



**WELLSPRING**

EMPOWERING WOMEN

# SEPTEMBER 2019



413 Dousman St.  
Green Bay, WI 54303

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[stjohnshomelessshelter.org/Wellspring](http://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
1	2 <b>Labor Day</b>  <b>Closed</b>	3 Peer-to-Peer Schizophrenia Support Group 1:00	4 Dream Mapping Workshop 10:00 <b>WFS</b>	5 The Dr. Seuss Challenge for Read a Book Day 10:30	6 Game Day 1:00	7
8	9 Bingo! 11:00 <hr/> Bracelet Making 1:30	10 Wellspring's OnBroadway Scarecrow Decorating Contest <b>Planning Session</b> 1:00	11 Suicide Prevention Month Discussion 1:00  <b>WFS</b>	12 Chair Yoga 1:00	13 Popcorn & a Movie 1:00	14
15	16 Mexican Independence Day 	17 Peer-to-Peer Schizophrenia Support Group 1:00	18 Art & Anxiety 10:00  <b>WFS</b>	19 Attitude of Gratitude 10:00	20 Game Day 1:00	21
22	23 1st Day of Autumn Craft 10:00	24 TED Talk 1:00	25 Gratitude Celebration 10:00 <b>WFS</b>	26 Dream Mapping Workshop 10:00	27 Popcorn & a Movie 1:00	28
29	30 Bingo! 1:00		Reflections Daily at 11:00	Women for Sobriety, Wednesdays 6:00—7:00 pm	Check out our FARMER'S MARKET BOOTH 9/4, 9/11 & 9/25 In front of Beerntsen's	



## September 2019

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

**Peer to Peer Schizophrenia Support Group, Tuesdays, 9/3 & 9/17 at 1:00.** Guest led group sharing the challenges and successes of living with schizophrenia.

**Dream Mapping Workshop, Wednesday 9/4 & Thursday 9/26 at 10:00.** Can your dreams become reality? Yes they can! We have the tools to help you map your way to reaching your dreams. Led by Patty

**The Dr. Seuss Challenge for Read a Book Day! Thursday, 9/5 at 10:30.** Enjoy the best tongue twisters of Dr. Seuss. Will you accept the "Fox in Sox" challenge? Join Patty as we experience the joy of books!

**Game Day, Fridays, 9/6 & 20 at 1:00.** Join us in playing games for prizes. Led by Angela

**Bingo, Monday, 9/9 at 11:00.** Play Bingo and win prizes. Led by Diane and Rhonda from United Health Care

**Bracelet Making, Monday 9/9 at 1:30** Make a one of a kind bracelet with Jean

**Scarecrow Decorating Contest! Planning Session Tuesday, 9/10 at 1:00.** We want to hear your ideas. What should Wellspring's scarecrow look like for the OnBroadway District's decorating contest? Let's create a fun representation of wellspring together. Led by Angela.

**Suicide Prevention Month Discussion, 9/11 at 1:00.** We all know friends or family who have contemplated, attempted or completed suicide. Maybe you yourself have thought about it or attempted it. Let's talk about what we can do to prevent it and get the help we all deserve. Led by Angela

**Chair Yoga, Thursday 9/12 at 1:00.** LaVon will lead you through relaxing stretches from a chair.

**Popcorn & a Movie Fridays, 9/13 & 27 at 1:00** - Choose a movie and enjoy it with popcorn and friends.

**Mexican Independence Day Celebration, Monday 9/16 at 11:00.** All volunteers are invited as Susie shares her Mexican heritage.

**Art & Anxiety, Wednesday, 9/18 at 10:00.** Did you know 20 minutes of art can reduce your anxiety? Art that anyone can do. Led by Pat.

**Attitude of Gratitude, Thursday 9/19 at 10:00.** Lift your spirit by taking a moment to be thankful. Join Patty as we explore ways to find the joy in every day life.

**1st Day of Autumn Craft, Monday, 9/23 at 10:00.** Let's welcome this vibrant season with fun and creativity. Led by Angela.

**TED Talk Tuesday, 9/24 at 1:00.** We can all learn from experts (through video) as they share their ideas on challenges we all face; from finding peace in every day stress to living life to its fullest and so much more, followed by discussion and sharing our thoughts. Led by Angela

**Gratitude Celebration, Wednesday, 9/25 at 10:00.** What were we grateful for in September? We'll count our blessings, celebrate all September birthdays, enjoy some treats, prizes and have fun! Led by Patty.

**Bingo! Monday, 9/30 at 1:00.** Play Bingo and win prizes. Led by Pat & Marlene.

**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**