



# Gathered News

## From the Desk of the Executive Director

As we reflect on the past year at The Gathering Place, I am filled with gratitude, pride, and hope. 2025 was a year of growth, learning, and meaningful connection, both for our organization and for me personally, as I stepped into the role of Executive Director in May.

From January through December of 2025, The Gathering Place recorded 5,279 visits, with 195 new members joining our community. Each of those numbers represents a person, someone seeking connection, support, understanding, and a safe place to be themselves. It is truly an honor that so many individuals chose The Gathering Place as part of their journey.

Throughout the year, 35 community presenters joined us through our Knowledge is Power group, bringing education, resources, and lived expertise directly to our members. We also participated in 27 outreach events, including community presentations and resource tables, allowing us to extend our mission beyond our walls and connect with underserved populations throughout the community.

Supporting the safety and well-being of our members remains a top priority. In 2025, all Gathering Place staff completed QPR (Question, Persuade, Refer) suicide prevention training, strengthening our ability to respond with care and confidence. I am also proud to share that I completed training to become a QPR Trainer, allowing us to further expand this life-saving knowledge within our organization and community.

This year also brought moments of celebration. The Gathering Place was honored to be selected as a Green Bay Packers Nonprofit of the Day, shining a spotlight on peer support and recovery in our community. We welcomed approximately 40 community members to our Annual Community Day, hosted a successful Thanksgiving dinner, and celebrated the holidays together with about 45 members attending our annual Christmas party and receiving gifts. These moments remind us that recovery is not just about services, it's about belonging.

Navigating these accomplishments while stepping into leadership brought change, challenge, and growth. I am incredibly grateful to our staff, volunteers, board members, community partners, donors, and, most importantly, our members, who continue to shape The Gathering Place into what it is today.

As we look ahead to the new year, my goals are rooted in both honoring our past and preparing for our future. For

nearly three decades, The Gathering Place has remained committed to meeting people where they are, and I am excited to continue that work. We will strive to meet the ever-changing needs of our community, reach underserved populations, and ensure The Gathering Place remains a safe, inclusive, and supportive peer recovery center for anyone who walks through our doors.

In the coming year, I hope to expand our services, strengthen our inclusivity, and continue growing alongside the community we serve. With the right funding and support, there is tremendous opportunity to broaden our impact and deepen the support we provide.

If you believe in the power of peer support, recovery, and community connection, I invite you to join us in supporting these goals for the year ahead. Together, we can continue building a place where hope is possible and progress is celebrated, one person, one step at a time.

Thank you for being part of The Gathering Place.

With gratitude,

Trina Marquez, CPS, CPPS, Recovery Coach  
Executive Director

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## **Progress, not perfection and celebrating the little successes!** By Amy Payne, CPS

Guess what? My New Year's resolution is already broken!!!! My resolution was to go to the gym three times a week so that I could lose weight and tone up. I was so excited and motivated, but I forgot one thing. I forgot that the pathway to reaching a goal is not always linear. As luck would have it, life got in the way and I couldn't do it. I ended up having a medical procedure instead. I must tell you that I try to be positive as much as I can in life, but this left me feeling defeated and depressed, I was sure that now I could not achieve my goal.

I was talking to my friend about my failure, and she tried to convince me that I didn't fail. However, hearing something and feeling it are two different things. Knowing that I am a Certified Peer Specialist who talks to people on a regular basis about how hope and goals are part of recovery, my friend asked me why I don't think about what I would tell someone else in this situation.

While thinking about that, I happened to look at my kitchen counter where I had taped a laminated piece of paper with a quote by Dr. Glen Doyle written on it. This is what he said:

"Can't clean up the whole room? Clean a corner of it. Can't do all the dishes? Do a dish. Can't get in the shower? Wash your face. Always look for the thing that you CAN do, with the energy and focus you DO have. Little wins

pave the way for bigger wins. 1% beats 0%."

I taped that on my counter to remind myself to be flexible and not give up. It gave me hope and motivation.

According to Baylor College of Medicine, 88% of resolutions set at the beginning of a year fail within the first two weeks. With that in mind, I decided to cut myself some slack. I still wanted to achieve my goal of losing weight and toning up, but life happened so I needed to change the way that I thought about my goal.

To start, I needed to change my negative thoughts into positive ones. I stopped telling myself that I failed and started to tell myself that I will use my abilities to do the best that I can and that is all I can do. My best may not be perfect, as I am not perfect. By thinking this way, my hope of accomplishing something positive was renewed and I could move forward.

The next thing I did was adjust my plan of action. I started doing light exercises at home and stopped eating chocolate for 5 days out of the week.

I knew that cutting out chocolate completely wasn't realistic. After a week, I desperately wanted to jump on the scale, but I knew that I probably hadn't lost as much as I would have if I had gone to the gym so why do that to myself. I decided to celebrate the fact that I had walked up and down my stairs a couple of times a day and that I

lived without my daily chocolate instead. I accomplished doing something that I could do to work towards achieving better health. That was a success!

When you experience success, it is important to celebrate. I called my friend and we talked and laughed and I felt so good just telling someone. I know that that may not seem like a celebration, but celebrating the little successes is a personal thing. It can be something like a movie, a walk in the woods or anything positive. Celebrating success is something that will help you to keep going. It brings joy that is gained from accomplishment.

I have learned to try to find the silver lining in things when they don't always go the way I want them to. This experience has shown me that even though life challenges happen, I am resilient and I have the ability to look at things in different ways. This means that I am able to persevere no matter what. I can find joy in the little successes and there is ALWAYS hope. The great news is that I did lose some weight this month! I also learned things about myself that will help me in the future when life happens, and I start to feel down about it.

Progress not perfection! Celebrate the little successes!

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**To all the generous organizations,  
foundations and private donors that believe in us and  
have provided your support to our members and staff  
currently and in the past,  
Thank you for helping us do what we do best—  
Peer Support!**

**Sincerely,  
The Team At The Gathering Place!**



## **From Then to Now: Erin** By Amy Payne, CPS

For Erin, who is a member of The Gathering Place, life started in a stable home filled with the love of her family. Her dad, who was an athlete, even coached her sports team. Then tragedy hit. At age 39, her dad was diagnosed with leukemia and passed away a year later. Erin was only 14. Unfortunately, that was not all that she lost. Her dad's side of the family blamed her mom for his cancer and they abandoned them. Her mom had to sell the house and rent so they couldn't keep their dog either.

Erin, who is a very compassionate person, now had first-hand experience with tragedy. She became the person that her friends would confide in and ask for help. She found that she really liked helping people, which led her to getting a Bachelor of Arts in Psychology degree. After getting her Bachelor's degree, she decided that she wanted to take a year off and then go back to get her Master's degree so that she could become a school counselor.

During that year off, Erin, who was 22 at the time, went to Las Vegas. This is where her maternal grandma lived. When she got there, she took a night job as a cocktail waitress in a sports bar. Unfortunately, she was introduced to crystal meth, which she used to stay awake while she worked.

Erin ended up moving back home to get clean but found herself drinking and using cocaine. She met someone and they started a relationship. The couple decided to open a bar. Being "young and wild", she continued to use.

At age 26, Erin had had enough of the bar life and applied to graduate school. She was accepted to college in San Diego and graduated with her Master of Science and Educational Counseling. Afterward, she moved back to Las Vegas and became a middle school counselor. She loved the kids and they loved her. She started a mentoring group in the community, it was similar to Big Brothers Big Sisters and even won an award for that.

Life was going great but then the person that she was with reintroduced her to a lifestyle that was conducive to using drugs, so she ended up relapsing. Erin realized that she could not keep up the routine of using and being a counselor, so she took a leave of absence to get clean again. Unfortunately, this did not work, and she ended up resigning from the career that she had gone to school for and that she loved.

The chaos that comes with using drugs left her moving in and out of different cities, rehabs and even jail. Over the course of her active addiction, she had gone in and out of rehab 9 times. During all of this, she met someone new and became pregnant. They got married and she now has 2 children. Because of the addiction and circumstances that arose from it, the children were

raised by her mom and sister but she saw them every week.

After a while, her husband, who was also addicted to meth, started experiencing something called meth psychosis. Meth psychosis is a severe mental health condition resulting from prolonged meth use. It is characterized by symptoms such as hallucinations, delusions, and paranoia. He threatened her life and the life of her family. He was physically abusive and the mental torture was horrible. The only way that Erin was able to get away from him was when she ended up in prison.

While in prison she filed for a divorce and a restraining order. Like so many who are caught up in the cycle of domestic violence, she fell for his promises that life would get better and went back but life didn't get better.

All through her time spent using, Erin desperately wanted a different, better life. A life that didn't include repeatedly losing everything that she owned. A life that didn't exist of building it up just for it to fall apart. By this point, she had been thinking about suicide on a regular basis. She had started to use heroin and so she didn't expect that she would be around a long time as there was fentanyl being added to heroin.

Erin met a guy and they decided to end this lifestyle, so she went to rehab and after, he sold his house and they moved. Within six weeks, he was dead from alcohol. Two weeks after, his brother died. She had been there for both! She said that she, "completely lost my mind". Over the next 1 ½ years she lost 6 friends to overdoses. She was waiting every day for it to be her last. She herself overdosed 3 times and repeatedly tried to commit suicide as well. All she wanted was a good life for her children and her.

Erin overdosed in a bathroom in Green Bay and was sent to drug court. On April 25th, 2026, she will be clean from substances for 3 years! Now Erin wants to give back. She has recently received her Recovery Coach certificate so she can mentor people that need help with addiction. Erin feels that it was the support of drug court, Clean Slate and The Gathering Place and her boyfriend, who she loves. "He has stuck by my side through all of this for the last 14 years." All of this support really helped her accomplish her goal. Erin wants anyone who is struggling with substance use to know that recovery looks different for everyone. What worked for her may not work for another. If you try something that doesn't work for you, don't give up. Forgive yourself! Find something to be grateful for every day. Be present. You can choose to be a victim or choose to be happy.

*Continued on page 4*

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## Help Shape the Future of The Gathering Place!

The Gathering Place is a non-profit organization . We are currently seeking committed and compassionate individuals to serve on our Board of Directors . Our board provides leadership, guidance and oversight to ensure our mission remains strong and community-centered.

We strongly encourage individuals with lived experience to consider applying. As a peer-run recovery center, lived experience is not only valued, it is essential. If you are interested in making a meaningful impact in our community, please contact The Gathering Place. Your voice matters.

## From Then To Now: Erin

continued from pg 3

There are many paths to recovery, and you don't have to do it alone. Support is important and recovery is possible. There is always hope. Now Erin is living in a small apartment and doesn't have lots of material things, but she is finally happy and ready to give back.

**The next board meeting is on February 25th at 5:30pm at The Gathering Place. The meeting is open to the public.**

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## The Power of Celebrating Little Successes by Amy Payne

In a world that constantly pushes us to achieve more, it's easy to overlook the quiet victories happening in the background of our everyday lives. Yet these small wins — the ones we often rush past — are powerful reminders that growth is happening, even when the finish line feels far away.

Research shows that when we acknowledge these moments, our brains release dopamine, sending a warm internal message that whispers, *"You're doing it... keep going."* <sup>1</sup> Positive psychology research adds that these small celebrations spark joy, pride, and renewed hope — emotions that lift our spirits and strengthen our belief in what's possible. <sup>2</sup> The emotional impact runs deep. When we fail to acknowledge our progress, stress slowly builds.

Studies reveal that celebrating even tiny steps lowers cortisol and builds resilience — the kind of inner strength that anchors us during life's storms. <sup>1,3</sup> These moments of celebration become healing pauses, reminding us that our effort matters, our courage matters, we matter. Every celebration also builds momentum. Harvard research shows that progress — even small

progress — is one of the strongest drivers of motivation and creativity, <sup>2</sup> and when big dreams feel overwhelming, breaking them into small, celebratory steps reduces fear, clarifies direction, and dramatically improves long-term success.<sup>4</sup> Every small win is a promise to yourself. A soft reminder that even on the hard days, even on the slow days, you are still moving, still growing, still becoming.

Celebrate the little things — because they're already shaping the big, beautiful things to come. Today, pause and honor one small win — no matter how tiny it seems. Write it down, smile at it, share it, or simply let yourself feel proud. One small celebration can shift your entire day...and your entire journey.

- 1 From Small Steps to Big Wins: The Importance of Celebrating — Psychology Today (2024) [psychologytoday.com]
- 2 The Power of Celebrating Your Wins: A Positive Psychology Perspective — Margie Lynch Coaching (2025) [margielynch.com]
- 3 The Science of Celebration: Why Recognizing Successes Matters — LinkedIn (2023) [linkedin.com]
- 4 Why Celebrating Small Wins Matters — Harvard Summer School (2024) [summer.harvard.edu]

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## Affirmations For Success You Can Use Daily

### For Morning Motivation:

"I am capable, prepared, and ready to succeed today."

"Every step I take brings me closer to my goals."

"I attract opportunities that align with my purpose."

### For Confidence & Self-Belief:

"I trust my skills, my vision, and my decisions."

"Challenges are stepping stones to my success."

"I am worthy of the success I seek."

### For Growth & Progress:

"I learn, adapt, and grow stronger every day."

"My persistence turns dreams into reality."

"I celebrate progress, no matter how small."

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## The Gathering Place nominates a volunteer for the The Volunteer Center's Volunteer Award

The Gathering Place is a non-profit organization and volunteers play an integral part its day-to-day function. They support our staff and members.

Every year Gathering Place nominates someone for The Volunteer Center's Volunteer Award. This year, our nominee is Danny Ferguson.

Danny is a dedicated volunteer that goes above and beyond through his commitment, compassion, reliability, and positive attitude. He engages with members to help them feel welcome and comfortable, while helping to maintain a

safe space for members to connect with others.

The ripple effect of Danny's volunteerism extends beyond our doors. Danny's impact helps members to be better equipped to pursue stability, wellness and meaningful participation in the broader community. Successful recovery journeys contribute to stronger families, reduced crisis situations and healthier communities overall.

Thank you Danny for all that you do for The Gathering Place and the community!

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## The Vet Center-A Place For Veterans and Their Families To Find Hope and Help

By: Amy Payne

The Vet Center is a safe and confidential place for veterans, service members who served in combat operations, areas of hostility, stateside deployments or endured military service-related trauma, National Guard, Reserve, Coast Guard and family members, get no cost services that help build meaningful connections and tools for achieving success in both your military and civilian lives. They provide individual, group, couples, family counseling and recreational activities. They also offer referrals for medical, benefit, employment and other VA and community services to help navigate time-consuming tasks, like applying for VA benefits or finding a job. The Vet Center helps connect vets with their community by working with local partners and their own resources to advocate for their needs. This helps create a greater support system for the vet and their family. The Vet Center is operated by professionals.

Most have also served, so they understand common veteran and military experiences. The Vet Center works to help identify goals and find the right plan that will meet them. They offer virtual appointments. The veteran needs to be eligible and the Vet Center looks for reasons and means to qualify individuals rather than turn them away. If someone is not eligible, they work with them to find community resources that may be able to help. The Green Bay Vet Center is located at 1600 South Ashland Avenue, Green Bay, WI 54304. Their phone number is [\(920\)435-5650](tel:(920)435-5650). **If you are a Vet or know a Vet in crisis, please call: [1-800-273-8255](tel:1-800-273-8255) and press 1.** To text, text 838255, to chat online go to: [www.veteranscrisisline.net/chat](http://www.veteranscrisisline.net/chat). *(Information for this article is from The Veteran Center)*

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## Veterans 1st of Northeast Wisconsin by Gail Noir

My name is Gail Nohr. I used to facilitate the Veterans Recovery Group at the Gathering Place a few years ago. I am a Certified Peer Specialist and am earning my Substance Abuse Counselor's license at the Jackie Nitschke Center. Before that I worked for many years at the Brown County Veterans Service Office and was taking numerous calls a day from veterans in need of housing, then my partner retired from home building and carpentry, so we decided to start Veterans 1st of Northeast Wisconsin in 2022. The land near the VA Clinic was donated by the county, and we started construction in

August of the larger Community Center where we will provide over 30 different services for our residents. We are building a village of 21 small homes around our Community Center to help them become self-sufficient in 2 to 5 years. We are partnering with over 70 other agencies to help our veterans with the services they need. We hope to have recovery meetings in the Center when we have some residents.

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## Victory Over Adversity Event Update: In October of 2026, The Gathering Place will be celebrating our 30th Anniversary and you are invited!

In the last newsletter, we announced that our 30 year anniversary event would be on May 14, 2026. **The date has changed.** It will now be held in the first week of October, 2026 for Mental Health Week.

For three decades, The Gathering Place has been on the cutting edge of mental health services by providing the evidence-based practice, peer support. Through the power of peer support, our members have achieved victory over

adversity. We have enhanced the quality of life for thousands of individuals seeking a place to gather for socialization, companionship, support and education.

As the event gets closer, we will announce the date, time and event details in our newsletter, website and social media posts. We hope that you will come help us celebrate this amazing accomplishment by enjoying a special evening of celebration.

VICTORY OVER ADVERSITY



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### Success One Step At A Time, by Lori Paul (member)

Every journey has a first step. We can gain a sense of accomplishment as we progress, knowing that each step of the process is success in and of itself. We may try and listen to our inner self as we plan. We can use our creative energy and tap into the spirit of enthusiasm when accomplishing each step, even if we are disappointed by the outcome. We succeed when we pick ourselves up and try a new plan. Sometimes we need to begin again, grateful for

having tried and grateful for the light within each of us that inspires and directs our thoughts and actions toward new paths and new beginnings. Success begins with accepting where we are and not reaching for something that is unobtainable. Creating success in our life can and does begin one dream at a time. Chase your dreams and enjoy the journey every day, for we create our own tomorrow by what we dream today!

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### Inspirational Quotes:

“At times in my life, I thought that I had to be perfect. Stress is triggering. Progress, not perfection takes the pressure off.” — [Cheryl Blazer \(member\)](#)

“Doing the best that we can is good enough. It’s ok to not always move forward.” [Cheryl Blazer \(member\)](#)

“Celebrate the little successes because celebrating is self-care and self-care puts things into the right perspective for progress.” [Cheryl Blazer \(member\)](#)

“Acknowledge every step forward, no matter how small. Protagonists don't just celebrate at the end—they find reasons to celebrate throughout the journey.” [Unknown](#)

“Happiness isn't a destination we reach once everything aligns perfectly. Instead, it's a practice of noticing beauty, connection, and growth wherever we are, however messy our current chapter might be.” [Unknown](#)

“Joy doesn't require perfect circumstances—in fact, some of life's most profound joys emerge from imperfect moments. The laughter that bubbles up during a family crisis, the unexpected kindness of a stranger during a difficult time, or the quiet satisfaction of persevering through a challenge all represent joy found in imperfection.” [Unknown](#)

“Life is made up of small pleasures. Happiness is made up of those tiny successes. The big ones come too infrequently. And if you don't collect all these tiny successes, the big ones don't really mean anything.” [Norman Lear](#)

“Don't wait until you reach the top to celebrate. Enjoy each and every milestone along the way.” [Unknown](#)  
“Big dreams start with small steps. Celebrate them all!” — [Unknown](#)

“Treat yourself with a small reward, even if it is just a 5 minute break to get some fresh air” [Unknown](#)

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## Go Ask Trina

### Question:

What does “Progress, Not Perfection” Really Mean in Recovery?

### Answer:

I hear the phrase “progress, not perfection” all the time in recovery spaces, especially around alcohol and other drug use. What does it actually mean, and why is it so important? If you’ve spent any time in recovery spaces, treatment programs, peer support groups, meetings, or even conversations with others walking a similar path, you’ve probably heard the phrase “progress, not perfection.” It’s one of those sayings that gets repeated often, and sometimes so much that it can start to feel like background noise. But when we slow down and really look at it, this phrase carries a powerful message, especially in AODA recovery.

Many of us come into recovery with a mindset shaped by guilt, shame, and unrealistic expectations. We may feel pressure to “do it right,” to never slip, to have everything figured out, or to be fully healed all at once. Perfection can start to feel like the goal. The problem is that perfection isn’t realistic and chasing it can actually hold us back.

Progress, not perfection, reminds us that recovery is not about getting everything right. It’s about continuing to try.

Progress means showing up, even when it’s hard.

It means learning from mistakes rather than letting them define us. It means recognizing that setbacks, stumbles, and detours don’t erase the work we’ve already done.

In AODA recovery, we often hear this phrase because substance use recovery is not a straight line. What works for one person may not work for another. What works for you today might need to change tomorrow. Progress is about experimenting, learning, adjusting, and continuing forward.

Every time you try something, whether it’s a new coping skill, a different support group, setting a boundary, or asking for help, you learn something. You learn what works for you and what doesn’t. And both are valuable. Recovery is about taking what works, using it, and giving yourself permission to leave behind what doesn’t.

That’s where peer support plays such an important role. At The Gathering Place, we see every day that recovery is not one-size-fits-all. It’s about continuously building your own foundation, one small step at a time, based on your experiences, your needs, and your goals. Those small

steps matter more than we often realize.

We sometimes overlook the “little successes” because they don’t feel big enough. But those small steps, choosing not to use today, reaching out instead of isolating, attending a group, being honest with yourself, are where the real change happens. They may not look like much in the moment, but over time, they add up.

If you look back a year or two from now, you may be surprised by how far you’ve come. That growth didn’t happen all at once. It happened because of hundreds of small choices, small efforts, and moments where you kept going, even imperfectly.

So, when we say progress, not perfection, what we’re really saying is this:

Keep trying. Keep learning. Keep building.

Celebrate the small wins.

Give yourself credit for effort, not just outcomes.

Because in recovery, and in life, those little steps are often what lead to the biggest changes.

Trina Marquez, CPS, CPPS, Recovery Coach

*Celebrate little successes!*

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## Support The Gathering Place

The Gathering Place thrives because of the generosity of our community. If you’re looking for a meaningful way to make a difference, consider supporting our recovery community through a donation.

We welcome monetary donations, in-kind items, and volunteer support.

Some items we regularly use include:

- Coffee, creamer, and sugar
- Snacks for members and special events
- Bingo prizes (Dollar Tree items are perfect!)
- Gift cards (Dollar Tree, Walmart, McDonald’s, Kwik Trip, and others)
- Bus passes (daily, weekly, or monthly)
- Notepads, binders, file folders
- Paints and canvases for

Crafting for Recovery

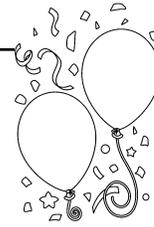
Every donation, big or small, helps create a welcoming, supportive space where individuals in recovery can connect, grow, and belong.

If you would like to contribute or learn more about how to get involved, please contact The Gathering Place. Together, we strengthen recovery in our community.

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## Fun Things to do:



### Poetry with Bishop Bob

Experience the art of poetry with Bishop Bob as he shares his love of poetry with others. We read each poem twice and share its meaning. This class is for those who want to explore poetry. Beginners welcome!



Thursday March 5th at 10:15 am  
Thursday April 2nd at 10:15 am  
Thursday May 7th at 10:15 am  
Thursday June 4th at 10:15 am

**Time For Joy on Tuesday's at 2pm is done.**

### Arts and Crafts Announcement

Arts and Crafts is now called Crafting for Recovery and will be held on a biweekly basis on Tuesday's at 2:00pm.

### Crafting for Recovery

Arts & crafts is a mindful activity. Practicing mindfulness is therapeutic for mental health. It distracts us from our worries, strengthens creativity and keeps the mind active.

Come craft with us every other Tuesday. You are also welcome to bring a craft to work on at anytime.

*(Check website for project listings as they come up)*

Tuesday February 24th at 2:00pm Love for Others project  
Tuesday March 10th at 2pm  
Tuesday March 24th at 2pm  
Tuesday April 14th at 2pm  
Tuesday April 28th at 2 pm  
Tuesday May 12th at 2 pm  
Tuesday May 26th at 2 pm  
Tuesday June 9th at 2 pm  
Tuesday June 23rd at 2 pm



### Upcoming Holiday Celebrations

St Patrick's Day celebration: March 17th  
Memorial Day Cookout: May 25th

Additional holiday celebrations and events will be posted on our website closer to the date of the holiday.

### Open Mic and Karaoke Night



Every Friday at 5:00 p.m.

Share your talent, such as singing, music, writing, poems, and artwork, karaoke or just come to watch and listen. It is absolutely judgement free and entertaining evening.



### Stieve the Cat

Mike brings his cat to The Gathering Place every Wednesday. Stieve (yes, that is how it is spelled) is outgoing, playful, and entertaining! Plus she loves attention.

### Bingo

Work on social connection with your peers by playing bingo. It is a friendly competition with prizes!

Mondays at 2:05 p.m.  
Wednesdays at 12:00 p.m.



### Birthday celebration

We celebrate everyone's birthday that occurs in a month by serving cake. Cake will be served:

Tuesday March 3rd  
Tuesday April 7th  
Tuesday May 5th  
Tuesday June 2nd



**The Gathering Place will be closed April 20th through April 22nd for staff training so that we can continue to offer you quality peer support .**

## **Knowledge is Power**

Thursdays at 11:00 a.m.

During Knowledge is Power we have representatives from different community resources come and explore different topics to broaden our awareness of the world around us.

*("To be determined" topics" will be posted on our website as the date approaches.)*

February 19th Jane from Libertas: Presentation on their services.

February 26th Jacob from Vivent Health on their services followed by free rapid testing for HIV, Syphilis, and Hepatitis C . You do not have to test.

March 5th Jean and Sherry presenting on Al-Anon.

March 12th To be determined

March 19th Family Services to present on the Crisis Center

March 26th To be determined

April 2nd Kylene from Green Bay Vet Center will present on the available services at the Veterans Administration, followed by VA S.A.V.E. training that will give you 4 ways you can help a Vet in crisis. For Veterans, their families , friends and the community. Trigger Warning: Discussion of Suicide

April 9th To be determined

April 16th John Bushmaker from the DePere Police Department presenting (Topic to be determined)

April 23rd Recovery Focused Documentary will be played

April 30th John from ADRC will present on their services followed by a presentation on AODA.

May 7th, 14th, 28th to be determined

June 11th, 18th, 25th to be determined

In the event that a Knowledge is Power presentation is not scheduled, a recovery –focused documentary will be shown, or staff will facilitate presentation.

## **What is the Monday Prayer Circle at The Gathering Place all about?**

By Virginia Bryan

The Prayer Circle is a support group with the purpose of exploring the spiritual side of mental health. We pray together, one prayer at a time, and we read Bible verses based on a topic chosen each week by the members of the group. The idea for it sprang from a discussion about how the spiritual aspect sometimes gets left out or neglected in mental health recovery. Like Alcoholics Anonymous, the Prayer Circle strives to reveal a connection for its members with a higher power and with each other's special spark of life.

During Prayer Circle, its ok to be emotional or very quiet. The whole gamut of human experience can be brought up and if it's human it's ok. We may not be able to answer everything in your heart, but we believe there is relief from burdens if they are shared and there is a higher power within and among us. Prayer is a cry of the human heart, and it is healing. You don't have to say anything at all at Prayer Circle. Just breath and feel the connection to life because we are all part of the circle of life.

Prayer Circle is held every Monday at 11:30 a.m.

\* If you feel that you could benefit from having the group pray for you or anyone that you feel may need it, please find the prayer box that is located in the group room next to the bathroom door. There are notecards and a pencil for you to write what you would like the group to pray for and then put it in the box. You can do this at any time that we are open.

## **Spirituality in Recovery:** By Amy Payne, CPS

Spirituality is a very important part of recovery. Spirituality allows us to explore our values, and find meaning and purpose in life. Often times, people think of spirituality and religion as being one and the same but religion is only one aspect of spirituality and not everyone has one or believes in the same things. For me, taking a peaceful walk in the woods gives me such peace that it is part of my spirituality. At The Gathering Place, we help provide opportunities to

explore spirituality through education, groups and volunteering. We also treat everyone equally because we are all peers no matter what your beliefs are. If you would like an opportunity to learn more about our services, including becoming a volunteer, please reach out to us. *The Gathering Place believes in equality. We are all peers. We do not discriminate based on race, color, religion, sex, national origin, age, disability, sexual orientation, gender identity, and genetic information.*

## Winter/Spring Schedule

### Monday

- 10:15 a.m. Jumpstart Your Day  
 11:30 a.m. Prayer Circle  
 😊 1:00 p.m. The Weekend in Review  
 2:05 p.m. Bingo  
 😊 3:00 p.m. SMART Recovery

### Tuesday

- 10:15 a.m. Jumpstart Your Day  
 😊 1:00 p.m. The Wise Self  
 2:00 p.m. Crafting For Recovery (Biweekly)  
 😊 3:00 p.m. SMART Recovery  
 6:00 p.m. **ON HOLD** Alternatives to Suicide  
 (2nd Tuesday of each month)

### Wednesday

- 10:15 a.m. Jumpstart Your Day  
 12:00 p.m. Bingo  
 😊 1:00 p.m. Beyond Your Diagnosis  
 😊 3:00 p.m. SMART Recovery Tool Class

😊 Denotes a support group

### Thursday

- 10:15 a.m. Jumpstart Your Day  
 11:00 a.m. Knowledge is Power (See below)  
 😊 1:00 p.m. Down the Rabbit Hole  
 😊 3:00 p.m. SMART Recovery

### Friday

- 10:15 a.m. Jumpstart Your Day  
 10:15 a.m. Friday Morning Devotion  
 😊 1:00 p.m. Weekend Warriors  
 2:30 p.m. Mental Health and Life Skills  
 5:00 p.m. Open Mic Night & Karaoke

### Sunday

- 1:30 p.m. **ON HOLD** Young People in AA  
 (1st Sunday of each month)

## Events:

Change: Time for Joy has concluded. Crafting for Recovery will now replace Time for Joy (Bi-weekly)

Change: Arts & Crafts will now be called "Crafting for Recovery" and will be held on a biweekly basis on Tuesdays at 2:00 p.m

Crafting for Recovery – Tuesday, February 24th (Love for Others Project) at 2:00 p.m.

Birthday Cake – 1st Tuesday of the Month 3/3, 4/7, 5/5, 6/2

Poetry with Bishop Bob – 1st Thursday of the Month at 10:15 a.m. 3/5, 4/2, 5/7, 6/4

Stieve the Cat – Every Wednesday

Board Meeting – Open to the Public – Wednesday, February 25th at 5:30 p.m.

Knowledge is Power – Thursdays at 11:00 am

- February 19th – Jane from Libertas: Presentation on available services at Libertas
- February 26th – Jacob from Vivent Health: Presentation on available services at Vivent Health, followed by free rapid testing for HIV, Syphilis, and Hepatitis C for interested participants.
- March 5th Jean and Sherry presenting on Al-Anon.
- March 12th To be determined
- March 19th Family Services to present on the crisis center
- March 26th To be determined
- See remainder of spring Knowledge is Power on Page 9

## Support Group Descriptions

**Smart Recovery Group:** Self-Management and Recovery Training (SMART) helps individuals gain independence from addictive problems (involving substances or activities). Our approach incorporates tools based Cognitive Behavioral Therapy and Motivational Interviewing.

**Time for Joy:** This support group follows the affirmations in the book "Time For Joy". We will explore the joys you experience in your life through activities and discussions.

**Weekend Warriors:** The weekend is coming. This group looks at getting some positive ideas and or setting some positive goals to occupy your time over the weekend instead of feeling isolated or stuck.

**Recovery 101:** If you are looking for a safe, substance free zone where you can get or offer support, then this group may be just what you are looking for. We learn about recovery and share from our experiences in a positive environment.

**Beyond Your Diagnosis:** Living with a mental health condition can be difficult. There can be many emotions and stigma tied to it. Our brain is an organ, so we live with the symptoms of a PHYSICAL health condition. We are NOT our diagnosis. There is hope and life beyond our diagnosis.

**Jump Start Your Day:** Begin your day in a positive way. People who struggle with mental illnesses often have a difficult time getting motivated due to lack of energy. Come and get a good start to your day.

**The Wise-Self:** Mental health support group that increases the participants awareness of their inner self. We learn how to identify emotions and share ideas on how to cope with these emotions.

**The Weekend In Review:** How was your weekend? In this group we decompress from our weekend through conversation.

**Down The Rabbit Hole:** We look inside ourselves to see how we perceive and process our own positive and negative experiences. Learn how others have viewed and processed their experiences.

**Friday Morning Devotion:** Explore a bible verse to help you with your life.

**ON HOLD Alternatives to Suicide** This peer led support group offers a space for open conversations about suicidal thoughts, feelings, and experiences. Together we share struggles and successes, support one another, and explore coping strategies to navigate life's challenges.

**ON HOLD Young People in Alcoholics Anonymous:** Join a discussion on various topics in a safe and trauma-free environment. Learn the basic concepts and principles of an AA meeting. This is an open meeting for those 18 years-of-age and older and for those young at heart.

## Educational Class Descriptions

**SMART Recovery Tools:** This class is specific to those with addictive or compulsive behaviors or substance abuse issues in the SMART Recovery workbook. These tools can help people build and maintain motivation; cope with urges; manage thoughts, feelings, and behaviors and live a balanced life.

**Mental Health and Life Skills:** This interactive, informative, and fun class focuses on topics that range from learning about actual disorders, coping skills, and skills used in daily living.

**Knowledge is Power:** We explore different topics to broaden our awareness of the world around us. This is not a support group it is a time of learning. We will have guest speakers, informative videos, as well as different trainings such as Crisis Intervention, Certified Peer Specialists, and local resources.

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## Staff directory & contact information

*Trina Marquez, Executive Director, Recovery Coach,  
CPPS, CPS*

*Jonathan Anderson, Recovery Coach*

*Megan Riehl, CPS, Recovery Coach, Fundraising &  
Digital Marketing Coordinator*

*Erceal Eccleston, CPS, Recovery Coach*

*Nancy Lopez, Volunteer Coordinator*

*Ashley LeSage, Housekeeping and Staff Assistant*

*Hannah Van Dreeb, Housekeeping and Staff Assistant*

### Daily hours

Monday	10:00 a.m. to 4:30 p.m.
Tuesday	10:00 a.m. to 4:30 p.m.
Wednesday	10:00 a.m. to 4:30 p.m.
Thursday	10:00 a.m. to 4:30 p.m.
Friday	10:00 a.m. to 7:00 p.m.
Saturday	Closed
Sunday	Closed

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