



HOPE  
CHANGES  
EVERYTHING.

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

**APRIL**

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p>1 9am Mindfulness and Journaling 10am Job Prep group 11am LGBT group 12pm Science Comm. 1pm Music group <b>2pm Close Early</b></p>	<p>2 9am Mindfulness 10am Wellness 11am Cultural Awareness 11:30 Cooking class 1pm Fitness 2pm Skills Dev.</p>	<p>3 9am Mindfulness <b>9:30 Community Meeting</b> 10:15 Maintaining Recovery 11am TED Talk 12pm Games 1pm Emotional Awareness 2pm Dual Recovery group</p>	<p>4 9am Mindfulness and Journaling group 10am Skills Dev. 11am Science Comm. 12pm Art Appreciation 1pm Peer Choice 2pm Self Esteem</p>	<p>5 9am Mindfulness and Achieving Your Goals 10am Yoga 10:30 Hope in Recovery 11am Art Wellness 12pm Movie 2pm Gratitude Group</p>	6
7	<p>8 9am Mindfulness and Journaling 10am Job Prep group 11am LGBT group 12pm Science Comm. 1pm Music group <b>2pm Close Early</b></p>	<p>9 9am Mindfulness 10am Wellness 11am Cultural Awareness 11:30 Cooking class 1pm Fitness 2pm Skills Dev.</p>	<p>10 9am Mindfulness &amp; Journaling 10:15 Maintaining Recovery 11am TED Talk 12pm Games 1pm Emotional Awareness 2pm Dual Recovery group</p>	<p>11 9am Mindfulness and Journaling group 10am Skills Dev. 11am Science Comm. 12pm Art Appreciation 1pm Peer Choice 2pm Self Esteem</p>	<p>12 9am Mindfulness and Achieving Your Goals 10am Yoga 10:30 Hope in Recovery 11am Art Wellness 12pm Movie 2pm Gratitude Group</p>	13
14	<p>15 9am Mindfulness and Journaling 10am Job Prep group 11am LGBT group 12pm Science Comm. 1pm Music group <b>2pm Close Early</b></p>	<p>16 9am Mindfulness 10am Wellness 11am Cultural Awareness 11:30 Cooking class 1pm Fitness 2pm Skills Dev.</p>	<p>17 9am Mindfulness <b>9:30 Community Meeting</b> <b>10am Advisory Board</b> 10:15 Maintaining Recovery 11am TED Talk 12pm Games 1pm Emotional Awareness 2pm Dual Recovery group</p>	<p>18 9am Mindfulness and Journaling group 10am Skills Dev. 11am Science Comm. 12pm Art Appreciation 1pm Peer Choice 2pm Self Esteem</p>	<p>19 9am Mindfulness and Achieving Your Goals 10am Yoga 10:30 Hope in Recovery 11am Art Wellness 12pm Movie 2pm Gratitude Group</p>	20
21	<p>22 9am Mindfulness and Journaling 10am Job Prep group 11am LGBT group 12pm Science Comm. 1pm Music group <b>2pm Close Early</b></p>	<p>23 9am Mindfulness &amp; Journaling 10am Wellness 11am Cultural Awareness 11:30 Cooking class 1pm Fitness 2pm Skills Dev.</p>	<p>24 9am Mindfulness &amp; Journaling 10:15 Maintaining Recovery 11am TED Talk 12pm Games 1pm Emotional Awareness 2pm Dual Recovery group</p>	<p>25 9am Mindfulness and Journaling group 10am Skills Dev. 11am Science Comm. 12pm Art Appreciation 1pm Peer Choice 2pm Self Esteem</p>	<p>26 9am Mindfulness and Achieving Your Goals 10am Yoga 10:30 Hope in Recovery 11am Art Wellness 12pm Movie and <b>Birthday Celebration</b></p>	<p>27 </p>
28	<p>29 9am Mindfulness and Journaling 10am Job Prep group 11am LGBT group 12pm Science Comm. 1pm Music group <b>2pm Close Early</b></p>	<p>30 9am Mindfulness 10am Wellness 11am Cultural Awareness 11:30 Cooking class 1pm Fitness 2pm Skills Dev.</p>				30

# 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 healthy, low cost meal, then enjoy your new meal with each other!
- **Cultural Awareness Group:** Learn and/or share about a different culture each month, including language, customs, and more.
- **Dual Recovery:** A group for people recovering from both mental illness and substance use, integrating 12 step models of support.
- **Emotional Awareness Group:** Learn to identify and express our full range of human emotions to get our needs met.
- **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.
- **Job Prep Group:** Guidance on gaining skills to support employment goals.
- **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!
- **Peer Choice:** The peers who are present get to choose what group and/or topic we wish to explore at this time.
- **Science & Communications:** Explore aspects of science and communication that are relevant to various forms of recovery.
- **Self Esteem:** Explore feelings and beliefs about yourself that affect your self compassion and self care.
- **Skills Development:** Learn and practice new skills around recovery, life skills, and social skills!
- **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 10:00-11:00am. 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.