

Gathered News

The Ripple Effect

We have improved the quality of life for thousands of people!

As a grant writer, I understand the power of statistics in telling a story. However, the actual narrative lies in the personal stories. These are the stories of individuals whose lives have been transformed by The Gathering Place, a place that has literally improved the quality of life for thousands of people.

Statistics are crucial for a nonprofit organization and grant writing because they provide the data needed to effectively measure programs' impact and better understand the target audience.

As a co-founder in 1996, I have witnessed The Gathering Place's remarkable growth. We started as a grassroots drop-in center, relying solely on volunteers and a \$15,000 State Block grant. Today, we are acknowledged as one of 12 Peer Recovery Centers in the State. The Gathering Place is an integral part of the peer support movement in Wisconsin in many capacities. One of which: we employ Certified Peer Specialists and Recovery Coaches who are certified in peer mentoring.

I attribute this growth and success to the role models, peers, who exemplify hope, resiliency, dedication, and sheer determination to achieve their self-identified level of recovery.

As of this May, The Gathering Place will have achieved 29 years of successful and continuous operation. A true testament to the power of peer support!

In 1996, in one year, we changed the lives of about 50 people. 29 years later, we are on a path to reach 600 new lives alone in 2025, with 6,500 visits and an average daily attendance of 25.

Can you imagine how many people we have helped in the 27 years in between? It is far too many to count.

The Gathering Place is growing exponentially, as is our membership. Again, statistics are just quantitative numbers. There are qualitative ways to determine the success of The Gathering Place, such as personal stories of triumph over adversity.

We call this "TGP Magic." (To hear one such story of

transformation, please read the "From Then To Now" article about Kathy Gage on page 6.)

Now, the ripple effect. How many more thousands of individuals have we helped who have not walked through our doors?

Members come, and members go, for a variety of reasons. I like to think the ones who "go" are the graduates of our peer support services, the ones who have found hope and persevered and are ready to share their values with others.

Our graduates who are stepping out in the world are touching the lives of others who are struggling, perhaps giving them the tools they need work towards a quality life. This is the ripple effect.

When you skip a smooth, flat stone in water, it does an amazing thing. It sinks, or skips across the water. At first try, you may skip the stone once or twice, making make a few ripples, but with practice it may skip 5, 6, 7, 8, times, each making a larger and larger ripple in the water. Let's skip those stones, create a ripple effect and keep it going!

—By Susan C. Mader, MSSW, CPS



Included inside this issue

Page 2	767 Buses/91.1 The Avenue
Page 3	The New Normal"
Page 4	May Mental Health Awareness Month
Page 5	"Next to Normal"/Volunteer Award
Page 6	From Then to Now, Kathy Gage
page 7	Ask Trina/Like us on Facebook
Page 8	Spring Fun and Interactive Activities
Page 9	More Spring Fun and Interactive Activities
Page 10	Spring schedule
Page 11	Program descriptions
Page 12	Staff directory & contact information

767 Busses *By Amy Payne, CPS, Program Manager*

The other day, I was out to eat, and I heard a table of people discussing high blood pressure. It started when someone said that they had gone to their doctor that day and they were told that they had high blood pressure. Another person said, "I do too, and I take...(medication name)". Another person at their table said that their dad found out he had it and it was a symptom of heart disease and now he is eating better and exercising.

Did you know that there are little over a billion people that have high blood pressure? Did you know that there are almost a billion that have mental illness in the world?

Why are we not hearing these dinnertime conversations about mental health?

The reason that we don't often hear these conversations is because many people are not comfortable talking about mental health. It is normal to be concerned and even afraid of things that we are uncertain about. If we take the time to learn about mental health, we will feel more comfortable talking about it. Education is key.

Fact: When you are in a public place, when you are in your church or work or store, look around you. One in three people may have SUFFERED from anxiety, from depression or other mental health conditions. You may sit next to someone for years and not even know it. Many people experience mental health conditions but are unaware that that is what they are experiencing. I have heard people say, "Oh, I don't have a mental health condition, I just have a little anxiety" or "I've been a little down lately." Some symptoms are normal but at what point do they become suffering and may need treatment?

767 buses. (Average 60 seats per bus). That is the number of busses it would take to hold the 45,979 people that died by suicide in 2020. Up to 90% of those people had DIAGNOSABLE mental health conditions.

Mental health conditions, like high blood pressure, are medical conditions and can be treatable. People can and do live normal and very productive lives. Many CEO's, athletes, entertainers, and artists have mental illness. Even Abraham

Lincoln did.

Let's take it upon ourselves to learn accurate facts about mental health. Let's challenge ourselves to examine our beliefs and educate ourselves with facts. Let's have a discussion with someone. You can start a conversation by saying, "Hey, did you know that May is Mental Health Awareness Month?" "Isn't it stunning at how many people it affects?" "Did you know about the 45,979 people that died last year?" "Isn't it too bad that more people didn't feel comfortable getting treatment?" "Did you know that mental health conditions are medical conditions, just as high blood pressure is?" Mental health conditions are treatable and by talking and showing compassion, we can improve lives and perhaps save lives!

767 busses!

****I originally wrote this article in 2022. Since then, the number of buses has increased to 819. If 90% have a diagnosable mental health condition, that is equivalent to 735 buses.**

91.1 The Avenue Independent Radio Station Tune-in. The Gathering Place is granted air time!

During May, Mental Health Awareness Month, The Gathering Place has been granted air time on 91.1 The Avenue, an independent nonprofit radio station. We are grateful for The Avenue's Community Impact Grant program, which gives nonprofits the voice they need to spread their unique message and helps nonprofit organizations preserve their limited marketing resources. Our message on The Avenue expands awareness of The Gathering Place and connects us to the caring and thoughtful community of Avenue listeners.

We will also be featured on the SOAR Spotlight, a pre-recorded interview about our mission, our services, and how to access these services.

Tune in and listen for us! In the month of May, we will be having 6 "air time" spots a day for 14 days for a total of 84 spots! The SOAR Spotlight is a 3-5 minute prerecorded interview spot that airs approximately 5 times a week for the entire month of May.



Thank you to all who have donated to our mission including:



Thank you to the Atonement Lutheran Church for their donation to purchase comfortable chairs in our gathering area!



Thank you to the Wisconsin Public Service Foundation for sponsoring our recovery-oriented programs and activities!



Thank you to the Brusky Family Fund for supporting our services!

Thank you to the R & A Johnson Family Fund to help us to provide peer support!

The New Normal *By Jimmie Riley, student intern at The Gathering Place*

"We are living in unprecedented times." Is anyone else really, *really* tired of hearing that? I am. I'm exhausted. I think it would be great to live in boring, precededented times for a while. At least until we all catch our breath. I wish it worked that way.

Political stress is on the rise. The American Psychological Association's 2024 *Stress in America* survey found that 77% of US adults are significantly stressed about the future of our country, with 56% afraid we are seeing the end of democracy. Many of us are facing the loss of essential services we depend on. National politics is collective by nature, so we are all affected regardless of our personal beliefs.

Chronic political stress harms our physical and psychological well-being—we may lose sleep, lose our tempers, and obsess over events and ideas. Physical symptoms like fatigue, headaches and stomach pain are common. We experience a range of emotions like worry, frustration, despair, disgust, and outrage, and we engage in conflicts with real-life consequences.

These are all normal reactions to uncertainty. Humans crave security. We need to feel that we have control over our lives and can protect our loved ones. Uncertainty on such a large scale is ideologically destabilizing. Everything feels wrong.

So, what do we do? How do we adjust to a "new normal" that changes day by day? Dialectical behavioral therapy (DBT) gives us a tool called radical acceptance. The term may be new, but its spirit is well-known in the serenity prayer. Radical acceptance is the ability to accept, without judgment, situations that are outside our control. To accept the things we cannot change.

Accepting the situation does not mean we agree with it. It means looking reality in the face and acknowledging this is how it is, not wasting time wishing it was

different. Accepting also does not mean forgiving—forgiveness is an act of kindness to someone else, but acceptance is an act of kindness to ourselves. It gives us permission to let go and move on, and to experience joy despite the changes in our lives.

For some of us, pain is comfortable or familiar. It may be the only thing that feels right. But pain is like rust: over time it eats our insides and makes us weak. As much as it soothes us, we have to let it go.

Some of us avoid pain at all costs. Feeling the agony of the moment (and accepting it) seems too hard. So we distract with social media, get lost in a game, pretend it isn't happening—anything to make it go away. The problem with pain is that the more we resist it, the bigger it grows. Avoiding uncomfortable emotions causes long-term problems like depression, anxiety, and addictive behavior. It also prevents us from being happy.

Radical acceptance is not being nihilistic or numb. It's about feeling the emotions that come with loss of control, but not holding onto them. Easy to say; very hard to do.

I'm not great at radical acceptance. I wish I was, especially at 3 AM when my brain plays a highlight reel of all the things that still hurt. But practice makes progress, and progress makes change.

Here are some ways to practice radical acceptance and feel less overwhelmed by the world:

- Pay attention to the things you can't accept. What triggers resistance? What do you try hardest to avoid?
- In a safe space, *feel* your emotions. Let them all in, no matter how painful. But set a timer: after 10 or 20 minutes pass and the alarm goes off, move on.

- Be curious about your emotions. Watch them like you'd watch clouds in the sky or fat fish in a pond. Notice where they sit in your body, what color they are, or if they have a temperature.
- Accept that life can be worthwhile even when you're experiencing pain.
- Accept that you can't change the past. It happened, and you can still have a good life.
- Recognize that these feelings will fade in time even though they are painful now. Today is not forever.
- Focus on what you can control. Doing something to make your part of the world a better place will make you feel productive and empowered.

One of the best ways to cope with stress is to spend time with others. Our brains crave community even more than they crave control. With the right people, sharing our problems cuts them in half. Just venting and being heard is healing. Remember, however you're feeling, you are not alone. At The Gathering Place, we have all been through times that felt too hard to survive—but here we are.

Above all, be kind to yourself. Some of us have a lower tolerance for uncertainty than others, and that's okay. Seeing people who look totally calm no matter what life throws at them, it's easy to wonder why we can't be that strong. The thing is, you *ARE* that strong. Strength doesn't always look like calm; in fact, it usually looks a lot like freaking out. You're doing better than you think.

The world will change again tomorrow, but we can choose how we respond. To quote Robert Frost (or Nine Inch Nails): "the way out is through." We *will* get through this. The times may be unprecedented, but so are you.

On a side note:

We are aware of how stressful the times have become for some people in this ever-changing world that we live in. It is becoming the new normal. Please keep an eye on our website for any new announcements related to this as we strive to meet people's needs when we develop the services that we offer. www.thegatheringplaceinc.org.

May is Mental Health Awareness Month

"Making Magnificent Strides"

The theme for this year's May Mental Health Awareness Month at The Gathering Place is "Making Magnificent Strides," honoring the magnificent strides our members have made in their pursuit of recovery. Having an entire month set aside for mental health awareness, advocacy and education is rewarding.

Mental Health Awareness Month

serves as a reminder that those living with mental health conditions and substance use challenges are not only deserving, but in dire need of care, understanding, compassion, healing, recovery, and fulfillment. It's an initiative that significantly impacts the lives of our members.

As we celebrate this month, let's

remember the theme "Making Magnificent Strides" and the direct impact it has on the quality of life for our members who live with mental health conditions and substance use challenges.

A little history...

Mental Health Awareness Month was established in 1949 to increase awareness of the importance of mental health and wellness in Americans' lives, and to celebrate recovery from mental illness. Mental health is essential for a person's overall health. Prevention works, treatment is effective, and people can recover from mental disorders and live full and productive lives.

Over the past 20 years, the Substance Abuse and Mental Health Services Administration (SAMHSA) and others within the U.S. Department of Health and Human Services and across the Federal Government, the public health community, and the general public have made efforts to increase the importance of understanding both prevention and treatment of mental health problems. These efforts have significantly improved the outlook for those affected by mental illnesses.

Mental Health Awareness Month gives all of us a valuable opportunity to celebrate the tremendous strides this nation has made in promoting mental health and increasing the public's knowledge that effective services and support are available.

Source: SAMHSA

Take the 30 day self-care challenge!

<p><i>Self-Care Challenge</i></p>				
DAY 1 Start your day with Positive Affirmations	DAY 2 Plan a day with just you and your closest friends	DAY 3 Learn to say "No" It's ok to focus on you!	DAY 4 Plan a nature walk	DAY 5 Give meditation a try. Start with ten minutes!
DAY 6 Spend 30 minutes on YOUR favorite activity	DAY 7 Read a book	DAY 8 Exercise	DAY 9 Spa Day! Enjoy your day alone or with a few good friends	DAY 10 Do some goal setting
DAY 11 Take sometime to Self-Reflect	DAY 12 Enjoy a nice bubble bath	DAY 13 Try Yoga	DAY 14 Watch your favorite movie	DAY 15 Sleep! It's so important
DAY 16 Splurge... it's ok to treat yourself	DAY 17 Get all dressed up! Make-Up and all	DAY 18 Create a vision board	DAY 19 Start your journal	DAY 20 Clean out any clutter around the house
DAY 21 Call a good friend	DAY 22 Do nothing, sometimes you just need that silence	DAY 23 List: What are you grateful for?	DAY 24 Get your hair done	DAY 25 Write a poem
DAY 26 Learn something new	DAY 27 Create a new playlist	DAY 28 Get a Manicure and Pedicure	DAY 29 Eat your favorite meal	DAY 30 Unplug from Social Media



Mental Health Awareness Month Kickoff Event

"Next To Normal" A Play By Play Theatre Production

The Gathering Place will receive recognition and donations from the audience

What: Play "Next to Normal" Book and lyrics by Brian Yorkey Music by Tom Kitt

Who: Play presented by Play-by-Play Theatre

Where: Webb Theatre, St. Norbert College, 315 3rd Street, De Pere, WI 54115

When: May 3rd, 4th, 5th, 9th & 10th

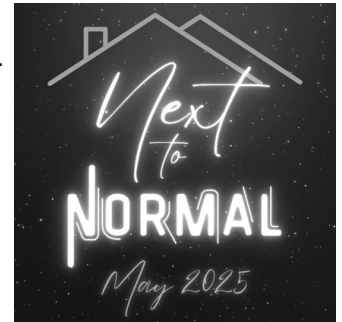
Description: Dad's an architect; Mom rushes to pack lunches and pour cereal; their daughter and son are bright, wise-cracking teens, appearing to be a typical American family. And yet their lives are anything but normal because the mother has been battling bipolar disorder for 16 years. Next to Normal takes audiences into the minds and hearts of each character, presenting their family's story with love, sympathy and heart.

Tickets: Check the following website when tickets become available. <https://www.playbyplaytheatre.org/current-season.html>

Play-by-Play Theatre:

Description of our organization: Founded in 2014, Play-by-Play Theatre is a 501(c)(3) nonprofit organization and Green Bay's first professional regional theatre company. Dedicated to enriching the community, Play-by-Play Theatre produces plays and musicals—focusing on intimate, small-cast productions—where performers and crew have the opportunity to collaborate with industry professionals. About "Next to Normal": Through a powerful rock score, Next to Normal explores the impact of mental illness - specifically focusing on bipolar disorder

- on not only the sufferer but also the entire family. The musical doesn't offer easy answers, but it portrays the journey of a family confronting mental illness with honesty and compassion. It sparks conversations about mental health awareness, the importance of support systems, and the enduring strength of love in the face of adversity.



We chose to present this musical to connect deeply with our community. We believe theatre fosters empathy and understanding by allowing audiences to identify with characters' experiences. This production, in particular, we hope will spark conversations that help reduce the stigma surrounding mental health issues, while also offering insights into the realities of therapy, medication, and the struggle for stability.

Our connection with The Gathering Place: We hope to help raise awareness not just about mental health in general, but at a local level by mentioning The Gathering Place in our programs as well as social media. At each performance, we will be taking donations from our audience for The Gathering Place in honor of the musical Next to Normal.

Good luck Ashley Le Sage!

Nominated for the 2025 WPS Volunteer Awards

Every year The Gathering Place nominates an individual who has gone above and beyond. This year we chose Ashley Le Sage, one of our Hospitality Specialists.



Ashley has learned that being honest with herself and setting boundaries is especially important to her recovery. She says that "Everything can be figured out, you just need to go into your toolbox and use what you've learned to be able to figure things out. EVERYTHING can be figured out."

"The Gathering Place teaches you skills to figure the things out appropriately. I am living my life for me now. This whole time, I have been doing everything for others because that is what I was supposed to do. Many people do not know what to do when life changes or that they have options. I am learning that I cannot take care of anybody else until I take care of myself."

The Annual Volunteer Award breakfast is an inspiring and heart warming event held Thursday, May 15, 2025 at the Lambeau Field Atrium. The occasion celebrates volunteers and highlights the work they do to give back to our community and the nonprofit organizations whose missions they help fulfill.

From Then To Now *By Amy Payne, CPS, Program Director*

"Just as ripples spread out when a single pebble is dropped into water, the actions of individuals can have far-reaching effects." -Dalai Lama

This article is about a "pebble" whose ripples have reached hundreds of people, if not more. Kathy Gage's story is one of resilience, transformation, and the power of community support.

When I interviewed her, Kathy shared her journey from trauma and mental health struggles to becoming a beacon of hope for others.

First, Kathy Gage is a trail blazer. She is one of the first Certified Peer Specialists in Northeast Wisconsin and has helped bring the peer support movement to this area. The Gathering Place's mission is all about peer support.

A Certified Peer Specialist is a person who has found ways to get through many of the struggles people face that have mental health conditions or mental health conditions with substance use disorders. They have learned how to live the best life that they can through a process of change in which they learned how to improve their health and wellness, while living a self-directed life. They know how tremendously difficult the struggle can be. Just getting out of bed can seem like climbing a mountain some days. Certified Peer Specialists want to share their journey with others in the hope that they can help someone else find the light at the end of the proverbial tunnel. They take specialized training and must pass a state exam to do so.

When I do these articles, not only do I hear amazing stories, but sometimes, I get to witness part of the person's healing process happening in front of me. There is something that is very powerful about telling your story. At our interview, Kathy had several pieces

of paper that she had written her feelings on when she was in the depths of her despair. She had hung on to them all these years but as we talked, she asked me to get rid of them. She said, "I don't need these anymore." Although the trauma happened, Kathy is now free from the hold that it had on her and that held her prisoner in her own mind for many years.

Kathy's journey was marked by significant challenges. As a youth, Kathy had a hard time fitting in. At a young age, she felt that to fit in, she needed to party. She chose a crowd of people to hang out with that provided unhealthy relationships. Kathy's trauma began one day when she was trying to fit in. A car of guys pulled up and asked her if she wanted to party. Kathy was raped. This horrible experience was a turning point for her mental well-being.

As an adult, her life became a cycle of excelling at jobs before succumbing to setbacks. She experienced multiple hospitalizations for her mental health. Kathy learned that the demons that she suffered with included depression, anxiety, OCD, and PTSD.

The turning point came when Kathy discovered the Gathering Place. Initially skeptical, she found herself drawn to the supportive environment. Through activities like bracelet making, journaling about things that she was grateful for and attending support groups, Kathy began to see a glimmer of hope. She met Susan Mader, the Executive Director of The Gathering Place at the time and was inspired by the fact that Susan was able to go to college and have a meaningful job while living with mental illness. The Wellness Recovery Action Plan (WRAP) workshop that she took, proved to be a crucial steppingstone

in her recovery journey.

Unexpectedly, Kathy found her calling as a peer specialist. This role not only aided her own healing but allowed her to make a significant impact on others facing similar challenges. The ripple effects of her work extended far beyond individual interactions, touching families and the broader community.

Kathy's healing journey took many forms. Writing became a powerful outlet. Kathy is currently working on a book. Art and crafts served as therapeutic tools, helping her process emotions and manage OCD symptoms. One particularly poignant piece, titled "Sitting with My Sadness and Feelings," exemplifies her commitment to emotional processing through creativity.

Kathy not only had to deal with mental health conditions, but she suffered from severe and chronic pain. In recent years, Kathy has embraced new methods of managing the chronic pain and her emotional well-being. Podcasts, journaling techniques, and practicing mindfulness have become integral parts of her healing toolkit. Kathy was even able to go back to a job that she absolutely loved and that is being schoolteacher. Her ability to zip line in Mexico without fear stands as a testament to the progress she's made. Kathy is also on the Board of Directors of The Gathering Place.

Her journey from then to now is a powerful reminder of the human capacity for growth amidst turmoil. As Kathy reflects on her path, she emphasizes the healing power of both individual effort and community support. Her story serves as an inspiration to all those navigating their own journeys of recovery and self-discovery.

Ask Trina *by Trina Myers, CPS, Recovery Coach, Outreach Coordinator*

Question:

How important is it to have boundaries in recovery from substance use?

Answer:

Having boundaries is an extremely important and crucial part of one's recovery from substance use. I remember when I first started my recovery journey, the boundary I struggled with the most was allowing myself to hang out with people that were still actively using. I would tell myself that I was stable enough in my recovery that I wasn't going to use so it was okay for me to still associate with people who were actively using. I also really wanted to help them find recovery by showing them that if I could do it, they could do it too.

I was very much wrong! I needed to take care of myself first before I could help others. I could not allow myself to hang out with people who were actively using if I wanted to remain sober. I had to set that boundary for myself.

Boundaries are crucial in recovery because they help create a structure that supports personal growth and helps prevent relapses. They promote responsible decision making and provide a healthy space between yourself and others who are still using while promoting other,

more healthy relationships with others that are not using. Boundaries help to protect your physical, emotional, and mental well-being and promote self-care. They help you avoid triggers and can reduce stress and anxiety. Most importantly they keep you safe, protect your recovery, and allow you to truly flourish in your recovery.

To help you set boundaries some things you can ask yourself are:

- What do I need to do to stay sober?
- How do other people affect my ability to stay sober?
- Where do I want to spend or not spend my time and energy?
- What is causing issues and stress in my life that I'd rather avoid?

Some other things you can do to help you set your boundaries are:

- Identify your needs and wants.
- Be clear and specific and respectful when communicating those needs and wants to others.
- Enforce your boundaries.
- Be patient with yourself. Give yourself grace!

Remember that setting boundaries is a skill that takes practice. The process of setting boundaries may seem challenging at first, but it is such a rewarding part of recovery.

The act of showing up for yourself is healing!

Here are some resources that can help you establish and set up healthy boundaries:

- **Wellness Centers:** Some common signs of unhealthy boundaries are stress, depression, and burn-out. Wellness centers can help you learn how to undo those unhealthy behaviors.
- **Therapy:** Therapists have many different tools and techniques that can help you set healthy boundaries through things such as role-playing, self-empowerment workshops, cognitive behavioral therapy, and much more.
- **Recovery Coaches/Peer Support Specialists:** Recovery Coaches and Peer Support Specialists can offer assistance and support in enforcing your boundaries by helping you identify your boundaries and helping you practice enforcing those boundaries in a safe and judgement free space.
- **Online Resources and Books:** Online resources and books are an easy, affordable, and good way to get started on your journey of identifying and setting healthy boundaries and can also add to what you have already learned.

Like us on Facebook We currently have 422 followers and growing!



The Gathering Place has a strong social media presence on Facebook. The Gathering Place Facebook page is well maintained, with several weekly posts. Something relatively new: the "Member Spotlight of the Week." I take a photo of one of our members who then shares something interesting about them in one or two sentences. These posts have been very popular, with almost 180 views. Our post on Open Mic Night had 531 views alone. Are you new to social media and find it too challenging to give it a try? The best way is to go to the sites and explore. It may take some time...but there is no hurry.

Come in and pick up your green mental health ribbon

The green ribbon, a globally recognized symbol for mental health awareness, is powerful. Wearing green, especially a green ribbon, is a way to show your support and ally-ship for mental health. It's a visible sign to your colleagues, friends, or even strangers that you value their mental well-being. It can also be a tribute to a loved one. The official color for mental health awareness, green symbolizes renewal, hope, and vitality.



Spring Fun & Interactive Opportunities!

St. Patrick's Day Party

Monday, March 17
11:00 a.m. to 1:00 p.m.



Celebrate St. Patrick's Day at The Gathering Place with your peers! Join in on the fun. We will be having trivia and prizes, a shamrock decorating contest, snacks and conversation. We will also be playing a game: who can eat the most green Jello with a straw in 30 seconds?

In preparation for the Holiday, our arts & crafts project will be creating shamrock buddies. By no means, you do not have to be Irish to participate in the fun!

Upcoming Arts & Crafts with Nancy

Tuesdays 11:00 a.m.

- Shamrock buddies
- Green ribbons
- Felt Easter eggs
- Zentangle meditative drawing
- Coffee filter flowers
- Paper carnations/hydrangeas
- Bunny butts
- Flowerpot wall hanging
- Toilet Paper roll mini boxes

Prayer Circle

Mondays at 11:30 a.m.



The Prayer Circle is a gathering with devotional reading, inspirational music, and prayer, following a book titled "Passionate Prayer Promises." Have a prayer? Write it down (anonymously) and put it in the prayer box and it will be read and prayed for.

Stievie the Cat Wednesdays 11:00 a.m.

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



Todd's mom's cake the first Tuesday of the month.



With such a large membership, we celebrate many birthdays each month at The Gathering Place.

Popcorn and Movie Night

Mondays at 5:00 p.m.



A wide assortment of movies will be played. One will be chosen ahead of time. Member input is welcomed and appreciated.

May cook out

Friday, May 16, 4:30 p.m.

Let's kickoff Spring with a cookout! We will be grilling hamburgers and hotdogs at no cost to you. Stay for Open Mic Night that begins at 5:00 p.m.

Ladies Tea Show & Tell

Thursday, March 13 at 9:00 a.m.
Thursday, April 24 at 9:00 a.m.
Thursday, May 15 at 9:00 a.m.



A relaxing way to start your day! Tea and special treats will be served. Bring your craft creations for show & tell. This is a special time for the ladies to gather and get to know one another!

NEW: Creative Activities with Eva

2:10 p.m. Thursdays

- Nail wood art
- Water color painting
- Painting pots & planting seeds
- Painting rocks
- Making personal pizzas

Crochet with Amy

Tuesdays 10:10 a.m. to 10:50 a.m.



Do you want to learn how to crochet (or already know?) spend time with your peers and have fun making fun things.

Flower Garden Starting May 1st

Did you know there are flowers planted alongside the house at The Gathering Place? You do not have to have a green thumb to help in our flower garden! We need helpers to cultivate the soil, work with mulch and woodchips, plant, weed, and water.



More Spring Fun & Interactive Opportunities!



Easter Party

Monday, April 14
11:00 a.m. to 1:00 p.m.

We will have Easter trivia and prizes, and an Easter egg hunt. Come for the jelly beans, peeps, chocolate eggs, and a good time in the company of your peers.

In preparation for the Holiday, our arts & crafts project will be making felt eggs.

Mental Health and Lifeskills

 Fridays at 2:30 p.m.

This interactive, informative, and fun class focuses on topics based on what the class is interested in learning that day. Topics range from learning about actual disorders, coping skills, and skills used in daily living. Movies are often showed with popcorn.

Gentle chair yoga

NOTE: To resume sometime in April.
Wednesdays 2:15 p.m. to 2:45 p.m.

Super glue & stickers with Jonathan

Wednesdays at 10:30 a.m.
Have a lot of stickers in a world made of stickers? Thoughts stick! Positivity sticks! Memories stick! Happiness sticks! Where endless smiles and infinite laughter are the glue. Come and trade stickers.

Open Mic and Karaoke Night

Every Friday at 5:00 p.m.

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



FoodWise Presents

11:00 a.m. to 12:00 p.m. on Fridays: May, 16, May 30, June 6, and June 20.

An hour of discussion, activities, and hands-on making of food with taste sampling. An open discussion about food, why we eat what we eat, and healthy food options.

The very popular bingo and prizes

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

Upcoming presentations for Knowledge is Power

Thursdays at 11:00 a.m.

During Knowledge is Power we explore different topics to broaden our awareness of the world around us.

- * March 13th: **Mendy Durham from Willow Creek** will be back to present on the services Willow Creek provides and how one can utilize those services.
- * March 20th: **BMO Bank** will be doing their first presentation on the importance of a checking and savings account and how to set one up as part of their Financial Literacy Program.
- * March 27th: **Chris Bivins with The Center for Suicide Awareness** will be presenting on How Challenges in Childhood May Impact Adult Health (ACES).
- * April 3rd: **Brenda with Humana** will be back to doing a class on the Power of Positivity: When Life Gives Us Lemons.
- * April 10th: **Susan Loberger from New Cap** will present on the Community Paws program and other New Cap services.
- * April 24th: **Danielle Wegman with CleanSlate Outpatient Addiction Medicine** will be presenting on the Services CleanSlate provides, Medication Assisted Treatment (MAT), and how one can utilize these services. Masters Resilience Training (MRT):

Community Paws of Wisconsin

Presentation April 10, 11:00 a.m.

Community Paws of Wisconsin is a non-profit organization that aims to tackle the issues people deal with when suffering from financial insecurities in regards to care for their pets. Community Paws provides food and necessary supplies for pets to include a routine wellness check, and standard vaccinations.

Who can use these services? Those who currently receive one of the following, FoodShare, Medicaid, Forward Health or Social Security Disability.

Phone: 920-212-1565
E-mail: info@communitypawsinc.org

Spring Schedule

		Monday			Thursday
	10:15 a.m.	Jumpstart Your Day		10:15 a.m.	Jumpstart Your Day
	11:30 a.m.	Prayer Circle		11:00 a.m.	Knowledge is Power – see below
😊	1:00 p.m.	The Weekend in Review	😊	1:00 p.m.	Down the Rabbit Hole
	2:05 p.m.	Bingo		2:10 p.m.	Creative Activities with Eva
😊	3:00 p.m.	SMART Recovery	😊	3:00 p.m.	SMART Recovery
	5:00 p.m.	Movie and Popcorn			
					Friday
		Tuesday		10:15 a.m.	Jumpstart Your Day
	10:10 a.m.	Crochet	😊	10:15 a.m.	Friday Morning Devotion
	10:15 a.m.	Jumpstart Your Day	😊	1:00 p.m.	Weekend Warriors
	11:00 a.m.	Arts & Crafts		2:30 p.m.	Mental Health and Life Skills
😊	1:00 p.m.	The Wise Self		5:00 p.m.	Open Mic Night (share your talents)
😊	2:05 p.m.	NEW TIME: Time for Joy			Karaoke
😊	3:00 p.m.	SMART Recovery			
					Sunday
		Wednesday	😊	1:30 p.m.	NEW Young People in AA
	10:15 a.m.	Jumpstart Your Day			1st Sunday of each month
	10:30 a.m.	Super Glue with Stickers			
	12:00 p.m.	Bingo			
😊	1:00 p.m.	Beyond Your Diagnosis			
😊	3:00 p.m.	SMART Recovery Tool Class			

😊 Denotes a support group

We offer 12 support groups each week!

Attend a peer support group at The Gathering Place, a welcoming and inclusive community center dedicated to providing support, encouragement, and comfort. You don't have to talk if you don't want to. Feeling anxious or apprehensive about joining a support group is perfectly normal. But once you do, it can be a valuable experience.

NEW: Young People in Alcoholics Anonymous

For those 18 years of age and older and those “young at heart.”

Held the first Sunday of each month at 1:30 p.m.

The Gathering Place is excited to offer the new Young People in Alcoholics Anonymous support group for those 18 years of age and older and those young at heart.

Alcoholics Anonymous is a well-established support system that has survived for 83 years due to its ability to hold true to its core beliefs and relate to generations of people dealing with addiction.

The primary concept of AA is to enable its members to stay sober and help other alcoholics achieve sobriety. Feeling a part of something bigger can provide you with an increased sense of purpose and meaning. By aligning yourself with an establishment such as AA you will be challenged to not only achieve your own sober goals, but also to aid others in their journey, as well.

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.

Support Groups Descriptions

NEW: 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.

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 on evidence-based addiction treatments, including Cognitive Behavioral Therapy and Motivational Interviewing.

Time for Joy: This support group is designed to be interactive, following the affirmations in the book “Time For Joy.” An affirmation is a positive statement that can help you challenge negative thoughts and create a more positive outlook. Joy is a feeling of great pleasure and happiness. 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. Go into your weekend on a positive note.

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. Participants will discuss moving forward in their lives.

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. As a group, in a supportive environment, we 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, who have had similar experiences have viewed and processed their experiences.

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

Educational Sessions Descriptions

SMART Recovery Tools: This class is specific to those with addictive or compulsive behaviors or substance abuse issues that focus solely on the tools SMART Recovery uses 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. If you missed previous tools, don't worry, we will cycle back overall of the tools.

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.



The Gathering Place

1001 Cherry St.
Green Bay, WI 54301

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US POSTAGE PAID
GREEN BAY WI
PERMIT NO. 420

Staff directory & contact information

Susan Mader, MSSW, CPS

Director of Fundraising and Communications

Amy Payne, CPS

Program Director

Trina Myers, Recovery Coach, CPS

Outreach Coordinator

Jonathan Anderson, Recovery Coach

Megan Shriel, CPS, Recovery Coach

Erceal Eccleston, CPS, Recovery Coach

Nancy Lopez

Volunteer Coordinator

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 4:30 p.m.
Saturday	Closed
Sunday	Closed

Address:

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