



Phase Up Newsletter

June 2016

Volume 1, Number 5

Phase Up Mission:

Peers
Helping
Achieve a
Substance free
Environment with
Unlimited
Possibilities

• **Sobriety Court Dates:** **Courtroom J**

June 17th 1:30pm

• **OWI Court Dates:** **Courtroom N**

June 10th 2pm

June 24th 2pm

P.U.G. Group Meetings

Fridays following the Sobriety Court session in the 3rd Floor Jury Room J and following OWI Court in Jury Room N



• **Men's Drug Court**

June 10th 9am

June 24th 9am

• **Women's Drug Court**

June 17th 9am

• **N.O.R.P. Group Meetings**

Fridays immediately following the Court session in the 3rd Floor Jury Room J

• **W.D.T.C. Group Meetings**

Fridays immediately following the Court session in the Jury Room K


DETROIT TIGERS GAME
SOBER OUTING
Sunday June 26, 2016
COST IS \$120 PER PERSON

Against the Cleveland Indians @1:08pm
Bus Leaves the ODAAT Parking Lot at 8:00am

***New Phase UP Newsletter, One Size Fits All:**

The Phase Up Group is a safe, welcoming community that supports recovery by sharing the wisdom of our lived experience which strengthens our community through full participation. We create resource connections, advocate to overcome barriers and assist in navigating the phases of treatment courts.

We provide peer-to-peer support based on the guiding principles that people can and do recover from alcohol and drug addiction, and that competence and wisdom reside in those with lived experience.

Phase Up is a resource for information about almost anything pertaining to addiction and recovery in the treatment courts. We are here to foster recovery from alcoholism and drug addiction, as well as to support individuals and their families as they make their recovery journeys.

Values:

Safety | Respect | Compassion | Acceptance

We are committed to providing the members of our community with a safe environment from which to nurture and enhance their recovery.

We will strive to treat everyone with dignity and respect, and as a valued individual.

We will treat each member of the recovery community with care and compassion, the same way we wish to be treated – making sure everyone feels comfortable and confident that they have a voice.

Recovery by any means possible, declining association with any one model, approach or program. We meet each person wherever they are in their recovery.

Vision:

A community that supports recovery from alcohol and drug addiction, fosters an environment that brings individuals and their families together to create positive change and overcome the stigma of addiction.

Support Meetings:

- **Phase Up Group Meetings**

Tuesdays @ 7pm at Recovery Institute

- **SMART Recovery Meetings**

Monday & Wednesday 2pm-3pm
Thursday 8:30am- 9:30am
at Recovery Institute

Wednesdays 6:30pm-8pm
at Pine Rest on Nichols Rd.

New Bilingual Spanish AA meeting Saturday at 2:00 pm at The Alano Club



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

June 26th:



DETROIT Tigers

DETROIT TIGERS GAME SOBER OUTING

Sunday June 26, 2016

Against the Cleveland Indians @1:08pm

Bus Leaves the ODAAT Parking Lot at 8:00am

COST IS \$120 PER PERSON

TRIP INCLUDES:

LOWER LEVEL BOX SEATS FIRST BASE SIDE

ROUND TRIP BUS RIDE

FOOD, DESSERTS AND SODAS FOR THE BUS

\$50.00 Deposit Due At Time Of Sign Up

Balance Due By June 16, 2015

Contact Us:

pug.kalamazoo@gmail.com

norp.kalamazoo@gmail.com

Facebook Page:

www.facebook.com/norpgroup

www.facebook.com/phaseupgroup



FRIDAY
3 - 8 Art Sales

SATURDAY
9 - 5 Art Sales
11 - 4 Kids Activities

Join Us



JUNE 18TH 8:00AM TO 3:00PM

Join us for a Volunteer and Community Service Outing at Habitat for Humanity We will have an orientation on Tuesday June 14th at 7pm at Recovery Institute. You have to be signed up by Monday June 13th either by email or on the Facebook page. For more information contact Bill



Walk for the Health of it

Join us Saturday June 11th at 11am.
(weather permitting)
We'll meet in the parking lot of D&W on Romence Rd. and be walking on Celery Flats Trails



Fundraising Euchre Tournament
EASTWOOD HOUSE OF RECOVERY
Every Saturday Night at 7pm



Here's what People are Saying:

Some thoughts about where I am with sobriety right now. So far sobriety has been great, and as I expected not too much of a challenge. The real challenge will come after the program is over, but I feel like the SMART recovery program has given me some useful tools for this. My favorite thing I have learned is 'playing the tape.' So after I'm done with probation instead of just starting to drink again I can play the tape and recognize that it will be like a rerun of past episodes filled with failed relationships and run ins with the law. Another good one is the cost benefit analysis, the cost of going back to drinking is going to outweigh the benefits for sure. I like the sobriety that this program has given to me because it allows me to spend a lot of sober time with my girlfriend, and I think this is a wonderful thing for a relatively new relationship. Also I have progressed a lot at work accomplishing things I would not have if I was under the influence of alcohol. The program is so difficult, and has caused me a lot of personal hardship. Making a meeting everyday seems to be a little bit of overkill, and I hope I can progress passed this stage. I like the meetings, but doing them everyday I find myself uninterested at times, and I would like to have some time to do other things. Thank you for taking the time to read it. Jerome C Spagnotti



**Coming Soon!!!
New Website**

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