



GROWTH Center
3322 Broadway, Everett, WA

DECEMBER

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
2	3 9am Mindfulness 10am Job Prep group 11am LGBT group 12pm Journaling group 1pm Music group 2pm Close Early	4 9am Mindfulness 10am Wellness 11am Cultural Awareness 12pm Games 1pm Fitness 2pm Dual Recovery group	5 9am Mindfulness 9:30 Community Meeting 10:15 Maintaining Recovery 11am TED Talk 12pm Games 1pm Emotional Awareness 2pm Self Esteem group (open)	6 9am Mindfulness and Journaling group 10am WRAP group 11am Financial Recovery 12pm Art Appreciation 1pm Gratitude group 1:30pm Self Esteem (closed)	7 9am Mindfulness and Achieving Your Goals 10am Yoga 10:30 Hope in Recovery 11am Art Wellness 12pm Movie 2pm Gratitude Group	1/8
9	10 9am Mindfulness 10am Job Prep group 11am LGBT group 12pm Journaling group 1pm Music group 2pm Close Early	11 9am Mindfulness 10am Wellness 11am Cultural Awareness 12pm Games 1pm Fitness 2pm Dual Recovery group	12 Holiday Meal! 12pm—2pm GROWTH Center closed except from 12pm—2pm	13 9am Mindfulness and Journaling group 10am WRAP group 11am Financial Recovery 12pm Art Appreciation 1pm Gratitude group 1:30pm Self Esteem (closed)	14 9am Mindfulness and Achieving Your Goals 10am Yoga 10:30 Hope in Recovery 11am Art Wellness 12pm Movie 2pm Gratitude Group	15
16	17 9am Mindfulness 10am Job Prep group 11am LGBT group 12pm Journaling group 1pm Music group 2pm Close Early	18 9am Mindfulness 10am Wellness 11am Cultural Awareness 12pm Games 1pm Fitness 2pm Dual Recovery group	19 9am Mindfulness 9:30 Community Meeting 10am Advisory Board 10:15 Maintaining Recovery 11am TED Talk 12pm Games 1pm Emotional Awareness 2pm Self Esteem group (open)	20 9am Mindfulness and Journaling group 10am WRAP group 11am Financial Recovery 12pm Art Appreciation 1pm Gratitude group 1:30pm Self Esteem (closed)	21 9am Mindfulness and Achieving Your Goals 10am Yoga 10:30 Hope in Recovery 11am Art Wellness 12pm Movie 2pm Gratitude Group	22
23	24 Compass Health closed for Christmas	25	26 9am Mindfulness 10:15 Maintaining Recovery 11am TED Talk 12pm Games 1pm Emotional Awareness 2pm Self Esteem group (open)	27 9am Mindfulness and Journaling group 10am WRAP group 11am Financial Recovery 12pm Art Appreciation 1pm Gratitude group 1:30pm Self Esteem (closed)	28 9am Mindfulness and Achieving Your Goals 10am Yoga 12:30 Hope in Recovery 11am Art Wellness 12pm Movie and Birthday Celebration 2pm Gratitude Group	29 
30	31 9am Mindfulness 10am Job Prep group 11am LGBT group 12pm Journaling group 1pm Music group 2pm Close Early					

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!
- **Financial Recovery:** Learn to manage money on a limited budget, and tips for resourcefulness.
- **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.
- **Hearing Voices Support Group:** A peer support group following the guidelines of the Hearing Voices Networks, to support members who experience or have experienced hearing voices, or who have loved ones who have experienced hearing voices.
- **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.
- **Self Esteem:** Explore feelings and beliefs about yourself that affect your self compassion and self care.
- **Resource Group:** come to learn about community resources for hot meals, showers, and other agencies in community
- **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.