## March 2020

<table>
<thead>
<tr>
<th>S</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Sa</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
</tr>
</tbody>
</table>
| 2 | Navigating Healthcare Coverage 12:00-2:00  
CM Carissa 3:00  
Job Readiness 10:30  
Housing Resources 12:00  
Mental Health Support Group 1:30 | Job Readiness 10:30  
Life in Bloom 12:00  
Women Who Led the Way 1:00 | Women Who Led the Way 10:00  
CM Jenna 12:00  
Spa Day with Louise 12:30 | Women for Sobriety 10:15  
Craft Day 12:00  
Chair Yoga 1:00 | Re-Center 10:30  
Housing Resources 12:00  
Game Day 1:00 |  |
| 9 | H.O.P.E. 10:30  
Navigating Healthcare Coverage 12:00-2:00 | Job Readiness 10:30  
Life in Bloom 12:00  
Attitude of Gratitude 11:00  
Women Who Led the Way 1:00 | Art & Anxiety 10:00  
CM Jenna 12:00  
Let's Vote! 1:00 | Women for Sobriety 10:15  
Declutter Your Life 11:30 | Be Fit Friday 10:30  
Pay It Forward 12:00  
Popcorn & a Movie 1:00 |  |
| 8 | H.O.P.E. 10:30  
Navigating Healthcare Coverage 12:00-2:00  
Int'l Women's Day 1:00  
CM Carissa 3:00 |  |  |  |  |  |
| 15 | H.O.P.E. 10:30  
Navigating Healthcare Coverage 12:00-2:00  
Bracelet Making 1:30  
CM Carissa 3:00 | Pot O’ Luck (Pot Luck) 11:00  
CM Carissa 3:00 | Let's Vote! 10:00  
CM Jenna 12:00  
Spa Day with Louise 12:30 | Women for Sobriety 10:15  
Life in Bloom Journaling 12:00  
Re-Center 1:00 | Cooking with Healthy Sense 10:30  
Housing Resources 12:00  
Brain Teasers 1:00 |  |
| 23 | H.O.P.E. 10:30  
Navigating Healthcare Coverage 12:00-2:00  
CM Carissa 3:00 | Job Readiness 10:30  
Life in Bloom 12:00  
TED Talk Tuesday 1:30 | Art & Anxiety 10:00  
CM Jenna 12:00  
Money Makeover 1:00 | Women for Sobriety 10:15  
Declutter Your Life 11:30 | Charting Your Path Mini Retreat 10:00 - 12:00  
Manicures by Renee 12:00  
Popcorn & a Movie 1:00 |  |
| 30 | H.O.P.E. 10:30  
Navigating Healthcare Coverage 12:00-2:00  
BINGO! 1:00  
CM Carissa 3:00 | Job Readiness 10:30  
Attitude of Gratitude Party 11:30  
Mental Health Support Group 1:30 |  |  |  |  |

All Programming is **FREE**

**Hours:**
- Monday, Tuesday, Thursday & Friday: 8:30 am - 4:30 pm
- Wednesdays: 8:30 am - 6:00 pm
- Closed: Saturday & Sunday

---

413 Dousman St.
Green Bay, WI 54303
Office: 857-9587
Guest Line: 433-9995
Fax: (920) 770-0919
stjohnhomelessshelter.org/Wellspring

**WOMEN’S HISTORY MONTH**
They Believed They Could, So they did!
MARCH 2020

Reflexions daily at 9:30 Take part in an inspirational reading followed by discussion.

Redeeming Love Book Club, Mondays, 3/2, 9, 16, 23, 30 at 10:30 Join us weekly as we read short chapters from Redeeming Love which explores the healing and redemptive qualities of love.

Navigating Healthcare Coverage, Mondays, 3/2, 9, 16, 23, 30 from 12:00-2:00 Medicare, Medicaid… Healthcare insurance can be confusing! Diane, from United Health Care will help you find answers to all your questions.

Case Manager, Mondays, 3/2, 9, 16, 23, 30, at 3:00 and Wednesdays, 3/4, 11, 18, 25 at 12:00 Carissa and Jenna from Micah Center will be at Wellspring to work with you 1 on 1 with your basic needs and goals.

Job Readiness, Tuesdays, 3/3, 10, 24, 31 at 10:30 Are you looking for a job? Staff will help you create your best resume, use job posting websites and polish your interviewing skills.

Housing Resources, Tues., 3/3 & Fri. 3/6, 20 at 12:00 Staff will help provide the resources to help you obtain housing.

Mental Health Support Group, Tuesdays, 3/3, 31 at 1:30 This is a guest initiated group sharing the challenges and successes of experiencing mental health issues.

Women Who Led the Way, Wed., 3/4 at 10 & Tues. 3/10 at 1:00 Get to know determined, empowered women who led the way for all women to pursue their dreams. Led by Patty.

Spa Day with Louise, Wednesdays, 3/4, 18, at 12:30 Relax and get pampered with a soothing massage from Louise.

Women For Sobriety, Thursdays, 3/5, 12, 19, 26 at 10:15 It’s back! Berta & Becky will be a piece of your support system as you find community in your journey of sober living. Then, Wellspring will be here to back you too!

Craft Day, Thursday, 3/5 at 12:00 Let your creative juices flow with a fun & easy craft. Led by Angela.

Chair Yoga, Thursday, 3/5 at 1:00 LaVon will lead you through relaxing stretches from a chair.

Game Day, Friday, 3/6 at 1:00 Play games to test your skill and/or exercise your mind for prizes. Led by Angela.

International Women’s Day, Tuesday, 3/9 at 1:00 Join Michelle as we recognize and celebrate the social, economic, cultural and political achievements of women.

Life in Bloom, Tues., 3/10, 24 & Thurs., 3/19 at 12:00 Go deeper by exploring yourself & aspects of life a bit deeper by taking time to ponder the “little” things we might normally miss. How can we grow from them? Led by Angela.

Art & Anxiety, Wednesdays, 3/11, 25 at 10:00 Do you know that 20 minutes of art can reduce your anxiety? Art that anyone can do. Led by Pat.

Attitude of Gratitude, Wednesday, 3/11 at 11:00 Join Patty in finding joy in everyday life by being thankful.

Declutter Your Life, Thursdays, 3/12, 26 at 11:30 Get Jenna’s hot tips on organization & join her declutter challenge.

Let’s Vote! Thurs., 3/12 at 1:00 & Wed., 3/18 at 11:30 Celebrate 100 years of women’s right to vote. Led by Patty and Michelle.

Be Fit Friday, Friday, 3/13 at 10:30 Do you know your physical health also affects how you feel and function mentally and emotionally? Discover “better for you” shopping, meal planning & wellness tips so that you can feel your best.

Pay It Forward, Friday, 3/13 at 12:00 Plan fun, simple ways to “give back”. Led by Angela.

Bracelet Making, Monday, 3/16 at 1:30 Make a one-of-a-kind bracelet with Jean.

Pot O’Luck St. Patty’s Day Potluck, Tues., 3/17 at 11:00 Food, fun & shenanigans. Wear your St. Patty’s Day attire!

Cooking With Healthy Sense, Friday 3/20 at 10:30 Liliana will engage you with her interactive cooking demo + more.

Brain Teasers, Friday, 3/20 at 1:00 Keep your mind sharp while enjoying fun games. Led by Angela.

TED Talk Tuesday, 3/24 at 1:30 Watch a short inspirational/motivational video followed with discussion. Led by Angela.

Money Makeover, Wed., 3/25 at 1:00 Learn money saving tips, dust off your budget or create one. Led by Angela.

Charting Your Path Retreat at Wellspring, Friday, 3/27 from 10:00-12:00 Explore your life journey by creating a river of the ups and downs and sharing time with other women. Led by Michelle and Paula.

Manicures by Renee, Friday, 3/27 at 12:00 Lift your spirits with a bit of pampering and glam!

Bingo! Monday, 3/30 at 1:00 Play Bingo for prizes with Pat & Marlene.

Gratitude & March Birthdays Party, Tues., 3/31 at 11:30 We’ll express our gratitude & celebrate March birthdays with lunch and each other. Led by Patty.