index.html>

Job Readiness is time spent with members helping them practice their computer skills while applying for jobs, creating resumes and cover letters, checking email, etc.

Living in Balance is an **evidence-based program** that draws from cognitive, behavioral, and experiential treatment approaches with a strong emphasis on relapse prevention.

Mindful Self Compassion – “Instead of mercilessly judging and criticizing yourself for various inadequacies or shortcomings, self-compassion means you are kind and understanding when confronted with personal failings.” ~<https://self-compassion.org/the-three-elements-of-self-compassion-2/#definition>

“**Mindfulness** is the basic human ability to be fully present, aware of where we are and what we’re doing, and not overly reactive or overwhelmed by what’s going on around us.” ~<https://www.mindful.org/meditation/mindfulness-getting-started/>

The practice of mindfulness can include meditation, breathing control and other means by which we can relax our bodies and help relieve stress and anxiety.

Nutrition is education about foods, vitamins, inexpensive healthy food choices, food safety, and food preparation.

Peer Support Whole Health and Resiliency is a person-centered planning process that helps people with a mental health condition examine their health life-style; focus on their strengths, interests, and natural supports; and create and sustain personally defined healthier life-style habits and disciplines.

REBT (Rational Emotive Behavior Therapy) is an **evidence-based practice** that aims to resolve emotional and behavioral problems and disturbances and to help people to lead happier and more fulfilling lives.

Recreational activities may include movies, walking on the trails, playing bingo, swimming, picnics, going out to eat, visiting parks, playing cornhole, etc.

Spiritual Start Up is a reading and discussion of each day’s entry in *Our Daily Bread*. This activity is run by the WeCare membership and usually lasts 20 to 30 minutes. Attendance for members present is strictly voluntary.

Successful Employment Training is a program that complements the Job Readiness Skills already taught at WeCare

1. 9/9/19 – Introduction to Job Readiness – At WeCare
2. 9/16/19 – Interest & Skills Assessment – At WeCare
3. 9/23/19 – Introduction to the Workforce Center – At Workforce Center
4. 9/30/19 – Resume Development – At Workforce Center

Trail Club is a group of members that exercise by walking the Silverbell Trail, whose trailhead is directly adjacent to our facility at 509 E. Church St.