



JAK's Place 2024 September 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.

SEPTEMBER 2024 (All Groups Free to the Public)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Nutrition Group- Noon- 1:30  Understanding the Misunderstood- 1:45- 2:45p  S.O.S Group - 6p – 7:30p	3 Art Group - 2:30 - 3:30p  Knitting Group- 2:30 - 3 :30p  Dinner – 5p - 6p	4 Beyond Recovery - 12p - 1p  BINGO 1:30- 3p	5 Lunch Pick-up- 12:45p  Mindfulness & Meditation Group- 1p- 2p  Poetry Jam – 2:45p – 4:15p	6 Coffee Group - Noon - 1:30p  Tai Chi- 2:10p - 3p	7
8	9 Nutrition Group- Noon- 1:30  Understanding the Misunderstood- 1:45- 2:45p  Open Support Group- 5p - 6p	10 Art Group- 2:30 - 3:30p Knitting Group- 2:30 - 3 :30p Nurturing- 3:45-4p FoodWise Group 4- 4:45p  Dinner – 5p - 6p	11 Beyond Recovery- 12p - 1p  GAMES 1:30- 3p	12 Lunch Pick-up- 12:45p  Woman 2 Woman- 1:00- 2:15p  Mindfulness & Meditation Group- 1p- 2p Poetry Jam – 2:45p – 4:15p	13 Coffee Group - Noon - 1:30p  Tai Chi- 2:10p - 3p	14
15	16 Nutrition Group- Noon- 1:30  Understanding the Misunderstood- 1:45- 2:45p	17 <b>CLOSED</b>  <b>Spaghetti Dinner and Auction 4:30- 7:30 Hope Church</b>	18 Beyond Recovery- 12p - 1p  <b>BINGO with Refreshments 1:30p - 3p</b>	19 Lunch Pick-up- 12:45p  Mindfulness & Meditation Group- 1p- 2p  Poetry Jam – 2:45p – 4:15p  Anxiety and Depression Group- 5p- 6p	20 Coffee Group - Noon - 1:30p  Tai Chi- 2:10p - 3p	21
22	23 Nutrition Group- Noon- 1:30  Understanding the Misunderstood- 1:45- 2:45p  Open Support Group- 5p - 6p	24 Art Group - 2:30 - 3:30p  Knitting Group 2:30p - 3:30p Nurturing Group- 3:45-4p  Dinner - 5p – 6p	25 Beyond Recovery- 12p - 1p  GAMES 1:30p - 3p	26 Lunch Pick-up- 12:45p  Woman 2 Woman- 1:00- 2:15p  Mindfulness & Meditation Group- 1p- 2p  Poetry Jam – 2:45p – 4:15p	27 Coffee Group - Noon -1:30p  Tai Chi - 2:10p - 3p	28
29	30 Nutrition Group- Noon- 1:30  Understanding the Misunderstood- 1:45- 2:45p  Open Support Group- 5p - 6p					
<p><b>Meal Reservations Required. Please call 920-818-0525 or message our Facebook page by Sunday night.</b></p>						

<b>Open Support Group List</b>	<b>Name</b>	<b>Position</b>	<b>Description</b>
<b>Open Visits/ Open Support</b>	Magda, Mark, Seth	JAK's Place Staff	Open Monday – Friday for drop in/ one on one visit with staff.
<b>Open Support Group</b>	Roy J.	Volunteer Leader	Volunteer Led Open Support Group – Open Conversation.
<b>Survivors of Suicide Group (S.O.S)</b>	April G.	Volunteer Leader	Open Peer Support Group with facilitated discussion for grief and coping related to suicide loss. Meets the 1 <sup>st</sup> Monday of the month.
<b>Art Group</b>	Nikki O.	Peer Volunteer Leader	Peer led open group - Weekly Art Activities. Open to all. Art supplies provided at no fees.
<b>FoodWise</b>	Jace P.	Educator Leader	Nutrition Education
<b>Tuesday Dinner &amp; Thursday Lunch</b>	Magda G.	JAK's Place Staff	<b>Tuesday</b> - Free Weekly Meal. Family style sit down and mingle. Reservations Required by Sunday nights (920) 818-0525. Donations are encouraged and always appreciated. <b>Thursday</b> - Take out Lunch - Pick up at 12:45p. Reservations by Tuesday nights.
<b>Nurturing Group</b>	Elizabeth G.	Peer Volunteer Leader	Open Group - discussion around self-care for others. 2 <sup>nd</sup> and 4 <sup>th</sup> Tuesday of the month.
<b>Woman 2 Woman</b>	Pam	Professional	Professionally Led Woman's Cancer Support Group. Private group for women; Meets 2 <sup>nd</sup> & 4 <sup>th</sup> Tuesdays. If you would like to join, contact us at (920) 818-0525.
<b>Knitting Group</b>	Marie M.	Peer Volunteer Leader	Enjoy knitting? Come join us every Tuesday. Peer led group all skill levels welcomed!
<b>Beyond Recovery</b>		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.
<b>Wednesday Games Day</b>	Staff & Volunteers	JAK's Place Staff	Relaxing and Fun Games Group - EVERY Wednesday. <b>1<sup>st</sup>, 3<sup>rd</sup> &amp; 5<sup>th</sup> Wed.</b> - BINGO (3 <sup>rd</sup> Wed w/ refreshments) <b>2<sup>nd</sup> &amp; 4<sup>th</sup> Wed</b> - CHESS, King's Corner, UNO and more.
<b>Poetry Jam</b>	Melissa W.	Peer Volunteer Leader	Open Poetry and Writing group. All are welcome.
<b>Depression &amp; Anxiety</b>	Lisa B.	Professional	Group led by local Professional Counselor.
<b>Coffee Group</b>	Seth W.	Certified Peer Specialist/ Staff	Open Peer Support Discussion Group.
<b>Tai Chi</b>	Seth W.	Staff	Peer Led by trained instructor.
<b>Understanding the Misunderstood</b>	Briana	Certified Social Worker	Diagnosis and Symptom Recognition. Coping Strategies. Group led by local Certified Social Worker.
<b>Mindfulness &amp; Meditation Group</b>	Megan	Certified Social Worker	Group led by Certified Social Worker.
<b>Nutrition Group</b>	Marie M.	Peer Volunteer Leader	Weight loss support and nutrition. Open discussion.