



**GROWTH Center**  
**3322 Broadway, Everett, WA**

# AUGUST

**HOURS:**  
**Mon 8-2**  
**Tues, Wed, Thurs & Fri 8-3**

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
			1 <b>9:30 Community Meeting</b> 10:15 Maintaining Recovery 11am TED Talk 1pm LGBT group	2 9am Journaling group 10am WRAP group 11am Hope in Recovery 12pm Gratitude group 1:30pm Art Appreciation *Walking group	3 9am Achieving Your Goals 10am Yoga 11am Art Wellness 12pm Movie 2pm Gratitude Group 2pm Fitness	4	
5	6 9am Mindfulness 10am Emotional Awareness group 11am Journaling group 12pm Wellness 1pm Music group <b>2pm Close Early</b>	7 9am Job Prep group 11am Cultural Awareness 12pm Cooking 101 1pm Housing Support Group 1:30pm Fitness *Walking group	8 9am Mindfulness 10:15 Maintaining Recovery 11am TED Talk 1pm LGBT group	9 9am Journaling group 10am WRAP group 11am Hope in Recovery 12pm Gratitude group 1:30pm Art Appreciation *Walking group	10 9am Achieving Your Goals 10am Yoga 11am Art Wellness 12pm Movie 2pm Gratitude Group 2pm Fitness	11 	
12	13 9am Mindfulness 10am Emotional Awareness group 11am Journaling group 12pm Wellness 1pm Music group <b>2pm Close Early</b>	14 9am Job Prep group 11am Cultural Awareness 12pm Cooking 101 1pm Housing Support Group 1:30pm Fitness *Walking group	15 <b>9:30 Community Meeting</b> <b>10am Advisory Board</b> 10:30 Maintaining Recovery 11am TED Talk 1pm LGBT group	16 9am Journaling group 10am WRAP group 11am Hope in Recovery 12pm Gratitude group 1:30pm Art Appreciation *Walking group	17 9am Achieving Your Goals 10am Yoga/Mindfulness 11am Art Wellness 12pm Movie 2pm Gratitude Group 2pm Fitness	18	
19	20 9am Mindfulness 10am Emotional Awareness group 11am Journaling group 12pm Wellness 1pm Music group <b>2pm Close Early</b>	21 9am Job Prep group 11am Cultural Awareness 12pm Cooking 101 1pm Housing Support Group 1:30pm Fitness *Walking group	22 9am Mindfulness 10:15 Maintaining Recovery 11am TED Talk 1pm LGBT group	23 9am Journaling group 10am WRAP group 11am Hope in Recovery 12pm Gratitude group 1:30pm Art Appreciation *Walking group	24 9am Achieving Your Goals 10am Yoga/Mindfulness 11am Art Wellness 12pm Movie 2pm Gratitude Group 2pm Gratitude Group 2pm Fitness	25	
26		27 9am Mindfulness 10am Emotional Awareness group 11am Journaling group 12pm Wellness 1pm Music group <b>2pm Close Early</b>	28 9am Job Prep group 11am Cultural Awareness 12pm Cooking 101 1pm Housing Support Group 1:30pm Fitness *Walking group	29 9am Mindfulness 10:15 Maintaining Recovery 11am TED Talk 1pm LGBT group	30 9am Journaling group 10am WRAP group 11am Hope in Recovery 12pm Gratitude group 1:30pm Art Appreciation *Walking group	31 9am Achieving Your Goals 10am Yoga 11am Art Wellness 12pm Movie and <b>Birthday Celebration</b> 2pm Gratitude Group	

# Welcome to the GROWTH Center!

The GROWTH Center is a free, safe Recovery Center that offers a variety of support groups and activities. Our name stands for Growth, Recovery, Opportunity, Wellness, Trust, and Hope. Please enjoy our groups, and welcome to our center! We welcome people regardless of income, healthcare, or ability status.

## Groups

- **Art Appreciation:** Feed your creative side; come learn about art and discuss artists throughout history!
- **Arts & Crafts:** Get crafty- make something fun and creative :) Learn new art and crafting techniques!
- **Art Wellness:** Arts & Crafts with a focus on health and wellness.
- **Advisory Board:** Any Center member may sit on the Advisory Board, where we discuss policies and potential changes for the center.
- **Community Meeting:** A gathering for announcements about upcoming events, and discussion of events or changes affecting the center.
- **Cooking 101:** Learn about kitchen skills, table manners and how to prepare a new healthy, low cost meal! Then enjoy your delicious meal with each other!
- **Cultural Awareness Group:** Learn and/or share about a different culture each month, including language, customs, and more.
- **Emotional Awareness Group:** Learn to identify and express our full range of human emotions to get our needs met.
- **Fine Art Class:** Want to learn how to draw, use pastels, paint and more? Come to Fine Art class to learn more!
- **Fitness Group:** Come to move your body to an invigorating taped routine
- **Gratitude Group:** Take some time to focus on the positive and what we have to be grateful for.
- **Housing Support Group:** Share and learn about housing resources, skills needed for living independently and survival skills while living outside or in a shelter.
- **Journaling Group:** Explore good and bad experiences in writing, with support from the group.
- **Mindfulness Group:** Join us in learning and practicing mindfulness exercises for relaxation and self care.
- **Movie:** Let's watch something fun on Fridays!
- **Job Prep Group:** Guidance on gaining skills to support employment goals.
- **Resource Group:** come to learn about community resources for hot meals, showers, and other agencies in community
- **Success in Recovery:** come share your successes and cheer on your friends.
- **TED Talk:** Short videos on recovery topics, followed by discussion.
- **Wellness Group:** Learn new information and skills for getting and staying well.
- **Yoga:** Relax and enjoy a 20-45 minute yoga video.

## Additional Support

The GROWTH Center offers the following additional support:

- **WRAP Appointments:** Sign-up is available for making a WRAP plan with a staff member.
- Our **Peer Clothing Room** will be open DAILY from 10:00-1:00am. Please sign up on sign in sheet.
- **The GROWTH Center maintains a resource drawer** with printed information for additional services, such as shelters, food banks, meals, LGBT resources, legal aid, twelve step programs, showers, and other support services. Please inquire at the desk if you are interested.