



# 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

#### **Courtrm 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](http://michigan-na.org/sw_michigan)

[sites.google.com/site/kalamazooi](https://sites.google.com/site/kalamazooi)  
[ntergroup/](http://ntergroup/)

## 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](http://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.



- **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](mailto:pug.kalamazoo@gmail.com)

Facebook Page:

[www.facebook.com/norpgroup](http://www.facebook.com/norpgroup)  
[www.facebook.com/phaseupgroup](http://www.facebook.com/phaseupgroup)

Website:



## Movies & Popcorn at Kalamazoo 10



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](http://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@kzoelf.org](mailto:cherise@kzoelf.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](mailto:pug.kalamazoo@gmail.com)