



WELLSPRING

EMPOWERING WOMEN

February 2019



413 Dousman St.
Green Bay, WI 54303

Office: 857-9587
Guest Line: 433-9995

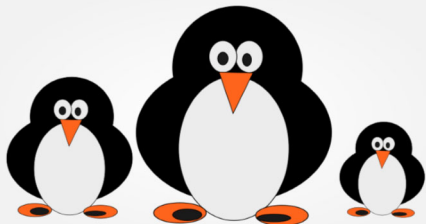
stjohnshomelessshelter.org/Wellspring

Hours:

**Monday– Friday
9:00 am - 4:00 pm**

Closed

**Saturday & Sunday
All Programming
FREE**



Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
		Reflections held daily At 11:00			1 Popcorn & a Movie 1:00	2
3	4 Valentine Craft 10:00	5 Attitude of Gratitude 1:00	6 Art & Anxiety 10:00 Hero the Therapy Dog 1:00 WFS	7 Chair Yoga 1:00	8 Game Day 1:00	9
10	11 Bracelet Making 1:00	12 Mindfulness 1:00	13  "GAL"entine Party Lunch included 11:00-2:00 WFS	14 Decorate Valentine Treats 10:00 Chair Yoga 1:00	15 Popcorn & a Movie 1:00	16
17	18 Moving Forward 2:00	19 Attitude of Gratitude 1:00	20 Art & Anxiety 10:00 No Hero WFS	21 Free Haircuts 1:00	22 Make N' Take Craft 1:00	23
24	25 Bingo! 1:00	26 Mindfulness 1:00	27 Art & Anxiety 10:00 Hero the Therapy Dog 1:00	28 Gratitude Celebration 1:00	Women For Sobriety (WFS) Wednesdays 6-7 pm @ Wellspring	



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Reflections, daily at 11:00. An inspirational reading followed by discussion.

Popcorn & a Movie Fridays, 2/1 & 2/15 at 1:00 - Choose a movie and enjoy it with popcorn and friends.

Valentine Craft, Monday 2/4 at 10:00. Create a special valentine gift—for you!

Attitude of Gratitude , Tuesdays 2/5 & 2/19 at 1:00. Lift your spirit by taking a moment to be thankful. Join Patty as we explore ways to find the joy in every day life.

Art & Anxiety, Wednesdays 2/6, 2/20,2/27. Did you know 20 minutes of art can reduce your anxiety? Art that anyone can do & discussion. Led by Pat.

Hero the Therapy Dog ,Wednesdays 2/6 & 2/27. Receive the therapeutic benefits of a furry friend and learn about him from his owner, Susan.

Chair Yoga, Thursdays 2/7, 2/14 at 1:00. LaVon will lead you through relaxing stretches from a chair.

Game Day, Friday 2/8 at 1:00. join your friends for fun and games with staff and volunteers

Bracelet Making with Jean, Monday 2/11 1:00 No experience necessary! Make a 1-of-a-kind bracelet with help, if needed.

Mindfulness, Tuesdays 2/12 & 2/26 at 1:00. Re-center your mind and body with focused breathing techniques that will help you learn to release tension and be at peace in the present. Led by Jody F.

“GAL”entine’s Party, Wednesday 2/13 Join us for a special day of food & fun as we celebrate you! Hosted by Sue & Terry.

Decorate (and eat!) Valentine Treats, Thursday 2/14 at 10:00. Have fun creating your own unique treat. Led by Angela & Patty.

Moving Forward, Monday 2/18 2:00. You don’t have to do it alone! Make & meet your goals 1 step at a time. Led by Angela.

Free Haircuts, Thursday 2/21 at 1:00. **Hair must be freshly washed.** Get your hair cut by professional Stylist, Jeni. 1st come, 1st serve. Sign-up sheet available the morning of.

Make N’ Take Craft, Friday 2/22 at 1:00. Create a work of art.

Bingo! Monday, 2/25 at 1:00. Play Bingo and win prizes. Led by Pat & Sue

Gratitude Celebration, Thursday, 2/28 at 1:00. There is always, always, always something to be thankful for! We’ll celebrate January birthdays, our Wellspring Family and life itself with a sweet treat.

Women for Sobriety Wednesdays 6:00—7:00 pm Stay on course and connect with others with similar struggles and goals.

Wellspring’s mission is to provide peer support, personal growth opportunities, resources and referrals to women who need a sense of safety, belonging and encouragement. Wellspring is a program of St. John the Evangelist Homeless Shelter and is supported through community generosity. 413 Dousman St Green Bay WI 54303 Main Phone 433-9995