



## JAK's Place 2024 March Calendar

JAK's Place, A program of Lakeshore CAP, INC. 1623 Rhode Island St.  
Sturgeon Bay, WI 54235 PH# 920-818-0525

Office Hours Monday - Thursday 1PM to 5PM & Friday 10AM to 2PM.

March 2024						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					<b>1</b> Coffee Group- Noon-1:30p  Tai Chi- 2:10-3p	<b>2</b>
<b>3</b>	<b>4</b> Poetry Connection 1p-2:30p  S.O.S. Group- 6-7:30p	<b>5</b> Art Group- 2:30-3:30p  Knitting Group- 2:30-3:30p  Dinner- 4:45- 5:45p	<b>6</b> Beyond Recovery- 12-1p  Games - BINGO 1:30- 3p	<b>7</b> Lunch Pick-up 12:45p  Music/Dance Group 2:30-3p	<b>8</b> Coffee Group- Noon-1:30p  Tai Chi- 2:10-3p	<b>9</b>
<b>10</b> Daylight Savings Time Starts	<b>11</b> Womans Cancer Support- 1p  Poetry Connection 1-230p  Open Support Group 5-6p	<b>12</b> Art Group- 2:30-3:30p  Knitting Group 2:30-3:30pm  Nurturing Group- 3:30-4p  Dinner- 4:45 – 5:45p	<b>13</b> Beyond Recovery- 12-1p  Games 1:30- 3p	<b>14</b> Lunch Pick-up 12:45p  Music/Dance Group 2:30-3p	<b>15</b> Coffee Group- Noon-1:30p  Tai Chi- 2:10-3p	<b>16</b>
<b>17</b>	<b>18</b> Poetry Connection 1p-2:30p  S.O.S. Group- 6-7:30p	<b>19</b> Art Group- 2:30-3:30p  Knitting Group 2:30-3:30pm  Nurturing Group- 3:30-4p  Dinner- 4:45 – 5:45p	<b>20</b> Beyond Recovery- 12-1p  Games -BINGO Lunch 1:30- 3p	<b>21</b> Lunch Pick-up 12:45p  Music/Dance Group 2:30-3p	<b>22</b> Coffee Group- Noon-1:30p  Tai Chi- 2:10-3p	<b>23</b>
<b>24</b> Palm Sunday	<b>25</b> Womans Cancer Support- 1p  Poetry Connection 1-230p  Open Support Group 5-6p	<b>26</b> Art Group- 2:30-3:30p  Knitting Group 2:30-3:30pm  Dinner- 4:45 – 5:45p	<b>27</b> Beyond Recovery- 12-1p  Games 1:30- 3p	<b>28</b> Lunch Pick-up 12:45p  Music/Dance Group 2:30-3p	<b>29</b> Good Friday  OFFICE CLOSED	<b>30</b>
<b>31</b> Easter	<b>Meal Reservations Required. Please call 920-818-0525 or message our Facebook page by Sunday night.</b>					

<b>Group List Apr. 2023</b>	<b><u>NAME</u></b>	<b><u>Position</u></b>	<b><u>INFO</u></b>
Open Visits - Open Support Group	Jim/Magda	Staff	Open Visits time available with Staff Monday 1PM to 4PM. Drop in
Open Support Group - Peer Support / Peer Led	Roy J.	Volunteer Leader	Peer Led Open Support Group - Open Conversation with Any Topic
Poetry Connection	Jim	Staff	The aim of Poetry Connection is simply to connect to it! Anyone who attends the group is welcome to bring in any poem they wish to read and discuss.
Survivors of Suicide group (S.O.S.)	April	Volunteer Leader	Open Peer- Support Group with facilitated discussion for grief and coping related to suicide loss. Meets first Monday of Month.
Art Group / Group Activity	Nikki	Volunteer Leader	Volunteer led Art Activities each week. Group is free and no experience necessary. Art Supplies are provided.
Tue. And Thur. Free Weekly Meal - Group Activity	Magda	Certified Staff	Free Weekly Meal. Reservations are required (call 920-818-0525) by 5pm Sunday. Tuesday Meal is Dine-IN only between 5PM and 6PM. Thursday Meal is Pick up only at 1245PM on Thursdays.
Youth Group	Jim / Magda	Staff	Youth Group for Age 17 and Under. Open Group for Youth Support
Games - Group Activity	Jim/ Mike S.	Staff/Monthly Employee	Open Group for anyone looking to play games (cards, board games , Wii). Games are provided.
Depression & Anxiety	Lisa B	Professional	Professional led group by a local Councilor.
Skills	Sam / Jim	Staff	Open Support Group focused on Skill Building and/or Problem Solving.
Woman's' Cancer Support	Mary Beth	Professional	Professional Led Woman's Cancer Support Group. Private Group for Individuals, Please call 920-818-0525 with questions about joining the group. Meets 2nd and 4th Monday
Tai Chi	Seth	Trained Staff	Professional Led Tai Chi Group led by a trained Instructor
Coffee - Peer Support Group	Seth	Staff	Open Peer-Support Discussion Group. Group setting with open professional facilitated group discussion.
Poetry Jam Group	Melissa	Volunteer Leader	Open Poetry Group for everyone, Group Setting
<b>Please Note all Groups are free to the Public.</b>			<b>Meal Reservations are required for "Free Meal"</b>
<b>Open Support Group means you can stop in anytime during the support group.</b>			<b>Peer Led Groups are led by Individuals who identify as having a Mental Illness and are a Friend to others in the Community.</b>