

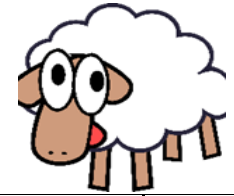


**WELLSPRING**

EMPOWERING WOMEN



# March 2019



413 Dousman St.  
Green Bay, WI 54303

Office: 857-9587  
Guest Line: 433-9995

[stjohnshomelessshelter.org/Wellspring](http://stjohnshomelessshelter.org/Wellspring)



## Hours:

**Monday– Friday  
9:00 am - 4:00 pm**

**Closed  
Saturday & Sunday  
All Programming is  
FREE**

Wellspring will be closed when schools close due to weather conditions. Wellspring will open at 11:00 when schools have a 2 hour delay and close at 12:30 when schools have an early release.



Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
		Reflections held daily At 11:00			1 Popcorn & a Movie 1:00	2
3	4  Decorate Well-spring for March 	5 Make a Mardi Gras Mask 10:00 Caseworker Here 11-1 Attitude of Gratitude 1:00	6 Hero the Therapy Dog 1:00 <b>WFS</b>	7 Hair Cuts 1:00	8 Irish Craft Make & Take 1:00	9
10	11 Bracelet Making 1:30	12 Caseworker Here 11-1 Mindfulness 1:00	13 Eat this//Not that Healthy Snacks 10:00 Hero the Therapy Dog 1:00 <b>WFS</b>	14 Irish Shenanigans & Baked Potato Lunch 11:00	15 Popcorn & a Movie 1:00	16
17	18 Getting There (with goal planning) 2:00	19 Caseworker Here 11-1 Attitude of Gratitude 1:00	20 Art & Anxiety 10:00 Hero the Therapy Dog 1:00 <b>WFS</b>	21 Chair Yoga 1:00	22 Game Day 1:00	23
24	25 Bingo! 1:00	26 Caseworker Here 11-1 Mindfulness 1:00	27 Gratitude Celebration 10:00 Hero the Therapy Dog 1:00 <b>WFS</b>	28 Pamper your "paws" Hand Spa Fun 10:00	29 Popcorn & a Movie 1:00	30
31					Women For Sobriety (WFS) Wednesdays 6-7 pm @ Wellspring	



**WELLSPRING**

EMPOWERING WOMEN

**Wellspring is closed and delayed when schools are closed or delayed, due to weather conditions.  
2 hour delay= open at 11:00. Early release= closed at 12:30.**

## March 2019

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

**Popcorn & a Movie Fridays 3/1, 15 & 29 at 1:00** - Choose a movie and enjoy it with popcorn and friends.

**Decorate Wellspring for March, Monday, 3/4 All day.** Brighten our Wellspring home by creating decorations for Mardi Gras/Fat Tuesday, St. Patrick's Day, First Day of Spring...use your imagination!

**Case Manager here Tuesdays, 3/5, 12, 19, 26 from 11 to 1.** Get one-on-one time with a case Manager from the Micah Center.

**Mardi Gras/Make a Mask, Tuesday 3/5 at 10:00.** Celebrate Fat Tuesday! There might be a treat!?

**Attitude of Gratitude, Tuesdays 3/5 & 3/19 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.

**Hero the Therapy Dog, Wednesdays 3/6, 13, 20 & 27.** Receive the therapeutic benefits of a furry friend and learn about him from his owner, Susan.

**Free Haircuts Thursday 3/7 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.

**Irish Craft Make & Take, Friday, 3/8 at 1:00.** Bring the "Luck O' the Irish" home with a special craft. Led by Angela.

**Bracelet Making, Monday 3/11 at 1:30** Make a one of a kind bracelet with Jean.

**Mindfulness Class, Tuesdays 3/12 & 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.

**Eat This/Not That, Wednesday 3/13 at 10:00.** Enjoy some tasty, healthy snacks while learning about making healthier food choices, with Patty and Angela.

**Irish Shenanigans & Baked Potato Lunch, Thursday, 3/14.** Celebrate St. Patrick's Day a few days early, with games, fun and surprises. Patty will lead the shenanigans.

**Getting There/Goal Setting Monday, 3/18 at 10:00** Set the course for a better year with planning and charting your goals. Led by Angela.

**Art & Anxiety Wednesday 3/20 at 10:00.** Did you know 20 minutes of art can reduce your anxiety? Art that anyone can do with discussion. Led by Pat.

**Chair Yoga Thursday 3/21 at 1:00.** LaVon will lead you through relaxing stretches from a chair.

**Game Day Friday 3/22 at 1:00.** Join your friends for fun and games with staff and volunteers.

**Bingo Monday 3/25 at 1:00.** Play Bingo and win prizes. Led by Pat.

**Gratitude Celebration, Wednesday 3/27 at 10:00.** What were we grateful for in March? We'll count our blessings, celebrate all February birthdays, enjoy some treats, prizes and have fun! Led by Patty.

**Pamper Your "Paws" Hand Spa Fun, Thursday, 3/28 at 10:00.** Soothe your dry winter hands with a warm wax treatment followed by luxurious lotion. Hands must be free of cuts, sores or scabs.

**Women for Sobriety Wednesdays 6:00—7:00 pm Stay on course and connect with others with**

**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 857-9587**