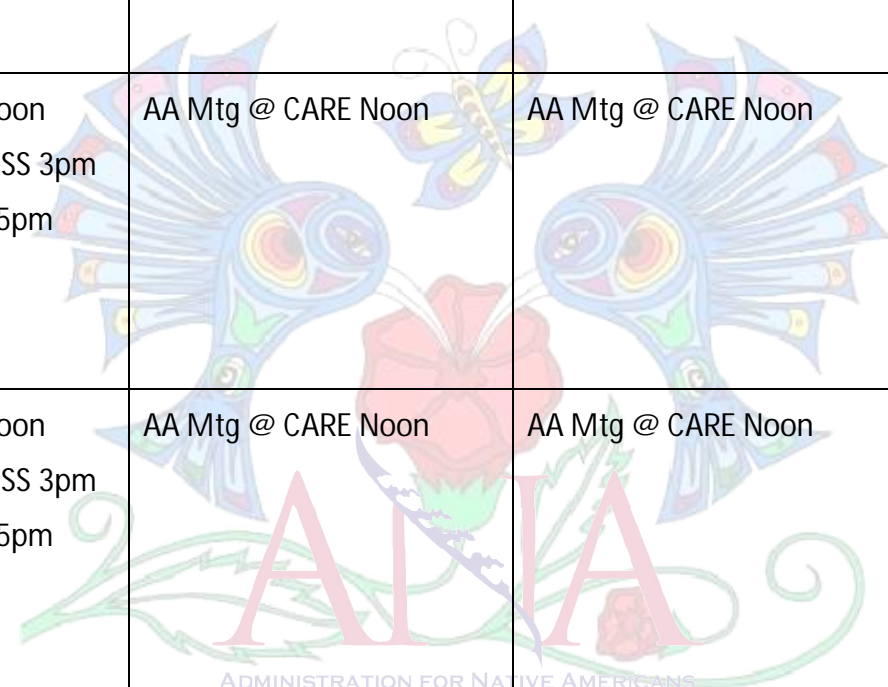


MONTHLY SUPPORT GROUP CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AA Mtg @ CARE Noon Quit Smoking @ ROC 5pm	AA Mtg @ CARE Noon Anger Management @ YESS 3:30pm Men's DV @ YESS 5pm NA Mtg @ LIBC 7pm	AA Mtg @ CARE Noon Women's DV @ YESS 3pm Men's DV @ YESS 5pm	AA Mtg @ CARE Noon	AA Mtg @ CARE Noon
AA Mtg @ CARE Noon Quit Smoking @ ROC 5pm	AA Mtg @ CARE Noon Anger Management @ YESS 3:30pm Men's DV @ YESS 5pm NA Mtg @ LIBC 7pm	AA Mtg @ CARE Noon Women's DV @ YESS 3pm Men's DV @ YESS 5pm	AA Mtg @ CARE Noon	AA Mtg @ CARE Noon
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AA Mtg @ CARE Noon Quit Smoking @ ROC 5pm	AA Mtg @ CARE Noon Anger Management @ YESS 3:30pm Men's DV @ YESS 5pm NA Mtg @ LIBC 7pm	AA Mtg @ CARE Noon Women's DV @ YESS 3pm Men's DV @ YESS 5pm	AA Mtg @ CARE Noon	AA Mtg @ CARE Noon





QUIT SMOKING

Smoking tobacco is a serious addiction. It isn't easy to stop, especially if you started as a teenager. Nicotine is one of the most addictive drugs we know. It acts faster than a shot of heroin and it's harder to kick than most addictions. We're just beginning to understand tobacco addiction and how to treat it. We can help break the addiction. You can do it! For info: (360) 384-2386

I Choose

To live by choice, not by change;

To make changes, not excuses;

To be motivated, not manipulated;

To be useful, not used; To excel,

not compete; I choose self-esteem,

not self-pity; I choose to listen to

the inner voice, not the random

opinion of others.

Notes: _____

Updated September 2010



AA: ALCOHOLICS ANONYMOUS

"Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking." For info: (360) 384-2330

ANGER MANAGEMENT

MEN'S DV/WOMEN'S DV

The Behavior Accountability Program (BAP) will promote non-violence between partners and in the home by helping program participants understand the roots of domestic violence and learn healthy ways to communicate, live, and nurture family values and relationships. For info: (360) 384-2373

"No Violence In The Home"



NA: NARCOTICS ANONYMOUS

"N.A. is a non-profit fellowship or society of men and women for whom drugs had become a major problem. We are recovering addicts who meet regularly to help each other stay clean. "For info: (360) 384-2330

MONTHLY SUPPORT GROUP CALENDAR

Information compiled & distributed by the Healthy Marriages Program healthyrelationships@lummi-nsn.gov

(360) 384-2373

SUPPORT GROUP LOCATIONS



AA/NA

CARE: Chemical Addition Recovery Education
2530 Kwina Road, Bldg A, Bellingham, WA



Anger Management/DV

YESS: Youth Enrichment Social Services
2530 Kwina Road, Bldg B, Bellingham, WA

Quit Smoking

ROC: Resident Organization Center
2652 War Chief Circle, Bellingham, WA

Serenity Prayer

God grant me the serenity to accept the things I cannot change; courage to change the things I can; and wisdom to know the difference.