



**WELLSPRING**

EMPOWERING WOMEN



# DECEMBER 2020


Temporarily Located at:  
411 St. John St.  
Green Bay, WI 54301  
Office: (920) 436-9344  
Guest Line:  
Fax: (920) 436-9765

**Hours:**  
**Monday – Friday**  
8:00 am - 4:00 pm

**Closed**  
**Saturday &**  
**Sunday**

**Women for**  
**Sobriety**  
**Wednesdays**  
**at 2:30**

**All Programming is**  
**FREE**

	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
		<b>1</b> Reflections 9:00 <b>Get Out of Your Head</b> 10:30 Voices Project Quilt Squares 1:00 -3:00 <b>A Safe Space 4 Us</b> 2:30	<b>2</b> Reflections 9:00 <b>FoodWise</b> 10:00 Manage Your \$ 11:30 <b>Relationship Goals</b> 1:30 Women for Sobriety 2:30	<b>3</b> Reflections 9:00 <b>Rhythm of Renewal</b> 10:30 Attitude of Gratitude 12:30 <b>Be Creative!</b> 1:30 Confident Women Devotional 2:30	<b>4</b> Reflections 9:00 <b>Empowering You</b> 10:30 Uninvited 11:30 <b>21 Hacks to Stop Procrastinating</b> 1:30 Redeeming Love Book Group 2:30	<b>5</b>
<b>6</b>	<b>7</b> Reflections 9:00 <b>Journaling</b> 10:30 My Healthy Place 11:30 <b>Community Building</b> 1:00 Redeeming Love Book Group 2:30	<b>8</b> Reflections 9:00 <b>Get Out of Your Head</b> 10:30 <i>Mental Health Support Group</i> 12:30 <b>Coffee Talk</b> 1:00 A Safe Space 4 Us 2:30	<b>9</b> Reflections 9:00 <b>Rise Up!</b> 10:15 Manage Your \$ 11:30 <b>Relationship Goals</b> 1:30 Women for Sobriety 2:30	<b>10</b> Reflections 9:00 <b>Rhythm of Renewal</b> 10:30 Attitude of Gratitude 12:30 <b>Be Creative!</b> 1:30 Confident Women Devotional 2:30	<b>11</b> Reflections 9:00 <b>Empowering You</b> 10:30 Uninvited 11:30 <b>21 Hacks to Stop Procrastinating</b> 1:30 Redeeming Love Book Group 2:30	<b>12</b>
<b>13</b>	<b>14</b> Reflections 9:00 <b>Journaling</b> 10:30 <b>Brain Teasers</b> 1:00 Redeeming Love Book Group 2:30	<b>15</b> Reflections 9:00 <b>Get Out of Your Head</b> 10:30 Community Building 12:30 <b>Coffee Talk</b> 1:00 A Safe Space 4 Us 2:30	<b>16</b> Reflections 9:00 <b>FoodWise</b> 10:00 Manage Your \$ 11:30 <b>Relationship Goals</b> 1:30 Women for Sobriety 2:30	<b>17</b> Reflections 9:00 <b>Rhythm of Renewal</b> 10:30 Attitude of Gratitude 12:30 <b>Be Creative!</b> 1:30 Confident Women Devotional 2:30	<b>18</b> Reflections 9:00 <b>Empowering You</b> 10:30 Uninvited 11:30 <b>21 Hacks to Stop Procrastinating</b> 1:30 Redeeming Love Book Group 2:30	<b>19</b>
<b>20</b>	<b>21</b> Reflections 9:00 <b>Journaling</b> 10:30 My Healthy Place 11:30 <b>Community Building</b> 1:00 Redeeming Love Book Group 2:30	<b>22</b> Reflections 9:00 <b>Get Out of Your Head</b> 10:30 <i>Mental Health Support Group</i> 12:30 <b>Coffee Talk</b> 1:00 A Safe Space 4 Us 2:30	<b>23</b> Reflections 9:00 <b>Rise Up!</b> 10:15 Manage Your \$ 11:30 <b>Relationship Goals</b> 1:30 Women for Sobriety 2:30	<b>24</b> Reflections 9:00 <b>Rhythm of Renewal</b> 10:30 Attitude of Gratitude 12:30 <b>Be Creative!</b> 1:30 Confident Women Devotional 2:30	<b>25 CLOSED</b>	<b>26</b>
<b>27</b>	<b>28</b> Reflections 9:00 <b>Journaling</b> 10:30 <b>Bingo!</b> 1:00 Redeeming Love Book Group 2:30	<b>29</b> Reflections 9:00 <b>Get Out of Your Head</b> 10:15 Community Building 11:30 <b>Coffee Talk</b> 1:00 A Safe Space 4 Us 2:30	<b>30</b> Reflections 9:00 <b>Rise Up!</b> 10:15 Manage Your \$ 11:30 <b>Relationship Goals</b> 1:30 Women for Sobriety 2:30	<b>31</b> Reflections 9:00 <b>Rhythm of Renewal</b> 10:30 Attitude of Gratitude 11:30 <b>Be Creative!</b> 1:30 Redeeming Love Book Group 2:30		



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## EVENT CALENDAR DESCRIPTIONS

**Reflections-** Take part in an inspirational reading followed by discussion. Led by Angela.

**Journaling-** You don't need to be a writer or even enjoy writing for this class to be "your thing". We use direct and simple writing prompts to reflect on memories, our inner selves, our likes, dislikes and things or people we appreciate. Why? It helps us grow and leave more in tune with ourselves, connect with one another and refocus your mind to the little and big things that matter in life.

**Women for Sobriety-**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.

**Navigating Health Care Coverage-** Medicare, Medicaid, Healthcare insurance can be confusing! Diane from United Health Care will help you find answers to all your questions.

**Redeeming Love Book Group-** Listen and discuss this fiction novel as it retells the story of Hosea and Gomer from the Bible. Discover the healing redemptive power of love when a man chooses obedience over his own wisdom and pride. You just may find healing & worth if you have ever been tossed aside by the world. Led by Angela

**Get Out of Your Head-** Stop the cycle of overthinking, obsessing and negative thinking into one that is uplifting, productive and motivating with Tameika.

**Coffee Talk-** Enjoy a cupa with Patty as she guides you in conversation you are sure to enjoy and come away from feeling elevated by.

**Mental Health Peer Support Group-** Share the ups and downs of your mental health journey with your peers. Trade stories, tips and what motivates or has helped you along the way. Led by Angela and Guest, Becky

**A Safe Space for Us-** This class is a safe space for **women of color** to discuss relevant issues of past, present and future. Led by Tameika.

**FoodWise Virtual Webclass-** This virtual Zoom meeting is a fun and different way to learn about nutrition and money saving tips. Hosted by Liliana and Angela.

**How to Manage Your Money When You Don't Have Any-** Learn to manage, plan and budget with Carissa.

**Relationship Goals-** Build healthy, lasting relationships and learn to avoid those not-so-healthy tendencies.

**Confident Women Devotional-** Boost your confidence through Joyce Meyer's devotional & discussion with Carissa.

**Rhythm of Renewal-** Carissa will lead you in a book study to find ways in which to quiet the inner chaos.

**Attitude of Gratitude-** Setting our minds towards the positives and focusing on the good will bring contentment in whatever circumstances we are in. Practice this TODAY with Patty.

**Be Creative!-** Simple projects ANYONE can do. This is a time to relax, be inspired and have fun. Led by Angela.

**Empowering You-** Find renewed strength and encouragement through videos, journaling, activities, books and more. Led by Angela.

**Uninvited-** What to do with those feelings of rejection, or feeling less than and lonely. Led by Tameika

**21 Hacks to Stop Procrastinating-** Be inspired to stop putting off those things that need doing! Carissa will show you how.

**Brain Teasers-** Sharpen your mental abilities with fun and challenging games. Led by Angela.

**Community Building-** Recharge and engage in community through activities, art and projects with Angela.

**TED Talk-** Short motivational videos followed up with a question and answer period and discussion. Led by Angela.

**Rise Up!-** What are your inner strengths? You can make a difference not only in your life, but in the world around you. Learn from the example of great female leaders. Led by Patty.

**BINGO!-** Feeling lucky? Play BINGO for prizes with Angela and Emily.