

GROWTH Center
3322 Broadway, Everett, WA

HOURS:

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

AUGUST



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 9:00 Mindfulness 10:00 Skills Development 11:00 Hope in Recovery 1:00 Science Communication 2:00 Depression & Health	2 9:00 Mindfulness 10:00 Yoga 11:00 Peer Choice 12:00 Gratitude Group 1:00 Movie	3
4	5 9:00 Mindfulness 10:00 Emotional Awareness 11:00 Music & Recovery 1:00 LGBT Group	6 9:00 Mindfulness 10:00 Wellness 11:00 Cultural Awareness 12:00 Cooking 101 2:00 Games	7 9:00 Mindfulness 9:30 Community Meeting 10:00 Peer Choice 11:00 Maintaining Recovery 1:00 Dual Recovery Group 2:00 CLOSE EARLY	8 9:00 Mindfulness 10:00 Skills Development 11:00 Hope in Recovery 1:00 Science Communication 2:00 Depression & Health	9 9:00 Mindfulness 10:00 Yoga 11:00 Peer Choice 12:00 Gratitude Group 1:00 Movie	10
11	12 9:00 Mindfulness 10:00 Emotional Awareness 11:00 Music & Recovery 1:00 LGBT Group	13 9:00 Mindfulness 10:00 Wellness 11:00 Cultural Awareness 12:00 Cooking 101 2:00 Games	14 9:00 Mindfulness 10:30 Maintaining Recovery 11:30 Recovery Presentation 1:00 Dual Recovery Group 2:00 CLOSE EARLY	15 9:00 Mindfulness 10:00 Skills Development 11:00 Healthcare Presentation 1:00 Science Communication 2:00 Depression & Health	16 9:00 Mindfulness 10:00 Yoga 11:00 Peer Choice 12:00 Gratitude Group 1:00 Movie	17
18	19 9:00 Mindfulness 10:00 Emotional Awareness 11:00 Music & Recovery 1:00 LGBT Group	20 9:00 Mindfulness 10:00 Wellness 11:00 Cultural Awareness 12:00 Cooking 101 2:00 Games	21 9:00 Mindfulness 9:30 Community Meeting 10:00 Advisory Board 11:00 Maintaining Recovery 1:00 Dual Recovery Group 2:00 CLOSE EARLY	22 9:00 Mindfulness 10:00 Skills Development 11:00 Hope in Recovery 1:00 Science Communication 2:00 Depression & Health	23 9:00 Mindfulness 10:00 Yoga 11:00 Peer Choice 12:00 Gratitude Group 1:00 Movie	24
25	26 9:00 Mindfulness 10:00 Emotional Awareness 11:00 Music & Recovery 1:00 LGBT Group	27 9:00 Mindfulness 10:00 Wellness 11:00 Cultural Awareness 12:00 Cooking 101 2:00 Games	28 9:00 Mindfulness 10:00 Peer Choice 11:00 Maintaining Recovery 1:00 Dual Recovery Group 2:00 CLOSE EARLY	29 9:00 Mindfulness 10:00 Skills Development 11:00 Hope in Recovery 1:00 Science Communication 2:00 Depression & Health	30 9:00 Mindfulness 10:00 Yoga 11:00 Peer Choice 12:00 Gratitude Group 1:00 Movie	31

Welcome to the GROWTH Center!

The GROWTH Center is a welcoming, 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!

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:** A place to build positive social relationships with others while enhancing food knowledge and preparation ability.
- **Cultural Awareness:** Learn and/or share about a different culture each month, including language, customs, and more.
- **Depression & Health:** Weekly check-in pertaining to mental and physical health.
- **Dual Recovery:** A group for people recovering from both mental illness and substance use, integrating 12 step models of support.
- **Emotional Awareness:** 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.
- **Games:** Watch old school game show episodes or play a board game with us!
- **Gratitude Group:** Take some time to focus on the positive and what we have to be grateful for.
- **Hope in Recovery:** Keeping a positive, spiritual attitude in your journey of recovery.
- **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.
- **LGBT Group:** Lesbian, Gay, Bisexual, and Transgender members discuss experiences and topics relevant to living as an LGBT person.
- **Maintaining Recovery:** Tools to engage and maintain a healthy recovery in all areas of our lives.
- **Mindfulness:** Join us in learning and practicing mindfulness exercises for relaxation and self care.
- **Movie:** Let's watch something fun on Fridays!
- **Music & Recovery:** Explore different styles of music and music history in view of how they relate to various aspects of recovery.
- **Peer Choice:** The peers who are present get to choose what group and/or topic we wish to explore at this time.
- **Science Communication:** 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!
- **Wellness:** 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:

- Our **Peer Clothing Room** will be open DAILY from 10:00am to 11:00am. Please sign-up on the 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.