



# Phase Up Newsletter

October 2017

Volume 2, Number 21

## Phase Up Mission:

Peers  
Helping  
Achieve a  
Substance free  
Environment with  
  
Unlimited  
Possibilities

### • OWI Court Dates:

**Courtroom N Judge Ankley**

October 13th 2pm

October 27th 2pm

**Courtrm M Judge Haenicke**

October 6th 10:00am

October 20th 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/)



**DETROIT LIONS**  
**SOBER OUTING BUS TRIP**  
**Sunday November 12, 2017**  
**COST IS \$160 PER PERSON**  
**Against the Cleveland Browns @1:00pm**  
**TRIP INCLUDES:**  
**ROUND TRIP BUS RIDE**  
**TAILGATING BEFORE THE GAME &**  
**LEFTOVERS AFTER THE GAME**  
**FOOD, DESSERTS AND SODAS FOR THE BUS**  
**\$60.00 Deposit Due At Time Of Sign Up**  
**Balance Due By October 28, 2017**  
**ANY QUESTIONS CONTACT BILL @ 269.275.0770 or**  
**Ken @ 269.720.4687**  
**Limited amount of seats left, first come first serve!**  
**Get your Deposit in to save a seat!**

## You and Your Voice are Important to Us

Phase Up Group is a group of peers that began working together while going through Sobriety Court. We met as a result of poor decisions but quickly wanted to affect change and let the 'masses' know there can be fun had in recovery.

Monthly, PUG offers activities to court participants and the public in a safe and friendly family environment. Although PUG board members are talented and creative, we do not know everything. If ever there is an activity or outing you are interested in, come and share your ideas at our weekly Tuesday evening meetings at 6:00 pm at the Recovery Institute.

The biggest hinderance in recovery is isolation. With all the court responsibilities, it can be overwhelming while navigating the system. What better way to get out and do things you are interested in then to help with the event planning. You and your voice are important to us and we hope to see you soon!



- **Men's Drug Court**  
Courtroom D Judge Bridenstine  
October 13th 9am  
October 27th 9am
- **Women's Drug Court**  
Courtroom K Judge Blatchford  
October 6th 9am  
October 20th 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: November 12th**



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**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)

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

**Website:**



**Join us Saturday October 14th @ 1pm**  
**for the Corn Maze at Gull Meadow Farms**  
**8544 Gull Road, Richland MI 49083**  
**Cost is \$9.50**  
*Family and Friends always Welcome!*

## **Movies & Popcorn at Kalamazoo 10**



**Join us on Saturday October 7th 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, October 22nd 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 Thursday**



## **Ten Ten Buffet Grill & Sushi** **October 19th, Meet at 6:00pm**

**Adults: \$10.69 Kids: 7-11 \$7.39 Kids: 3-6 \$4.39**

*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

**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)**