



**WELLSPRING**

EMPOWERING WOMEN

# JANUARY 2020



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

## Hours:

Monday, Tuesday,  
Thursday & Friday  
8:30 am - 4:30 pm

Wednesdays  
8:30 am - 6:00 pm

Closed  
Saturday & Sunday

All Programming is  
**FREE**

*Everything that is  
done  
In the world  
Is done by  
HOPE  
Martin Luther King Jr.*

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	<b>Reflections Daily at 9:30</b>	<b>Women for Sobriety Wednesdays 6:00-7:00 pm</b>	<b>1 CLOSED</b> <b>HAPPY NEWYEAR</b>	<b>2</b> Authentic Journey 10:15	<b>3</b> Calming Reflection 1:00	<b>4</b>
<b>5</b>	<b>6</b> Redeeming Love 10:30 Navigating Healthcare Coverage 12:00-2:00 CM Carissa 3:00	<b>7</b> Job Readiness 10:30 Housing Resources 12:00 TED Talk Tuesday 1:00	<b>8</b> 20/20 Hindsight 10:30 CM Jenna 12:00 Budget Wise 1:00 <b>WFS</b>	<b>9</b> Authentic Journey 10:15 Housing Resources 12:00 Chair Yoga 1:00	<b>10</b> Be Fit Friday 10:30 Housing Resources 12:00 Popcorn & a Movie 1:00	<b>11</b>
<b>12</b>	<b>13</b> Redeeming Love 10:30 Navigating Healthcare Coverage 12:00-2:00 CM Carissa 3:00	<b>14</b> Job Readiness 10:30 Housing Resources 12:00 Mental Health Support Group 1:30	<b>15</b> Art & Anxiety 10:00 CM Jenna 12:00 Women Who Led the Way 1:00 <b>WFS</b>	<b>16</b> Authentic Journey 10:15 Housing Resources 12:00 Attitude of Gratitude 1:00	<b>17</b> Calming Reflection 10:00 Housing Resources 12:00 Brain Teasers 1:00	<b>18</b>
<b>19</b>	<b>20</b> Redeeming Love 10:30 Navigating Healthcare Coverage 12:00-2:00 Bracelet Making 1:30 CM Carissa 3:00	<b>21</b> Job Readiness 10:30 Honoring Martin Luther King Day 11:30 Spa Day with Louise 12:30	<b>22</b> Craft Day 10:00 CM Jenna 12:00 Budget Wise 1:00 <b>WFS</b>	<b>23</b> Authentic Journey 10:15 Housing Resources 12:00 Chair Yoga 1:00	<b>24</b> Be Fit Friday 10:30 Housing Resources 12:00 Popcorn & a Movie 1:00	<b>25</b> B A K E S A L E
<b>26</b>	<b>27</b> Redeeming Love 10:30 Navigating Healthcare Coverage 12:00-2:00 Bingo! 1:00 CM Carissa 3:00	<b>28</b> Job Readiness 10:30 Housing Resources 12:00 Mental Health Support Group 1:30	<b>29</b> Art & Anxiety 10:00 CM Jenna 12:00 Women Who Led the Way 1:00 <b>WFS</b>	<b>30</b> Authentic Journey 10:15 Housing Resources 12:00 Gratitude Celebration 11:30	<b>31</b> Be Fit Friday 10:30 Housing Resources 12:00 Brain Teasers 1:00	



# JANUARY 2020

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

**Reflections daily at 9:30.** An inspirational reading followed by discussion.

**Authentic Journey, Thursdays, 1/2, 9, 16, 23 & 30 at 10:15.** Becky Larsen will lead you in activities and discussion through a journey to growth, healing and wholeness

**Calming Reflection, Fridays 1/3 at 1:00 & 1/17 at 10:00.** Re-center your mind and body with techniques that will help you learn to release tension and relax.

**Redeeming Love Book Club, 1/6, 13, 20, & 27 at 10:30.** Join Becky Larsen reading and discussing *Redeeming Love*.

**Navigating Healthcare Coverage, Mondays, 1/6, 13, 20 & 27 from 12:00-2:00.** Medicare, Medicaid, any healthcare insurance can be confusing. Diane & Rhonda from United Health Care will help you find answers to all your questions.

**Case Manager, Mondays 1/6, 13, 20, & 27 at 3:00 and Wednesdays, 1/8, 15, 22 & 29 at 12:00.** Carissa and Jenna from Micah Center will be at Wellspring to provide resources to help you with the challenges of daily living.

**Job Readiness, Tuesdays, 1/7, 14, 21 & 28 at 10:30.** Are you ready to find a job? Staff will help you create your best resume, use job posting websites and polish your interviewing skills.

**Housing Resources, Tuesdays, Thursdays & Fridays at 12:00, 1/7, 9, 10, 14, 16, 17, 23, 24, 28, 30 & 31.** Staff will provide the resources to help obtain affordable housing.

**TED Talk Tuesday, 1/7 at 1:00.** Learn from experts on video as they share their ideas on challenges we all face. Discussion follows with Angela.

**20/20 Hindsight. Bringing the best of 2019 into 2020. Wednesday, 1/8 at 10:30.** What attitudes, activities and behaviors made your life better in 2019? How can you continue those positive actions in 2020? Led by Patty

**Budget Wise, Wednesdays, 1/8 & 22 at 1:00.** Staff will help you learn to follow a budget, manage your money and provide cost saving tips.

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

**Be Fit Friday, 1/10, 24 & 31 at 10:30.** Being fit isn't *just* about exercise. Angela will share "better for you" shopping, cooking and baking tips, exercise ideas and other health tips.

**Popcorn & A Movie Friday, 1/10 & 24 at 1:00.** Choose a movie and enjoy it with popcorn and friends.

**Mental Health Support Group, Tuesday, 1/14 & 28 at 1:30.** Guest led group sharing the challenges and successes of living with mental illness.

**Art & Anxiety, Wednesday, 1/15 & 29 at 10:00.** Do you know that 20 minutes of art can reduce your anxiety? Art that anyone can do. Led by Pat

**Women Who Led the Way, Wednesdays, 1/15 & 29 at 1:00.** Get to know determined, empowered women who led the way for all women to pursue their dreams.

**Attitude of Gratitude, Thursday, 1/16 at 1:00.** Lift your spirit by taking a moment to be thankful. Join Patty as we find the joy in every day life.

**Brain Teasers, Fridays, 1/17 & 31 at 1:00.** Keep your mind sharp while enjoying fun games. Led by staff.

**Bracelet Making, Monday 1/20 at 1:30** Make a one of a kind bracelet with Jean.

**Honoring Martin Luther King, Jr., Tuesday, 1/21 at 11:30.** Dr. King changed our lives in more ways than we can count. Join us as we celebrate a life of service to all.

**Spa Day with Louise, Tuesday 1/21, at 12:30.** Hand massage or foot massage or a facial...what will the spa treatment be? Louise will surprise us with a lovely, relaxing afternoon.

**Craft Day, Wednesday, 1/22 at 10:00.** Create a work of art with Angela.

**Bingo! Monday, 1/27 at 1:00.** Play Bingo and win prizes. Led by Pat & Marlene.

**Gratitude and January Birthdays Celebration, Thursday, 1/30 at 11:30.** We'll express our gratitude, celebrate January birthdays and share a meal.

**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.**