



WELLSPRING

EMPOWERING WOMEN

SEPTEMBER 2020



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Green Bay, WI 54303

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stjohnshomelessshelter.org/Wellspring

Hours:

Monday – Wednesday
7:30 am - 3:30 pm
Thursday
7:30 am - 2:15 pm
Friday
7:30 am - 11:30 am

Closed
Saturday & Sunday



Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	Reflections Daily at 9:00	1 Coffee Talk 10:00 TED Talk Tuesday 12:30	2 Journaling 10:00 Farmer's Market Meal Prep Planning 12:30	3 Farmer's Market Meal Prep 10:00 Living with Diabetes 1:00 Closing at 2:15	4 Movie Day 10:00	5
6	7 CLOSED For Labor Day	8 Let's Read! 10:00 Mental Health Support Group 1:00	9 Food Wise Virtual Class 10:00 Getting to Know You 12:30	10 Suicide Prevention Project 10:00 Creating a Healthy Relationship 12:30 Closing at 2:15	11 Current Events Chat 10:00	12
13	14 Navigating Healthcare Coverage 11:00 Women For Sobriety 12:00	15 Coffee Talk 10:00 TED Talk Tuesday 12:30	16 Quilt Square 9:00-11 Fiesta!! 12:00 -2:00	17 Overcoming Negative Thinking 10:30 Women Who Led the Way 1:00 Closing at 2:15	18 Current Events Chat 10:00	19
20	21 Confident Woman Devotional 10:00 Women For Sobriety 12:00	22 Journaling 10:00 Mental Health Support Group 1:00	23 Food Wise Virtual Class 10:00 Decorate for Fall 12:00	24 Living with Diabetes 10:00 Music Fills our Hearts & Souls 1:00 Closing at 2:15	25 Current Events Chat 10:00	26
27	28 Navigating Healthcare Coverage 11:00 -1:00 Women For Sobriety 12:00 Bingo! 1:00	29 Choosing Gratitude (Pollyana Part 1) 10:00 TED Talk Tuesday 12:30	30 Gratitude Celebration 10:30 Choosing Gratitude (Pollyana Part 2) 1:00		Women for Sobriety Mondays at Noon	



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Reflections daily at 9:00 Take part in an inspirational reading followed by discussion.

Women for Sobriety, Mon's, 9/7, 14, 21 & 28 at 12:00 Berta 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!

Coffee Talk, Tues, 9/1 & 15 at 10:00. Grab a beverage and share your thoughts on topics of your choosing. Whether it's a challenge you're facing, a worry or a blessing, join your Wellspring sisters as we support each other with relaxed, informal conversation. Simple, calming activities will be included. Led by Patty.

TED Talk Tues, 9/1, 15 & 29 at 12:30. Be inspired through motivational videos and discussion. Led by Angela

Journaling, Wed, 9/2 & Tuesday, 9/22 at 10:00. Journaling is a creative and fun way to express yourself. You may even make discoveries about yourself that will surprise you! Led by Angela.

Living with Diabetes, Thurs, 9/3 at 1:00. Angela will share the latest information on managing this disease to help guide you to a full, active, healthy life.

Popcorn & A Movie. Fri, 9/4 at 10:00. Relax and enjoy a movie with friends.

Confidant Woman Devotional, Mon's, 9/7 & 21 at 10:00 Tap into the concerns and issues that trouble women the most. Joyce Meyer's book provides encouragement and tools to help resolve problems in the areas of life women struggle with most – including confidence, self-image, and relationships. Led by Carissa.

Let's Read! Tuesday, 9/8 at 10:00. Books can take you on some of life's greatest adventures! Join Patty as we experience the joys of reading.

Mental Health Support Group, Tues, 9/8 & 22 at 1:00 This is a guest initiated group sharing the challenges and successes of experiencing mental health issues.

Food Wise Virtual Class, Wed, 9/9 & 23 at 10:00. We'll meet online with Liliana from the FoodWise program as she shares ideas to enhance our health, stretch our budget and make more informed choices.

Getting to Know You, Wed, 9/9 at 12:30. How well do you know your Wellspring sisters? Find out with fun games and activities. Led by Patty.

Suicide Prevention Project, Thur, 9/10 at 10:00. During these unique times of health crisis and isolation, let's reach out to those feeling hopeless with a special project to let them know others truly and deeply care. Led by Angela.

Creating a Healthy Relationship, Thurs, 9/10 at 12:30. What does a great, healthy relationship look like to you? Discover ways to create a thriving, loving relationship with your friends, family or partner. Led by Patty

Current Events Chats with Carissa, Fri's, 9/11, 18 & 25 at 10:00. A safe place to share thoughts and reactions to articles regarding current events going on throughout the world and a time to get educated about different topics.

Navigating Healthcare Coverage, Mon 9/14 & 28 from 11:00 -1:00. Medicare, Medicaid, Healthcare insurance can be confusing! Diane from United Health Care will help you find answers to all your questions.

Quilt Squares, Wed 9/16 at 9:00-11:00. Make a unique quilt square that will hang at St. John's Shelter with staff

Fiesta! Wed, 9/16 12:00 - 2:00. Our second annual celebration of Mexican Independence Day. Join us as Susie share's her Mexican heritage with food, music and fun!

Overcoming Negative Thinking, Thur, 9/17 10:30. Begin to train your brain to stop negative thinking with Angela.

Women Who Led the Way, Thur, 9/17 at 1:00. Get to know determined, empowered women who led the way for all women to pursue their dreams. Led by Patty

Decorate Wellspring for Fall. Wed, 9/23 at 12:00. Help us bring the beauty of Fall into Wellspring. Led by Angela.

Living With Diabetes, Thur, 9/24 t 10:00. Angela will share the latest information on managing this disease to help guide you to a full, active, healthy life.

Music Fills our Hearts and Souls, Thur, 9/24 at 1:00. Music has been proven to help fill our physical, emotional, cognitive, and social needs. We'll listen to a variety of music and share the healing, uplifting affects we feel. Led by Patty

Bingo! Mon, 9/28 at 1:00 Play Bingo for prizes with Angela, Carissa and Mary.

Choosing Gratitude, Tues, 9/29 (part 1) at 10:00 & Wed, 9/30 (part 2) at 1:00. Experience a true "Attitude of Gratitude" through a young girl's eyes in the movie *Pollyanna*.

Gratitude Celebration. Wed, 9/30 at 10:30. Celebrating our blessings and September birthdays with games, food and fun!