



Phase Up Newsletter

December 2017

Volume 2, Number 23

Phase Up Mission:

Peers
Helping
Achieve a
Substance free
Environment with
Unlimited
Possibilities

• **OWI Court Dates:**
Courtroom N Judge Ankley
December 8th 2pm
December 21st 2pm
Courtroom M Judge Haenicke
December 1st 10:00am
December 15th 10:00am
December 27th 10:00am

Phase Up Group Meetings

Fridays following the Sobriety Court and OWI Court sessions in the Jury Rooms and **Tuesday Nights @6pm at Recovery Institute.**

Support Meetings:

- Phase Up Group Meetings
Tuesdays @ 6pm at Recovery Institute
- SMART Recovery Meetings
Monday & Wednesday 2pm-3pm
Tuesday & Thursday 8:30am-9:30am at Recovery Institute

michigan-na.org/sw_michigan
sites.google.com/site/kalamazoointergroup/

Celebrate the Holidays Safely, Comfortably, Joyously

Tips for celebrating the holidays with family or friends in early recovery:

1. You are not responsible for your guest's recovery, even if that guest is your child, sibling, or parent.
2. Ask yourself if you and your family are ready to celebrate the holiday with the recovering person.
3. Ask your friend or family member if they are comfortable taking part in the celebration this year.
4. If you will be serving alcohol, check to see if your invitee is comfortable with that.
5. Ask if they'd like to invite someone or invite others who do not drink.
6. Ask what kinds of beverages they would like to have.
7. Provide time and space to step away from the group, if needed.
8. Listen to them.

Tips for individuals or families in early recovery:

- Have a plan for the holiday, including mutual aid meetings and calls to sponsor, mentor, recovering peer, counselor, clergy or others central to your recovery.
- Identify risk factors that should be avoided and know how you will respond if they're encountered.
- Know your signs of potential relapse and take steps to address them.
- Stay in touch with your key supports, such as counselors, sponsors, mentors, or recovering peers.
- Keep it all in perspective: Nothing that happens, no matter how painful or unpleasant, is worth giving up one's recovery.
- If relapse does, occur, don't delay acting out of shame or guilt. Get help immediately. There is still an opportunity to build on the progress you've made.

To see the entire article go to PhaseUp.org



Recovery Institute Holiday Party & Member Appreciation Lunch

Held at C.O.A.P. (Community Outreach & Prevention Network)
2705 Virginia Ave. Kalamazoo MI 49004
From Noon to 3pm.



Movies & Popcorn at Kalamazoo 10



- Men's Drug Court
Courtroom D Judge Bridenstine
December 8th 9am
December 21st 9am
- Women's Drug Court
Courtroom K Judge Blatchford
December 1st 9am
December 15th 9am
December 28th 9am
- N.O.R.P. Group Meetings
Fridays immediately following the Court session in Jury Room M
- W.D.T.C. Group Meetings
Fridays immediately following the Court session in the Jury Room K

Coming: December 15th



RECOVERY INSTITUTE HOLIDAY PARTY & Member Appreciation Lunch

Held at C.O.A.P

(Community Outreach & Prevention Network)

2705 Virginia Ave. Kalamazoo MI 49004

From Noon to 3pm.

Family & Friends Always Welcome

Contact Us:

Phone: 269-370-1291

Email:

pug.kalamazoo@gmail.com

Facebook Page:

www.facebook.com/norpgroup
www.facebook.com/phaseupgroup

Website:



Join us on Saturday December 9th at 3:30pm. We will meet in the lobby of the Kalamazoo 10 Movie Theater and you will be able to decide what movie you would like to go see. Bring your Family and Friends!!!

Bowling & Pancakes at Airway Lanes:



Join us on Sunday, December 17th from 9am till Noon for Pancakes and Bowling. All the pancakes you can eat and all the games you can bowl for \$10.00 (rental shoes are included). Bring your Family and Friends!!! We will meet at Airway Lanes at 9am. Hope to see you there!!

Join us for a Phase Up Get together!
Phase Up Dinner Tuesday



December 12th, Meet at 6:00pm

Adults: \$11.00 w/Drink Kids: 3-11 \$.65 x Age

Family & Friends Always Welcome

Volunteer & Community Service Opportunities:



Volunteer Kalamazoo
BUILD • CONNECT • PROMOTE

WELCOME TO VOLUNTEER KALAMAZOO,
A PROGRAM OF GRYPHON PLACE!

Court Ordered Service

www.volunteerkalamazoo.org
3901 Emerald Dr. Kalamazoo, MI 49001
269-382-8350

GRYPHON
PLACE

2-1-1
Helping those in conflict and crisis



Volunteers Needed

Kalamazoo Loaves & Fishes is looking for volunteers for our Grocery Pantry Program during regular business hours. Contact our Volunteer Coordinator Cherise Buchanan at 269.488.2617 ext. 209 or at cherise@kzloaf.org for more information.

If you would like to contribute to the Newsletter in any way or have the Newsletter emailed to you, Email us at pug.kalamazoo@gmail.com