



WELLSPRING

EMPOWERING WOMEN

May



2019

413 Dousman St.
Green Bay, WI 54303

Office: 857-9587
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stjohnshomelessshelter.org/Wellspring

Hours:

**Monday– Friday
9:00 am - 4:00 pm**

**Closed
Saturday & Sunday**

All Programming is FREE



Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	Reflections held daily at 11:00	Women for Sobriety (WFS) Wednesdays 6-7 pm @ Wellspring	1 2 Steps Forward 11:00 Hero the Therapy Dog 1:00 WFS	2 Can't Be Conned 1:00	3 Popcorn & a Movie 1:00 	4
5 	6 Strong Women of the Bible 1:00	7 Case Management 11:00 Relaxation 1:00	8 2 Steps Forward 11:00 Hero the Therapy Dog 1:00 WFS	9 Chair Yoga 1:00	10 Journaling to Wholeness 1:00	11
12	13 Bracelet Making 1:30	14 Case Management 11:00 TED Talk Tuesday 1:00	15 Art & Anxiety 10:00 Hero the Therapy Dog 1:00 WFS	16 Upcycled Craft 1:00	17 Popcorn & a Movie 1:00 	18
19	20 Bingo! 1:00	21 Case Management 11:00 Relaxation 1:00	22 Crochet with Pat 10:00 Hero the Therapy Dog 1:00 WFS	23 Chair Yoga 1:00	24 Game Day 1:00	25
26	27 Closed Memorial Day 	28 Case Management 11:00 TED Talk Tuesday 1:00	29 Art & Anxiety 10:00 Hero the Therapy Dog 1:00 WFS	30 Gratitude Celebration 11:00	31 Popcorn & a Movie 1:00 	



MAY 2019

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

Two Steps Forward, Wednesdays, 5/1 & 8 at 11:00. Build your self confidence and recognize your unique inner strengths through art and discussion. Led by Deanna from Christian Counseling Ministries.

Hero the Therapy Dog, Wednesdays 5/1, 8, 15, 22, 29. Receive the therapeutic benefits of a furry friend and learn about him from his owner, Susan.

Can't Be Conned, Thursday 5/2 at 1:00. Learn about some of the common ways scammers are trying to rip you off so you can avoid being their next victim. Led by Patty.

Popcorn & a Movie Fridays 5/3, 17 & 31 at 1:00 - Choose a movie and enjoy it with popcorn and friends.

Strong Women of the Bible, Monday 5/6 at 1:00. Look at and discuss examples of strong, brave and independent women of the Bible. Learn from their examples and find your inner strengths and abilities. Led by Sandi.

Case Manager here Tuesdays, 5/7, 14, 21, 28 from 11 to 1. Need to talk? Need some help with daily living challenges? Spend one-on-one time with a case Manager from the Micah Center.

Relaxation with Jody, Tuesdays 5/7 & 21 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

Chair Yoga, Thursday 5/9 & 23 at 1:00. LaVon will lead you through relaxing stretches from a chair.

Journaling to Wholeness, Friday, 5/10 at 1:00. Learn the new fun and inspirational method of guided journaling. No experience or skill needed. Led by Angela.

Bracelet Making, Monday 5/13 at 1:30 Make a one of a kind bracelet with Jean.

TED Talk Tuesday, 5/14 & 28 at 1:00. We can all learn from experts (on video) as they share their ideas on challenges we all face; from finding peace in every day stress to living life to it's fullest and so much more, followed by discussion and sharing our thoughts. Led by Angela.

Art & Anxiety, Wednesday 5/15 & 29 at 10:00. Did you know 20 minutes of art can reduce your anxiety? Art that anyone can do with discussion. Led by Pat.

Upcycled Craft, Thursday, 5/16 at 1:00. Give new life to something old by using it (or a few items) to create something new and unique. Led by Ewa.

Bingo, Monday 5/20 at 1:00. Play Bingo and win prizes. Led by Pat.

Crochet with Pat, Wednesday, 5/22 at 10:00. Crocheting is a great way to relax and "unwind" from daily stress. No experience needed to learn to crochet, relax and chat with our crocheting expert, Pat.

Game Day, Friday, 5/24 at 1:00. Join us in playing games for prizes. Led by Angela

Gratitude Celebration, Thursday, 5/30 at 11:00. What were we grateful for in April? We'll count our blessings, celebrate all April birthdays, enjoy some treats, prizes and have fun! Led by Patty.

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 857-9587