



Association for  
Individual Development

# DROP-IN ACTIVITIES FOR THOSE IN MENTAL HEALTH RECOVERY

**1201 DEAN ST., WOODSTOCK, IL 60098**

*(Located in Woodstock Assembly of God) - Dec. 5, 2023 - Feb. 22, 2024*

## TUESDAY

**ALL GROUPS ARE FREE TO PARTICIPATE!**

**10:00 A.M. - 12:00 P.M. | MOVIES GROUP:** This group is for movie enthusiasts who want to watch movies that are PG or PG-13 and you choose the movie.

**12:15 P.M. - 1:15 P.M. | PEER SUPPORT GROUP:** Peer Support provides a format to discuss weekly struggles/successes in a safe and comfortable environment and to share wisdom with other peers.

**1:30 P.M. - 3:00 P.M. | MUSIC GROUP:** This group will utilize several interactive fun activities to tie in with music therapy/song analysis

## WEDNESDAY

**10:00 A.M. - 11:00 A.M. | MOVEMENT GROUP:** This group will focus on movement of the body for physical benefits for health and release of stress and trauma held in our bodies.

**11:15 A.M. - 12:45 P.M. | EXPRESSIVE ART GROUP:** Provides a space for creativity and expression through various art activities with the use of art supplies.

**1:00 P.M. - 2:00 P.M. | PEER SUPPORT GROUP:** Peer Support provides a format to discuss weekly struggles/successes in a safe and comfortable environment and to share wisdom with other peers.

**2:30 P.M. - 4:00 P.M. | W.R.A.P. GROUP:** Wellness Recovery Action Plan will cover the tools you need to be the expert on yourself and your recovery. WRAP is used to help prevent crisis so that you are prepared through self-management.

## THURSDAY

**10:00 A.M. - 10:45 A.M. | WALKING GROUP:** This exercise-based group is to provide time to walk a path that is pre-designed for comfort and safety.

**11:00 A.M. - 12:00 P.M. | TOPIC/SNACK GROUP:** This group is a time for unwinding with a snack and having a topic each week to discuss.

**12:15 P.M. - 1:15 P.M. | PEER SUPPORT GROUP:** Peer Support provides a format to discuss weekly struggles/successes in a safe and comfortable environment and to share wisdom with other peers.

**1:30 P.M. - 3:00 P.M. | GAMES GROUP:** Enjoy card games like skip-Bo, Phase -10, and Uno, and sometimes bingo if 3 or more players. Other games are also available or you can bring a game of your choice!

## OPEN TO ALL MCHENRY COUNTY RESIDENTS!

*(Please provide proof of McHenry County residency)*

Drop-In Activities are available to all McHenry County residents, age 18 or older, free of charge.

There is no need to schedule or call ahead; just drop on in!

**QUESTIONS?** Contact Donna Buss, MHP/CRSS: (630) 777-7721

Individual peer support sessions are available by appointment.