



JAK's Place 2024 July 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 11:30AM to 3PM.

July 2024 (All Groups Free to the Public)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Weight Loss Support & Nutrition Group- Noon- 1:30 S.O.S Group- 6p – 7:30p	2 Art Group- 2:30 - 3:30p Dinner– 5p - 6p	3 Beyond Recovery - 12p - 1p BINGO- 1:30- 3p	4 CLOSED 	5 Coffee Group - Noon - 1:30p Tai Chi- 2:10p - 3p	6
7	8 Weight Loss Support & Nutrition Group- Noon- 1:30 Open Support Group- 5p - 6p	9 Art Group- 2:30 - 3:30p Nurturing Group- 3:45 - 4:45p Dinner - 5p – 6p	10 Beyond Recovery - 12p - 1p Games- 1:30p - 3p	11 Poetry Jam– 2:45p– 4:15p	12 Coffee Group– Noon – 1:30p Tai Chi- 2:10p - 3p	13
14	15 Weight Loss Support & Nutrition Group- Noon- 1:30	16 Tie Dye ! 2:30- 4:30 Dinner - 5p – 6p	17 Beyond Recovery - 12p - 1p BINGO with Refreshments 1:30p - 3p	18 Lunch Pick-up 12:45p Poetry Jam- 2:45p– 4:15p Anxiety & Depression Group 5p -6p	19 Coffee Group - Noon -1:30p Tai Chi - 2:10p - 3p	20
21	22 Weight Loss Support & Nutrition Group- Noon- 1:30 Open Support Group - 5p - 6p	23 Art Group - 2:30p - 3:30p Knitting Group - 2:30p - 3:30pm Nurturing Group- 3:45p – 4:45p Dinner - 5p – 6p	24 Beyond Recovery - 12p - 1p Games - 1:30p- 3p	25 Lunch Pick-up - 12:45p	26 Coffee Group - Noon - 1:30p Tai Chi - 2:10p -- 3p	27
28	29 Weight Loss Support & Nutrition Group- Noon- 1:30	30 Art Group- 2:30 - 3:30p Knitting Group- 2:30 - 3 :30p Dinner– 5p - 6p	31 Beyond Recovery - 12p - 1p BINGO- 1:30- 3p			
<p>Meal Reservations Required. Please call 920-818-0525 or message our Facebook page by Sunday night. *Women 2 Women-cancer support group meets every other Tuesday - Call JAK's for info</p>						

Open Support Group List	Name	Position	Description
Open Visits/ Open Support	Magda, Mark, Seth	JAK's Place Staff	Open Monday – Friday for drop in/ one on one visit with staff.
Open Support Group	Roy J.	Volunteer Leader	Volunteer Led Open Support Group – Open Conversation.
Survivors of Suicide Group (S.O.S)	April G.	Volunteer Leader	Open Peer Support Group with facilitated discussion for grief and coping related to suicide loss. Meets the 1 st Monday of the month.
Art Group	Nikki O.	Peer Volunteer Leader	Peer led open group - Weekly Art Activities. Open to all. Art supplies provided at no fees.
Tuesday Dinner & Thursday Lunch	Magda G.	JAK's Place Staff	Tuesday - Free Weekly Meal. Family style sit down and mingle. Reservations Required by Sunday nights (920) 818-0525. Donations are encouraged and always appreciated. Thursday - Take out Lunch - Pick up at 12:45p. Reservations by Tuesday nights.
Nurturing Group	Elizabeth G.	Peer Volunteer Leader	Open Group - discussion around self-care for others. 2 nd and 4 th Tuesday of the month.
Woman 2 Woman	Pam	Professional	Professional Led Woman's Cancer Support Group. Private group for women; meets every other Tuesday. If you would like to join, contact us (920) 818-0525.
Knitting Group	Marie M.	Peer Volunteer Leader	Enjoy knitting? Come join us every Tuesday. Peer led group all skill levels welcomed!
Beyond Recovery	Stephanie S.	Certified Peer Specialist	This group focuses on over-all health and wellness beyond each individual's recovery from substances. A safe space where peers can come to unwind, learn and heal. Meets every Wednesday.
Wednesday Games Day	Staff & Volunteers	JAK's Place Staff	Relaxing and Fun Games Group - EVERY Wednesday. 1st, 3rd & 5th Wed. - BINGO (3 rd Wed w/ refreshments) 2nd & 4th Wed - CHESS, King's Corner, UNO and more.
Poetry Jam	Melissa W.	Peer Volunteer Leader	Open Poetry and Writing group. All are welcome.
Depression & Anxiety	Lisa B.	Professional	Group led by local Professional Counselor.
Coffee Group	Seth W.	Certified Peer Specialist/ Staff	Open Peer Support Discussion Group.
Tai Chi	Seth W.	Staff	Peer Led by trained instructor.